

The Low-Oxalate Shopping Guide

Items in **Green** are recommended.
Items in **Orange** are in Moderation.
Items in **Red** are to be avoided.



Proteins

- ☐ Organic and Grass-fed Beef
- ☐ Organic and Grass-fed Turkey
- ☐ Organic and Grass-fed Venison
- ☐ Organic and Grass-fed Moose
- ☐ Organ Meats
- ☐ Eggs
- ☐ 100% grass-fed cheese
- ☐ Cream
- ☐ Bone broth protein
- ☐ Pea protein
- ☐ Yogurt and Whole Milk
- ☐ Organic and grass-fed buffalo
- ☐ All wild caught and sustainably farmed fish except tuna
- ☒ Tofu
- ☒ Tuna Fish

Fermented foods

- ☐ Sauerkraut
- ☐ Apple cider vinegar
- ☐ Grass-fed yogurts
- ☒ Kombucha

Fruits

- ☐ Cantaloupe
- ☐ Plums
- ☐ Honeydew melon
- ☐ Mango
- ☐ Nectarines
- ☐ Grapes
- ☐ Apples
- ☐ Watermelon
- ☐ Apricots
- ☐ Blackberries
- ☐ Blueberries
- ☐ Pineapple
- ☐ Cherries
- ☐ Pears
- ☐ Banana
- ☒ Figs
- ☒ Raspberries
- ☒ Oranges
- ☒ Kiwi
- ☒ Grapefruit
- ☒ Dates
- ☒ Tangerines

Fats

- ☐ Coconut, Avocado & Olive oils
- ☐ Grass-fed butters

Vegetables

- ☐ Broccoli
- ☐ Cabbage
- ☐ Scallions
- ☐ Onions
- ☐ Mushrooms
- ☐ Iceberg lettuce
- ☐ Bok choy
- ☐ Alfalfa aprouts
- ☐ Romaine lettuce
- ☐ Radish
- ☐ Yellow squash
- ☐ Zucchini
- ☐ Water chestnuts
- ☐ Cucumbers
- ☐ Avocados
- ☐ Kale
- ☐ Mustard greens
- ☐ Brussel sprouts
- ☐ Raw celery
- ☐ Collard Greens
- ☐ Carrots
- ☐ Lentils
- ☒ Beets
- ☒ Navy beans
- ☒ Black beans
- ☒ Okra
- ☒ Rhubarb
- ☒ Spinach (cooked or raw)
- ☒ Turnip
- ☒ Yams
- ☒ Tomato sauce
- ☒ Rutabaga
- ☒ Olives
- ☒ Cooked celery
- ☒ Asparagus
- ☒ Artichokes
- ☒ All potato varieties

Herbs & Seasonings

Very Low Oxalate

- ☐ Garlic
- ☐ Lemon Juice
- ☐ Lemon extract**
- ☐ Cinnamon extract**
- ☐ Chrystallized Ginger (ground)
- ☐ Curcumin Supplements**
- ☐ Coconut milk, oil or flesh

Low Oxalate

- ☐ Yellow Mustard
- ☐ Raw Ginger
- ☐ Fresh Green Chilis
- ☐ Fresh Cilantro
- ☐ Fresh Basil
- ☐ Sage**
- ☐ White Pepper
- ☐ Fresh Cayenne

Medium Oxalate

- ☐ Cardemom
- ☐ Nutmeg
- ☐ Lemon Peel
- ☐ Paprika
- ☐ Black Pepper
- ☐ Cayenne Pepper
- ☐ Fresh Jalapeno**
- ☐ Fresh Serrano**

High Oxalate

- ☒ Turmeric*
- ☒ Cumin Seed
- ☒ Coriander
- ☒ Cinnamon*
- ☒ Clove*
- ☒ Fennel Seed*
- ☒ Ground Ginger
- ☒ Anise Seed

Nuts & Seeds

- ☐ Flaxseed
- ☐ Pumpkin seeds
- ☒ Chia seeds
- ☒ Hemp seeds
- ☒ All Nut varieties including pine nuts almonds, cashews, peanuts, pecans, walnuts and macadamia nuts as well as nut butters