

Very high oxalate foods	300 mg or higher per serving size.
High oxalate foods	100 – 299 mg oxalate per serving size
Moderate oxalate foods	25 – 99 mg per serving size
Low oxalate foods	Less than 25 mg per serving

The OHF has worked with dietary experts, and experts in primary and enteric hyperoxaluria care and research to develop a resource for oxalate levels in many common foods and beverages. This resource was compiled through extensive review of evidence based analysis of oxalate levels in food products.

Please pay careful attention to portion sizes and view this as a resource in collaboration with your care team. We encourage you to explore each category. For sources, please reach out to info@ohf.org.

It is important to note that we are all different. Managing diet for enteric hyperoxaluria, adding or removing certain foods, sometimes known as nutrition therapy, should be discussed individually with your providers who take your unique characteristics, needs, likes, and dislikes into consideration when planning the best diet for you. This is very important, as they will be able to factor in the amount of oxalate in your urine as well as medical, nutritional, social, and cultural factors important to you and your care. Regular measures of your 24-hour urine oxalate will help you and your providers determine what works and what doesn't.

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Artichoke, boiled	13	1/2 cup	84	11
Arugula, raw	7	1 cup	20	1
Asparagus, boiled or steamed	6	1/2 cup	90	5
Bamboo shoots	23	1 cup	151	35
Beans, Green, Variety, boiled or steamed	24	1/2 cup	62	15
Beans, Lima or Butter, boiled 30 min	10	1/2 cup	94	10
Beans, Mung	3	1/2 cup	101	3
Beans, Pole, boiled 30 minutes	26	1/2 cup	60	16
Beans, String, boiled or canned	12	1/2 cup	65	8
Beets, boiled, steamed or pickled	57	1/2 cup	85	48
Bok Choy, leaves	8	1 cup	36	3
Bok Choy, stalks, diced	2	1 cup	120	2
Broccoli greens, Raab (Rabe or Rapini), raw	9	1 cup, sliced	60	6
Broccoli greens, Raab (Rabe or Rapini), steamed 8 mins	9	1/2 cup, sliced	62	5
Broccoli, boiled or steamed	7	1/2 cup	60	4
Broccoli, raw	12	1 cup	80	9
Broccolini, steamed 10 minutes	14	1/2 cup, chopped	78	11
Brussel Sprouts, boiled or steamed	4	1/2 cup	78	3
Brussel Sprouts, raw	15	1 cup	90	14
Cabbage, green, boiled or steamed	4	1/2 cup	78	3
Cabbage, green, raw, shredded	5	1 cup	70	4
Carrots, boiled, steamed or canned	12	1/2 cup	78	9
Carrots, raw	24	1 cup, grated	128	30
Cauliflower, raw, boiled or steamed	3	1/2 cup	60	2
Celeriac, canned	7	1/2 cup or 1 piece	77.5	5
Celery, raw, stem only, diced	25	1 cup	120	30
Collard, raw, chopped	17	1 cup	36	6
Collards, chopped, boiled or steamed	22	1/2 cup	95	21
Corn, boiled or canned	2	1/2 cup	80	2
Creasy greens (early winter or American cress), boiled 20 min	9	1/2 cup, chopped	50	4
Cucumbers, Variety, with & without skin	4	1 cup, sliced	120	5
Dandelion greens, red rib, raw or boiled	22	1/2 cup, chopped	45	10
Eggplant, raw, boiled, baked or roasted	62	1/2 cup	42	26
Endive, Belgian or Curly, raw	5	1 cup, chopped	50	3
Escarole	6	1 cup, chopped	40	2
Fennel, boiled	5	1 bulb	218	12
Fiddleheads (Ostrich ferns), Boiled for 15 mins	30	1/2 cup	64	19
Garlic, raw	9	1 clove	3	0
Good King Henry, stems, buds or leaves, boiled	245	1/2 cup	45	110
Good King Henry, stems, buds or leaves, raw	475	1/2 cup	48	228
Grape leaves, canned, in vinegar brine, Krinos	135	1 leaf	5	7
Greens Turnip, boiled 6 min	7	1/2 cup, chopped	72	5
Greens, Pea	26	1/2 cup	72.5	19
Hearts of Palm, whole, Haddon House	37	1/2 cup	80	30
Huazontle (Aztec broccoli)	438	1/2 cup	60	263
Jicama, peeled, raw	11	1 cup, sliced	120	13
Kale, Variety, boiled, simmered or steamed	5	1/2 cup cooked	65	3
Kale, Variety, Raw	10	1 cup	25	3
Kohlrabi	1	1 cup sliced	165	1
Leeks, raw	17	1 cup	89	15
Lettuce, variety, shredded or chopped, raw	5	1 cup, shredded	56	3
Mangold or Spinach beet	874	1/2 cup	67.5	590
Mushrooms, Variety, boiled or canned	1	1/2 cup, sliced	78	1
Mushrooms, Variety, dried	76	1/3 cup, dried	5	4
Mustard Greens, boiled or steamed	7	1/2 cup, chopped	70	5
Nopal (Prickly Pear), cooked	116	1/2 cup	75	87
Nopal (Prickly Pear), Raw	152	1 cup	149	226
Okra, Boiled, simmered 5 mins	101	1/2 cup	56	56
Onion, Variety, boiled or sautéed	4	1/2 cup	105	4

Onion, Variety, raw	5	1 cup, sliced	120	6
Parsnips, boiled for 12 mins	19	1/2 cup, sliced	78	15
Peas, Snow, whole, fresh	20	1/2 cup	98	20
Pepper, Sweet and Hot, Variety, Cooked	19	1/2 cup sliced	75	15
Pepper, Sweet and Hot, Variety, Raw	20	1/2 cup, sliced	57	11
Potato Salad	19	1/2 cup	138	26
Potato, New with skin, boiled 30 min	21	1/2 cup	78	16
Potato, Red, new, boiled w/out skin	13	1/2 cup	78	10
Potato, Russet, baked or microwaved, flesh & skin	46	1/2 cup, chopped	64	29
Potato, White, deep fried	32	1/2 cup	112	36
Potato, White, instant, mashed	49	1/2 cup	30	15
Potato, White/Russet, boiled, with/without skin	23	1/2 cup	78	18
Potatoes, Fingerling, White or Red, boiled	42	1/2 cup	78	32
Potatoes, Hash Browns	26	1/2 cup	78	20
Pumpkin, canned	6	1/2 cup	120	7
Purslane, leaves	621	1 cup	40	248
Radicchio, raw, shredded	2	1/2 cup	49	1
Radish, White, Red or Daikon, raw	1	1 cup sliced	100	1
Roselle (Red Sorrel - Hibiscus Sabdariffa)	166	1 cup (edible parts)	57	95
Rutabaga, boiled or pressure cooked	4	1/2 cup, cubed	85	4
Seaweed, Dulse flakes	136	1 Tbsp	10	14
Seaweed, Kombu	5	One 1x4 inch piece	4	0
Seaweed, Nori, dry roasted	97	1/2 cup	10	10
Seaweed, Wakame	2	1/2 cup	10	0
Shallots	2	1/2 cup, chopped	40	1
Sorrel, boiled 15 min	582	1/2 cup, chopped	52	303
Sorrel, raw	779	1 cup, chopped	52	405
Spinach, fresh or frozen, boiled or steamed	567	1/2 cup	87	493
Spouts, Mung Bean	8	1/2 cup	52	4
Sprouts, Alfalfa	4	1/2 cup	16.5	1
Squash, Winter & Summer variety , Baked or boiled	4	1/2 cup	100	4
Squash, Winter & Summer, Raw	4	1 cup, sliced	150	6
Sweet Potato, Orange, baked or boiled with or without skin	126	1/2 cup	125	158
Sweet Potato, Orange, baked, boiled, or canned without skin	42	1/2 cup mashed	134	56
Swiss Chard, Green, boiled	335	1/2 cup chopped	87.5	293
Swiss Chard, Green, raw	657	1 cup	36	237
Swiss Chard, Red or green, boiled and steamed	679	1/2 cup, chopped	87.5	594
Swiss Chard, Red, raw	1167	1 cup	36	420
Taro Leaves, Giant and Elephant Ears, Raw	652	1 cup	28	183
Tomatillo, raw	20	1 medium tomatillo	34	7
Tomato, Variety, All Colors, Raw	9	1 cup, sliced	180	17
Tomatoes, canned	9	1/2 cup	121	11
Turnip Greens, steamed	8	1/2 cup, chopped	72	6
Turnip, boiled, steamed or raw	3	1/2 cup	78	2
Vipergrass or salsify	9	1 cup	135	12
Water Chestnuts, canned, sliced, Dynasty	2	1/2 cup	70	1
Watercress, raw	8	1 cup	58	4
Yam, flesh only, baked	68	1/2 cup	100	68

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Apple, Apple Puree	3	1/2 cup	165	5
Apple, Variety, Fresh	2	1 medium	138	2
Apricot, dried	87	4 x 1/2 apricots	14	12
Apricots, Fresh	13	1 cup, halves	155	20
Avocado, fresh	10	1/2 cup sliced	73	7
Bananas	5	1 medium	118	6
Berries, Blackberries, fresh	31	1 cup	144	45
Berries, Blueberries, fresh or frozen	14	1 cup	200	27
Berries, Craisins, dried	13	1/4 cup	40	5
Berries, Cranberries, dried	2	1/4 cup	40	1
Berries, Cranberries, whole, fresh or canned	4	1 cup	240	9
Berries, Elderberries, dried	316	2 tbsps	16	51
Berries, Elderberries, raw, black	72	1 cup	145	105
Berries, Gooseberries, raw, red and green	22	1 cup	150	33
Berries, Huckleberries, fresh	47	1/2 cup	84	39
Berries, Raspberries, raw	17	1 cup	123	21
Berries, Strawberries, canned	15	1/2 cup	130	20
Berries, Strawberries, Fresh	4	1 cup, halves	150	6
Bitter Gourd (Bitter Melon), Fresh	86	1 cup	93	80
Bitter Gourd (Bitter Melon), Wok-fried	88	1/2 cup	46.5	41
Cactus, Nopal (Prickly Pear), Raw	152	1 cup	86	131
Cactus, or Nopal (Prickly Pear), boiled	232	1 leaf	29	67
Chayote or Mirliton, boiled 15 min	8	1/2 cup	80	6
Cherries, Bing, canned, Oregon Fruit Products	4	1/2 cup	140	6
Cherries, dried	14	1/4 cup	18	3
Cherries, Sweet, raw	3	1 cup	98	2
Currants, Black, raw	19	1 cup	112	21
Currants, Red, raw	20	1 cup	112	22
Dates, Chopped	8	1/4 cup	45	4
Figs, dried	76	1 fig	8.4	6
Figs, fresh	30	1 medium fig	50	15
Fruit Cocktail, drained	6	1/2 cup	95	6
Grapefruit, White and Pink	11	1/2 grapefruit, 3 1/4 in dia	123	13
Grapes, dried, red or green, raisins	9	1/4 cup	37	6
Grapes, Green or Red	4	1 cup	92	3
Guava	70	1 medium	120	83
Kiwi, fresh, raw	36	1 medium w/out skin	76	27
Kumquat	4	1 kumquat	19	1
Lemon, raw	8	1 slice	7	1
Lime, raw	7	1 lime	67	4
Lychee or Litchee, fresh	0	1 cup	190	0
Mango, fresh	4	1 cup, cubed	165	7
Melons, variety including watermelon	1	1 cup cubed	160	2
Nectarines	2	1 medium (2 1/2 in dia)	142	2
Olives, canned, black, pitted	37	6 medium olives	15	6
Olives, canned, green, stuffed or unstuffed	50	6 medium olives	23	11
Orange, Mandarin or Clementine, fresh or canned	17	1 medium or 1/2 cup	82	14
Oranges, fresh, variety	13	1 medium	140	18
Papaya, raw	1	1/2 cup, mashed	115	1
Passion Fruit or Granadilla	1	1 passion fruit	18	0
Peaches, raw or canned	2	1 small or 1/2 cup sliced	127	3
Pears, variety, fresh, canned or baked	5	1/2 cup	84	4
Persimmons, Hachiya	9	1 medium	200	19
Persimmons, Southern, wild, pulp	12	1/2 cup	112	13
Pineapple, fresh or canned	6	1/2 cup	112	7
Pineapple, preserved w/out sugar	5	1/4 cup	40	2
Plums, variety, fresh	5	1 medium	70	3
Pomegranate, seed and juice sacs	78	1/2 medium (4 in diameter)	141	110
Prunes, pitted, Sunsweet	45	1/4 cup	66	30
Rhubarb, raw	1060	1 cup, diced	122	1293

Rhubarb, stewed or canned	666	1/2 cup	120	799
Star Fruit or Carambola, raw	295	1 medium fruit	91	269
Tamarillo (tree tomato) raw	20	1 medium fruit	100	20
Tangelo, Raw, Medium	39	1 medium fruit	205	79

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Bread, Bagel, White or Whole grain, variety	23	1 bagel	95	22
Bread, Cornbread	9	1 slice	40	3
Bread, English Muffin, White or Whole grain	21	1 muffin	60	13
Bread, Hotdog or Hamburger Buns, White or Whole grain	19	1 bun	43	8
Bread, Organic Seeds and Grains (High seed content, any grain)	112	1 slice	38	42
Bread, Rye	44	1 slice	30	13
Bread, Tortilla, Wheat, White or Whole Wheat	35	1 med tortilla	49	17
Bread, Wheat, White	24	1 slice	30	7
Bread, Wheat, Whole Grain, 100% Whole Wheat	35	1 slice	38	13
Cereal, All-Bran, Kellogg's	166	1 cup	62	103
Cereal, Bran Flakes	141	1 cup	35.91	51
Cereal, Chex, Wheat, General Mills	78	1 cup	58.75	46
Cereal, Fiber One, General Mills	63	1 cup	54.42	34
Cereal, Grape-Nuts Flakes, Post	57	1 cup	43	25
Cereal, Honey Toasted Oats, Kashi	63	1 cup	40	25
Cereal, Meuslix	46	1 cup	140	64
Cereal, Millet, Whole, cooked	37	1/2 cup	87	32
Cereal, Shredded Wheat, Post	80	2 biscuits	51	41
Cereal, Special K, Protein Plus, formerly Low Carb	184	1 cup	33.89	62
Cereal, Weetabix	90	2 biscuits	35	31
Cereals, Buckwheat	123	1/2 cup	85	105
Corn, Cornmeal	37	1/4 cup	31	11
Corn, Grits	26	1/2 cup	74.4	19
Corn, Popcorn, popped	33	1 cup	12.6	4
Corn, Sweet, fresh or canned	3	1/2 cup	82	2
Corn, Tortilla, yellow or white	26	1 item	25.5	7
Flour, Almond Meal, Trader Joes	519	1/4 cup	38	197
Flour, Amaranth	283	1/4 cup	26	74
Flour, Baking, Gluten-free, Bob's Red Mill	19	1/4 cup	37	7
Flour, Barley	41	1/4 cup	35	14
Flour, Buckwheat	280	1/4 cup	30	84
Flour, Cassava	61	1/4 cup	32	19
Flour, Chestnut	49	1/4 cup	21	10
Flour, Chickpea	10	1/4 cup	23	2
Flour, Coconut	9	1/4 cup	26	2
Flour, Cornmeal, yellow	27	1/4 cup	36	10
Flour, Flaxseed meal or ground Flaxseed	8	1/4 cup	26	2
Flour, Oat	32	1/4 cup	24.5	8
Flour, Potato Starch, Bob's Red Mill	3	1/4 cup	42	1
Flour, Rice, White or Brown, Ground	25	1/4 cup	39.5	10
Flour, Rye	38	1/4 cup	32	12
Flour, Semolina	46	1/4 cup	41.5	19
Flour, Sorghum, White	42	1/4 cup	30	13
Flour, Soy, Arrowhead Mills	135	1/4 cup	21	28
Flour, Spelt	58	1/4 cup	34	20
Flour, Tapioca Flour	33	1/4 cup	29	9
Flour, Teff, Brown	222	1/4 cup	34	75
Flour, Teff, Ivory	193	1/4 cup	34	66
Flour, Tigernut	41	1/4 cup	30	12
Flour, Wheat Gluten	54	1/4 cup	36	19
Flour, White or Whole Wheat	32	1/4 cup	30	10
Flour, Wild Rice	17	1/4 cup	39	7
Four, Arrowroot Starch	89	1/4 cup	32	28
Grain, Amaranth, uncooked	151	1/4 cup	48.5	73
Grain, Barley, pearl, boiled	10	1/2 cup	84	9
Grain, Bran, Rice	200	1/4 cup	30	60
Grain, Bran, Wheat	207	1/4 up	14.5	30

Grain, Farro, uncooked	12	1/4 cup dry	43	5
Grain, Oat Bran, Manna Mills	79	1/4 cup	28	22
Grain, Polenta, organic, De la Estancia	7	1/4 cup	38	3
Grain, Quinoa, boiled 30 min	44	1/4 cup dry	46	20
Grain, Quinoa, cooked	61	1/2 cup, cooked	90	55
Grain, Seitan Wheat Gluten	18	1 piece	85	15
Grain, Wheat Germ	81	1/4 cup	30	24
Grain, Wheat, Bulgar	68	1/4 cup dry	25	17
Grains, Millet, boiled 30 min	7	1/2 cup	87	6
Grains, Millet, dry, uncooked	21	1/4 cup	50	10
Grains, Rice, Black, cooked 30 mins	13	1/2 cup	70	9
Grains, Sorghum, cooked 70 mins	9	1/2 cup	80	7
Grains, Wheat berries, simmered for 90 mins	24	1/2 cup	76	18
Pasta, Angel Hair style, Miracle Noodles, Uncooked	2	3 oz	85	2
Pasta, Angel Hair, Rice, DeBoles, Cooked 10 min	13	1/2 cup	68	9
Pasta, Couscous, dried, boiled	17	1/2 cup	78.5	13
Pasta, Egg Noodles, Cooked	26	1/2 cup	37	10
Pasta, Elbow, Brown Rice, Tinkyada, Cooked 17 min	7	2 cup	128	9
Pasta, Fettuccine style, Miracle Noodles, Uncooked	2	3 oz	85	2
Pasta, Fettuccine, Organic Spinach Fettuccine, Cooked 10 min	98	1 cup cooked	112	109
Pasta, Kamut Spirals, Eden, Cooked 15 min	23	1 cup	108	24
Pasta, Ribbons, Spelt, Eden, Cooked 11 min	18	1 cup	110	20
Pasta, Rice	10	1/2 cup	73	7
Pasta, Rye Spirals, Whole Grain, Eden	13	1 cup	140	18
Pasta, Tri Color Rotini, Cooked 11 min	36	1 cup cooked	144	52
Pasta, Veggie Rotini, Hodgson Mill, Cooked 13 min	39	1 cup cooked	144	56
Pasta, Wheat, Non-whole wheat varieties, Cooked & drained	18	1 cup	128	24
Pasta, Wheat, Whole wheat varieties, Cooked & drained	25	1 cup	128	31
Rice, Brown, Variety, boiled	6	1/2 cup	90	5
Rice, Long Grain & Wild, Herb Roasted, Chicken Flavored, Uncle Ben's	30	1/2 cup cooked	72	21
Rice, Ready Cooked, Uncle Ben's, Variety	13	1/2 cup	72	9
Rice, White, Variety, Boiled	2	1/2 cup	90	1
Rice, Wild, boiled	11	1/2 cup	72	8

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Eggs Whole and Egg White Products (e.g. Egg beaters)	0	1 egg equivalent	65	0
Fish and Seafood, Variety	3	4 oz	113	3
Legumes, Beans, Vegetarian, baked	13	1/2 cup	133	17
Legumes, Beans, Anasazi, dried & boiled or canned	39	1/2 cup	120	47
Legumes, Beans, Black or Turtle, dried, boiled	60	1/2 cup	86	51
Legumes, Beans, Blue, boiled	17	1/2 cup	90	15
Legumes, Beans, Butter, boiled	3	1/2 cup	78	2
Legumes, Beans, Cannellini	89	1/2 cup	89	79
Legumes, Beans, Fava	22	1/2 cup	85	18
Legumes, Beans, Flor de Mayo	107	1/2 cup	90	96
Legumes, Beans, Garbanzo or Chickpeas, dried & boiled or canned	10	1/2 cup	86	9
Legumes, Beans, Great Northern, dried, boiled	75	1/2 cup	89	67
Legumes, Beans, Kidney, Red, dried & boiled or canned	20	1/2 cup	109	22
Legumes, Beans, Lima, dried & boiled or canned	3	1/2 cup	109	3
Legumes, Beans, Mung, dried, boiled	5	1/2 cup	101	5
Legumes, Beans, Navy, dried & boiled or canned	56	1/2 cup	95	53
Legumes, Beans, October, boiled	29	1/2 cup	85	24
Legumes, Beans, Pink, dried, boiled	76	1/2 cup	85	64
Legumes, Beans, Pinto, dried, boiled	34	1/2 cup	85	29
Legumes, Beans, Red, Chili, small, dried, boiled	32	1/2 cup	91	29
Legumes, Beans, Red, small, dried, boiled	30	1/2 cup	91	28
Legumes, Beans, Soy, dried, boiled	45	1/2 cup	86	39
Legumes, Beans, Soybean Curd (Tofu)	8	1/2 cup, cubed	125	10
Legumes, Beans, White, dried, boiled	61	1/2 cup	90	55
Legumes, Edamame	30	1/2 cup	75	22
Legumes, Lentils, variety, dried & boiled or canned	9	1/2 cup	96	8
Legumes, Peas, Black-eyed Peas, canned	3	1/2 cup	86	3
Legumes, Peas, Green Peas, dried & boiled or canned	2	1/2 cup	80	2
Legumes, Peas, Green Pigeon Peas, canned	36	1/2 cup	31.5	11
Legumes, Peas, Purple hull	8	1/2 cup	86	7
Legumes, Peas, Split Peas, Yellow or Green, boiled	5	1/2 cup	98	4
Legumes, Peas, Sugar Snap	32	1/2 cup	80	26
Legumes, Refried beans	124	1/2 cup	80	99
Legumes, Tempeh	48	1/2 cup	83	40
Meats and Poultry, Variety including sausage and liver	4	4 oz	113	5
Nuts, Almond, raw or dry roasted	369	1/4 cup	29	107
Nuts, Brazil Nuts, raw or roasted	181	1/4 cup	29	52
Nuts, Cashew, Butter	218	2 Tbsp	29	63
Nuts, Cashew, raw or roasted	249	1/4 cup	29	72
Nuts, Chestnut, roasted	28	1/4 cup	28.4	8
Nuts, Coconut, Dry, Shredded	3	1/4 cup	21.5	1
Nuts, Hazelnut or filberts, Raw	181	1/4 cup	29	53
Nuts, Macadamia, raw or dry roasted	44	1/4 cup	29	13
Nuts, Peanut Butter, Creamy or Chunky	125	2 Tbsp	29	36
Nuts, Peanuts, roasted	131	1/4 cup	29	38
Nuts, Pecans raw or roasted	52	1/4 cup	29	15
Nuts, Pine, raw or roasted	185	1/4 cup	29	54
Nuts, Pistachio, raw or roasted	42	1/4 cup	29	12
Nuts, Soy nut butter	38	2 Tbsp	29	11
Nuts, Soynuts	84	1/4 cup	29	24
Nuts, Walnuts, raw or roasted	62	1/4 cup	29	18
Seeds, Chia, Bob's Red Mill	470	1 Tbsp	13	61

Seeds, Flax (linseed)	9	2 Tbsp	20	2
Seeds, Hemp Hearts	55	2 Tbsp	20	11
Seeds, Papaya	154	2 Tbsp	20	31
Seeds, Pumpkin Seed Butter	8	2 Tbsp	29	2
Seeds, Pumpkin, raw or roasted	9	2 Tbsp	20	2
Seeds, Saviseed (sacha inchi seeds)	247	1/4 cup	29	72
Seeds, Sunflower Seed Spread/Butter	22	2 Tbsp	29	6
Seeds, Sunflower, raw or roasted	30	1/4 cup	29	9
Seeds, Wattle, roasted, ground	104	2 Tbsp	20	21
Sprouts, Pumpkin, raw	5	1/4 cup	10	0
Sprouts, Watermelon, raw	5	1/4 cup	10	1

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Milk, plant-based, Almond Milk, Homemade (160g Almonds = 2 cups milk)	68	1 cup	242	165
Milk, plant-based, Soy, Chocolate flavor, Silk	12	1 cup	242	28
Yogurt, plant-based, Almond, All flavors, Multi-Brand	39	6 oz	170	66
Yogurt, plant-based, Cashew, Strawberry	21	6 oz	170	36
Cheese, hard and soft variety	2	1 oz	28	1
Milk Products, Cottage Cheese, Variety	0	1/2 cup	113	0
Milk Products, Ice Cream, Variety	0	1/2 cup	76	0
Milk Products, Kefir	0	1/2 cup	122	0
Milk Products, OPTIFAST, powder, variety including chocolate	10	1 serving (1.53 oz)	43.5	4
Milk Products, Sour Cream	0	2 tbsp	28	0
Milk Products, Yogurt, fresh & frozen, variety, Multi-Brands	3	6 oz	170	4
Milk, Cows or Goats, All types	1	1 cup	242	1
Milk, plant-based, Almond Milk, Commercial, Multi-Brands (Calcium-fortified recommended)	10	1 cup	242	24
Milk, plant-based, Cashew	7	1 cup	242	18
Milk, plant-based, Coconut Milk	0	1 cup	242	0
Milk, plant-based, Flax	0	1 cup	242	0
Milk, plant-based, Hazelnut	5	1 cup	242	12
Milk, plant-based, Hemp	2	1 cup	242	5
Milk, plant-based, Macadamia	1	1 cup	242	1
Milk, plant-based, Oat milk	5	1 cup	242	11
Milk, plant-based, Pea	0	1 cup	242	0
Milk, plant-based, Rice, All Flavors, Multi-Brands	3	1 cup	242	7
Milk, plant-based, Soy, variety flavors (except chocolate), Multi-Brands	4	1 cup	242	9
Non-Dairy Milk Product, Creamer and Whipped Topping	2	1 tbsp	6	0
Yogurt, plant-based, Coconut, Mixed Berries, Siggi's	2	6 oz	170	3
Yogurt, plant-based, Coconut, So Delicious	1	6 oz	170	1
Yogurt, plant-based, Coconut, Strawberry	0	6 oz	170	1
Yogurt, plant-based, Coconut, variety flavors, Multi-Brands	1	6 oz	170	2
Yogurt, plant-based, Oat, Strawberry, Oatly	2	6 oz	170	3
Yogurt, plant-based, Soy, vanilla or strawberry	3	6 oz	170	5

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Lecithin, Liquid, unbleached	9	1 tbsp	15	1
No-Nut Butter, Creamy, The Sneaky Chef	4	1 tbsp	15	1
Butter	2	1 tbsp	14	0
Margarine, All types	6	1 tbsp	14	0
Oils, All types nut, vegetable and seed oils	5	1 tbsp	13.5	0
Shortening, all vegetable	0	1 tbsp	12	0

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Juice, Star Fruit, Sour (Homemade)	829	1 cup	240	1990
Juice, Nectar, Rhubarb	198	1 cup	250	496
Juice, Star Fruit, Sweet (Homemade)	202	1 cup	240	485
Juice, Beetroot	66	1 cup	250	164
Juice, Bitter Gourd/Bitter Melon	27	1 cup	250	68
Juice, Mango	11	1 cup	250	27
Tea, Black, Multiple Brands, flavored and unflavored, with/without caffeine	11	1 cup	240	27
Alcohol, Beer (regular/light), Hard Ciders, Hard Seltzers	1	12 oz	356	2
Alcohol, Distilled Spirits (brandy, gin, rum, tequila, vodka, whiskey and liqueurs)	1	1.5 oz	28.4	0
Alcohol, Wine (white, rose, red, fortified)	0	4 oz	112	0
Coconut Water	7	1 cup	240	17
Coffee, Black	1	1 cup	236	2
Carnation Breakfast Essentials, Vanilla or Chocolate, RTC	1	1 bottle (8.45 fl oz)	250	3
Juice, Apple	1	1 cup	240	1
Juice, Apricot Nectar	4	1 cup	240	11
Juice, Apricot	2	1 cup	250	5
Juice, Black Currant	1	1 cup	250	3
Juice, Carrot	9	1 cup	250	23
Juice, Cherry	1	1 cup	250	3
Juice, Cranberry	1	1 cup	240	3
Juice, Grapefruit	0	1 cup	250	0
Juice, Grape, Green	1	1 cup	250	3
Juice, Grape, Red	2	1 cup	250	5
Juice, Lemon	1	1 cup	244	1
Juice, Lime	2	1 cup	240	4
Juice, Orange, (with/without pulp)	1	1 cup	250	1
Juice, Pineapple	1	1 cup	250	2
Juice, Plum	3	1 cup	250	9
Juice, Pomegranate	3	1 cup	240	8
Juice, Red Currant	1	1 cup	240	2
Juice, Tomato	5	1 cup	250	12
Juice, Vegetable, (tomato, carrot, celery, beets)	9	1 cup	250	23
Soda, Variety, with /without sugar	0	12 oz	355	1
Tea, Green, Multiple Brands, flavored and unflavored	9	1 cup	240	21
Tea, Iced, Multiple Brands, (Brewed 10 min)	7	1 cup	240	17
Tea, Herbal, Mate	6	1 cup	237	14
Tea, Herbal, Variety Flavors	2	1 cup	240	5

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Agave Nectar, light, Madhava	3	1 tbsp	21	1
Artificial Sweeteners, Aspartame	4	1 tsp	5	0
Artificial Sweeteners, Saccharin, Sweet-N-Low	5	1 tsp	5	0
Artificial Sweeteners, Splenda	4	1 tsp	5	0
Artificial Sweeteners, Sugar replacement, Swerve	8	1 tsp	5	0
Candy, 3 Musketeers, Mars	44	1 bar	60.4	27
Candy, Dark Chocolate, bar or chips	232	1 oz	28	65
Candy, M&Ms, Milk chocolate	67	20 pieces	14	9
Candy, M&Ms, Peanut	46	10 pieces	24	11
Candy, Milk Chocolate, bar or chips	115	1 oz	28	32
Candy, Truffles, Dark Chocolate (See's)	140	1 candy	20	28
Candy, White Chocolate, bar or chips	8	1 oz	28	2
Chocolate Syrup	2	1/4 cup	60	1
Cocoa or Cacao Powder, Dark Chocolate (Not Dutch Process)	656	2 tbsp	12	79
Cocoa Powder, Dutch Process w/alkali, Dark Chocolate	170	2 tbsp	12	20
Corn Syrup, Dark or Light	0	1 tbsp	21	0
Fudge Brownie Mix, mix only	86	1 brownie (2 in. sq)	24	21
Honey, Clover, Madhava Mountain Gold	3	1 tbsp	21	1
Hot Chocolate, Dark Chocolate Mix	213	3 tbsp	31	66
Hot Chocolate, Milk Chocolate or French Vanilla Mix	13	3 tbsp	38	5
Jellies, Jams or Preserves, Apricot	10	1 tbsp	20	2
Jellies, Jams or Preserves, Blueberry	6	1 tbsp	20	1
Jellies, Jams or Preserves, Fig, Jillies Jams	10	1 tbsp	20	2
Jellies, Jams or Preserves, Gooseberry Preserves				
Swiss Hero	29	1 tbsp	20	6
Jellies, Jams or Preserves, Grape, Concord	9	1 tbsp	20	2
Jellies, Jams or Preserves, Orange Marmalade	50	1 tbsp	20	10
Jellies, Jams or Preserves, Red Plum	8	1 tbsp	20	2
Jellies, Jams or Preserves, Strawberry	11	1 tbsp	20	2
Jellies, Jams, or Preserves, Lingonberry Syrup	2	1 tbsp	15	0
Maple Syrup, pure,	3	1 tbsp	20	1
Molasses, Full flavor	43	1 tbsp	15	6
Ovaltine, powder, canned	53	2 tbsp	11	6
Stevia Powder	4	1 pkt	2	0
Sugar, Brown	11	1 tsp	4.6	1
Sugar, Cane, White	3	1 tsp	4.2	0
Syrup, Barley Malt	19	1 tbsp	21	4
Syrup, Brown Rice	14	2 tbsp	30	4
Syrup, Eldeberry	4	1 tbsp	15	1
Xylitol	4	1 tsp	3.2	0

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Baking Powder	0	1 tsp	5	0
Baking Soda	35	1 tsp	4.6	2
Condiment, Adobo (Mexican Acobo)	257	1 tsp	4	10
Condiment, Chiles, Green, Chopped, Old El Paso	15	2 Tbsp	30	4
Condiment, Chutney, Major Grey's, Crosse&Blackwell	32	1 Tbsp	19	6
Condiment, Seasoned Salt, Lawry's	33	1 tsp	4.8	2
Condiment, Tabasco pepper sauce, McHenry	3	2 small peppers	18.5	1
Condiments, Horseradish, extra hot, Beaver	13	1 tsp	5	1
Condiments, Ketchup	8	1 Tbsp	15	1
Condiments, Mayonnaise	2	1 Tbsp	14	0
Condiments, Mole Sauce (Mexican), Almond	245	2 Tbsp	32	78
Condiments, Mole Sauce (Mexican), Black	12	2 Tbsp	32	4
Condiments, Mole Sauce (Mexican), Green	147	2 Tbsp	32	47
Condiments, Mole Sauce (Mexican), Red	321	2 Tbsp	32	103
Condiments, Mustard, Dijon	5	1 Tbsp	15	1
Condiments, Mustard, Yellow, French's	19	1 Tbsp	5	1
Condiments, Soy Sauce, Kikkoman	9	1 Tbsp	15	1
Condiments, Steak Sauce, A-1, Kraft	27	1 Tbsp	17	5
Condiments, Tahini, made from dry roasted sesame seeds, Joyva	273	1 Tbsp	15	41
Condiments, Vinegar, Variety flavors	4	1 Tbsp	15	1
Condiments, Worcestershire Sauce	20	1 Tbsp	16.8	3
Corn, Cornstarch	3	1 Tbsp	8	0
Cream of Tartar	80	1 tsp	3	2
Gelatin, Unflavored, Knox	9	1 tsp	1.5	0
Herbs and Spices, Allspice, McCormick	1075	1 tsp	1.9	20
Herbs and Spices, Almond Extract, McCormick	6	1 tsp	5	0
Herbs and Spices, Anise, McCormick	951	1 tsp	2.1	20
Herbs and Spices, Basil, Fresh	133	1 tsp	2.1	3
Herbs and Spices, Basil, Sweet, Fresh	159	1/4 cup, whole	6	10
Herbs and Spices, Capers, Mezzetta	6	1 Tbsp	15	1
Herbs and Spices, Cardamom, ground, McCormick	307	1 tsp	2	6
Herbs and Spices, Celery Seeds, dried, McCormick	1274	1 tsp	2.5	32
Herbs and Spices, Chili Powder, McCormick	312	1 tsp	2.6	8
Herbs and Spices, Chili, whole, green, fire roasted, Ortega	11	1 chili	72	8
Herbs and Spices, Chipotle Chili, Mexican whole	150	1 tsp	2	3
Herbs and Spices, Chives, fresh	5	1/4 cup, chopped	12	1
Herbs and Spices, Cilantro, fresh	19	1/4 cup	4	1
Herbs and Spices, Cinnamon, ground	1072	1 tsp	2.3	25
Herbs and Spices, Cloves, dried, ground	2001	1 tsp	2.1	42
Herbs and Spices, Coriander seed, dried	1031	1 tsp	1.8	19
Herbs and Spices, Cress	0	1 tsp	1.4	0
Herbs and Spices, Cumin Seed	1100	1 tsp	2.1	23
Herbs and Spices, Cumin, ground	996	1 tsp	2.1	21
Herbs and Spices, Curry Powder	951	1 tsp	2	19
Herbs and Spices, Dill, fresh	145	1 tsp	2.1	3
Herbs and Spices, Fennel seed, dried, McCormick	1293	1 tsp	1.8	23
Herbs and Spices, Garlic powder	17	1 tsp	3.1	1
Herbs and Spices, Ginger, Crystallized, ground	38	1 tsp	1.8	1
Herbs and Spices, Ginger, fresh	178	1 tsp, sliced	1.8	3
Herbs and Spices, Ginger, Ground	964	1 tsp	1.8	17
Herbs and Spices, Italian Seasoning, dried	634	1 tsp	0.8	5
Herbs and Spices, Lemon balm, leaves	27	1/4 cup	20	5
Herbs and Spices, Lemon Extract, pure	2	1 tsp	5	0
Herbs and Spices, Lemon Peel	673	1 tsp	2	13
Herbs and Spices, Mace, ground	72	1 tsp	1.7	1

Herbs and Spices, Maple Flavoring, Imitation	8	1 tsp	5	0
Herbs and Spices, Marjoram	361	1 tsp	0.6	2
Herbs and Spices, Mesquite Seasoning, dried, ground	164	1 tsp	2.7	4
Herbs and Spices, Mustard, English, powdered, Colman's	17	1 tsp	1.6	0
Herbs and Spices, Nutmeg, ground	244	1 tsp	2.2	5
Herbs and Spices, Onion Powder	74	1 tsp	2.4	2
Herbs and Spices, Orange Extract, pure	2	1 tsp	5	0
Herbs and Spices, Orange Peel	640	1 tsp	2	13
Herbs and Spices, Oregano, ground	417	1 tsp	1.8	8
Herbs and Spices, Paprika	284	1 tsp	2.1	6
Herbs and Spices, Parsley, dried	1127	1 tsp	0.3	3
Herbs and Spices, Parsley, Raw, Leaves only	110	1 Tbsp	4	4
Herbs and Spices, Pasilla Chili, whole	103	1 tsp	2	2
Herbs and Spices, Pepper, ground, Black	572	1 tsp	2.1	12
Herbs and Spices, Pepper, White	44	1 tsp	2.4	1
Herbs and Spices, Peppermint Leaves	56	2 leaves	0.1	0
Herbs and Spices, Poultry Seasoning, dried, ground	465	1 tsp	1.5	7
Herbs and Spices, Rosemary, dried	176	1 tsp	1.2	2
Herbs and Spices, Rosemary, fresh	219	1 Tbsp	2	4
Herbs and Spices, Saffron, McCormick	230	1 tsp	0.7	2
Herbs and Spices, Sage, dried, ground, McCormick	574	1 tsp	0.7	4
Herbs and Spices, Sage, leaves	85	1 tsp	1.6	1
Herbs and Spices, Savory, fresh	55	1 tsp	1.4	1
Herbs and Spices, Savory, ground, McCormick	423	1 tsp	2	8
Herbs and Spices, Seasoning Blend, Mrs. Dash	191	1 tsp	1	2
Herbs and Spices, Tarragon, ground	118	1 tsp	1.6	2
Herbs and Spices, Tarragon, leaves, McCormick	142	1 tsp	1.6	2
Herbs and Spices, Thyme, dried	182	1 tsp	1.4	3
Herbs and Spices, Tree Chili (Chile de Arbol Peppers), whole	51	1 tsp	2	1
Herbs and Spices, Turmeric	2107	1 tsp	2.2	46
Herbs and Spices, Vanilla Extract, imitation	0	1 tsp	5	0
Herbs and Spices, Vanilla Extract, pure, McCormick	17	1 tsp	5	1
Herbs and Spices Lemon Myrtle, dried, ground	2853	1 tsp	1.7	49
Herbs and Spices Mountain Pepper berry, dried, whole	84	1 tsp	2.4	2
Herbs and Spices Mountain Pepper Leaf, dried, ground	52	1 tsp	1.1	1
Herbs and Spices, Pepper, Red, Cayenne	306	1 tsp	1.8	6
Herbs and Spices, Pepper, Red, Cayenne, Dried	74	5 peppers	4	3
Herbs and Spices, Pepper, Red, Crushed	96	1 tsp	1.8	2
Malt, Powder	25	1 tbsp	12.3	3
Peppers, Cayenne, raw	20	1 medium	3.5	1
Peppers, Cayenne, with seeds, sautéed 10 min in 1 tsp safflower oil	31	6 small peppers	12	4
Peppers, Habanero, with seeds, sautéed 10 min in 1 tsp safflower oil	11	4 small peppers	14.5	2
Peppers, Jalapeno, with seeds, sautéed 10 min in 1 tsp safflower oil	28	2 small peppers	35	10
Peppers, Lemon, with seeds, sautéed 10 min in 1 tsp safflower oil	26	5 small peppers	12.5	3
Peppers, New Mexican or Anaheim, raw	48	1/2 cup, sliced	46	22
Peppers, Serrano, with seeds, sautéed 10 min in 1 tsp safflower oil	30	2 small peppers	18	5
Peppers, Tabasco, with seeds, sautéed 10 min in 1 tsp safflower oil	21	2 small peppers	18.5	4
Salt, Artesian, Oz Tukka	8	1 tsp	3.3	0

Salt, Celtic, Light Grey, Selina Naturally	7	1 tsp	5.2	0
Salt, Iodized, Hain	0	1 tsp	6	0
Seeds, Caraway, McCormick	863	1 tsp	2.1	18
Seeds, Mustard, McCormick	29	1 tsp	2	1
Seeds, Poppy, McCormick	1620	1 tsp	2.8	45
Seeds, Sesame, toasted	216	1 tsp	3	6
Seeds, Sesame, whole dried	3800	1 tsp	3	114
Seeds, Sesame, whole dried, hulled	146	1 tsp	3	4
Tomato Paste, Hunt's	19	1 tbsp	16	3
Yeast, active dry	56	1 tbsp	12.3	7

Item	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
Bars, Apple + Banana fruit, Trader Joes	11	1 bar	30	3
Bars, Banana bread flax, organic, Go Raw	11	1 bar	34	4
Bars, Granola, Oats and honey, Nature Valley	18	1 bar	33	6
Bars, Peanut butter, Crunchy, Clif	106	1 bar	68	72
Bars, Pumpkin, Live, organic, Go Raw	4	1 bar	51	2
Bars, Raspberry, organic, Lydia's Organics	12	1 bar	43	5
Bars, Rawma bar, Pumpkin, Gopal's Healthfoods	39	1 bar	54	21
Bars, Real Live, organic, Go Raw	22	1 bar	51	11
Bars, Snow Angell, organic, white Chocolate, Coconut	9	1 bar	35	3
Basil Wraps, Blue Mountain Organic	25	1 cup	240	60
Breadcrumbs, Original or Japanese Style, Panko	22	1/2 cup	35	8
Breakfast Biscuits, Any Brand	12	1 biscuit	85	10
Breakfast Sandwich: Eggwich - Variety without spinach	16	1 item	115	18
Breakfast sandwich: Jimmy Dean Eggwich - Bacon, spinach, onion & parmesan	80	1 item	109	88
Brownies, Entenmann's Little Bites	85	2 items	27.6	23
Cake Mix, White or Angel Food Cake Mix, Multiple Brands	1	1/12 packet	38	1
Chips, Banana	203	13 pieces	30	61
Chips, Corn, Multiple Brands	32	1 oz	28	9
Chips, Pistachio Crisps	31	1 oz (15 crisps)	28	9
Chips, Plantain, Inka Crops	140	1 oz	28	39
Chips, Popcorn, Popcorn Indiana	15	20 chips	28	4
Chips, Potato Chips, Multiple Brands	66	1 oz	28	18
Chips, Sweet Potato Chips, Terra	219	1 oz	17	37
Chips, Tortilla Strips, Mission	34	1 oz	28	10
Coating Mix, seasoned, Shake N Bake, original, Chicken or Pork	36	1/8 packet	10	4
Coffee Mate, Nestle, Any Flavor	4	1 tbsp	15	1
Cookies, Animal Crackers, Kinni Kritters	6	12 cookies	30	2
Cookies, Chocolate Chip	63	5 cookies	32	20
Cookies, Fig Newton's	36	1 cookie	14.7	5
Cookies, Milano, Double Chocolate, Pepperidge Farms	80	2 cookies	27	22
Cookies, Mint Cookies, Milano, Pepperidge Farms	46	2 cookies	25	11
Cookies, Moravian, Variety flavors	23	10 cookies	28	6
Cookies, Vanilla Wafers, Nabisco	25	8 cookies	30	7
Crackers and Snack Foods, Sesame Wheat Crackers, Sesmark Sesame Thins	384	8 crackers	30	115
Crackers, Buttercrisp Crackers, Keeblers	24	5 crackers	16	4
Crackers, Cheeze-it, Sunshine	20	27 crackers	30	6
Crackers, Chips, Toasted, Ritz, Main Street Original	23	1 oz	28	6
Crackers, Graham, Original or Cinnamon, Keeblers	29	8 crackers	29	9
Crackers, Inner Peas, Trader Joes	8	22 pieces	28	2
Crackers, Oyster	22	1 oz	28	6
Crackers, Pretzels Crisps, Snack Factory	3	14 crackers	28	1
Crackers, Pretzels, Rold Gold	27	1	60	16
Crackers, Rice Cakes / Thins / Snacks, Multiple brands and flavors	31	1 oz	28	9
Crackers, Ritz, Garlic Butter	28	5 crackers	16	4
Crackers, Rye, Crispbreads, variety flavors & brands, without sesame	55	1 oz	28	16
Crackers, Saltines, Multiple Brands	32	5 crackers	15	5
Crackers, Sesame Crackers, Multiple Brands	122	1 oz	28	34
Crackers, Soybean Crackers	204	1 oz	28	57
Crackers, Stone-ground 7 Grain Crackers, Kashi	270	4 crackers	28	76

Crackers, Tomato snacks, sun-dried, slow roasted	44	0.5 oz	14	6
Crackers, Wasabi peas, Trader Joe's	4	1/2 cup	30	1
Crackers, Wheat Crackers / Wheat Thins, Multiple Brands and Flavors	47	1 oz	28	13
Egg Replacer, Bobs Red Mill	142	1 tblsp	7	10
Fries, French (Multiple Fast-Food Restaurants)	30	1 small serving	100	30
Frozen Meals, Lean Cuisine, Stouffers, All Chicken Entrees	22	1 meal	258	55
Fruit Pectin, Sure-Jell	6	1 tsp	4	0
Gelatin, Jell-O, any flavor, regular or sugar free	7	1/2 cup prepared	22	2
Ice cream bar, original, Klondike	9	1 bar	102	9
Meat Substitutes, Black Bean Patty, Morningstar Farms	60	1 burger	67	40
Meat Substitutes, Grillers, Morningstar Farms	39	1 burger	64	25
Meat Substitutes, Meatless Breakfast Patties, Boca	78	1 patty	38	30
Meat Substitutes, Meatless burger, Gardenburger	87	1 burger	71	61
Meat Substitutes, Meatless Burgers, Boca	105	1 burger	71	75
Meat Substitutes, Meatless Chicken Patties, Boca	37	1 patty	71	26
Meat Substitutes, Textured Vegetable Protein (TVP)	320	1/2 cup	24	77
Miso Paste, Red, Cold Mountain	49	1 tsp	7	3
Nutella	71	1 tblsp	18.5	13
Pancake Mix, Multiple brands	23	1/4 cup, dry	30	7
Pickles, Baby Kosher Dills, Vlasic	9	1 pickle	28	3
Pie Crust, Multiple Brands	24	1/8 crust	19.5	5
Pie Mix, pumpkin with spices, canned	5	1/2 cup	87	5
Pizza Crust, Boboli, Italian	15	1/2 of 8 in shell	71	11
Potato Flakes, cooked, Bob's Red Mill	12	1/3 cup flakes	17	2
Pudding and Pie Filling, instant, Jell-O, Any Flavor (regular or reduced calorie)	10	1/2 cup prepared	128	12
Ravioli, Beef, Overstuffed, Chef Boyardee	12	1 cup	260	31
Ravioli, Beef, Regular, Chef Boyardee	10	1 cup	244	25
Salad Dressing, Any flavor, Multiple Brands	5	2 tblsp	30	1
Sauce, Pasta, Spicy tomato and basil, Classico	8	1/2 cup	125	9
Sauce, Pasta/Marinara, ready to serve	11	2 tblsp	30	3
Sauce, Sloppy Joe, Manwich, Original	12	1/4 cup	64	7
Soup, 15 Bean Soup	25	1 cup	164	40
Soup, Chili with Beans	22	1 cup	236	51
Soup, Chili, No Beans	18	1 cup	236	43
Soup, Spicy Black Bean and Kale	12	1 cup	246	29
Soup, Sweet Potato	16	1 cup	245	40
Soup, Vegetable Quinoa	13	1 cup	241	31
Soy Cheese	57	1 oz	28	16
Stuffing, Stovetop Stuffing Mix, Chicken, prepared as directed, Kraft	18	1/2 cup	55	10
Tempeh, Organic, Lightlife	61	1/2 cup	83	50
Applebees, Weight Watchers Entrees, Cajun Lime Tilapia without seasonal vegetables	7	1 entrée	324	24
Applebees, Weight Watchers Entrees, Garlic Herbed Chicken without herbed potatoes	13	1 entrée	294	39
Applebees, Weight Watchers Entrees, Herbed potatoes	27	1 serving	83	22
Applebees, Weight Watchers Entrees, Italian Chicken & Portobello Sandwich without fresh fruit	12	1 entrée	171	21
Applebees, Weight Watchers Entrees, Paradise Chicken Salad	13	1 entrée	41.3	6

Applebees, Weight Watchers Entrees, Seasonal Vegetables (broccoli and zucchini)	16	1 entrée	33	5
Applebees, Weight Watchers Entrees, Steak & Portobellos	11	1 entrée	328	34
McDonalds, Bacon, Egg and Cheese Biscuit	14	1 biscuit	126	17
McDonalds, Egg McMuffin	11	1 McMuffin	108	11
McDonalds, Sausage Biscuit	18	1 biscuit	108	20
McDonalds, Sausage McMuffin	18	1 McMuffin	119	22
Starbucks, Coffee Cake, Classic	14	1 slice	90	13
Starbucks, Latte, Dark Chocolate Mocha, skim milk	20	1 cup	224	45
Starbucks, Latte, White Chocolate Mocha, skim milk	4	1 cup	224	10
Wendy's, Caesar Salad, Side order, with or without croutons	22	1 side salad	16	3
Wendy's, Chili	11	1 small chili	225	25
Wendy's, Hamburger, Junior, plain	11	1 burger	68	7

π	Avg oxalate per 100 g	Serving Size	Serving (g)	Calc Oxalate per serving
AdrenaSense Adrenal Formula, Natural Factors Canada	150	2 capsules	1.3	2
Algae, dried	109	1 oz	28	30
Aloe Vera Juice	1	1 cup	250	2
Ashwagandha, Oregon's Wild Harvest	959	3 capsules	1.4	13
Barley Life, AIM,	157	1 tsp	2.5	4
Beet Powder, Frontier Co-op	997	1 tbsp	10	100
Beet Supplement, Solaray and Natures Way, AVERAGE	510	1 capsule	0.75	4
Berberine, Ultra, Wellness Formula	21	1 capsule	0.6	0
Bio Tears Oral Gel Caps (1 gel cap)	1	1 gel cap	0.5	0
Black Cohosh, Puritan's Pride	46	1 capsule	0.54	0
Black Walnut Hull Extract, Solray	617	1 capsule	0.5	3
Borage Oil, Weaver Street Market	6	1 capsule	1	0
Boswella Resin Extract, Solgar	13	1 capsule	0.52	0
Brown Rice, isolate	17	1 scoop	27	5
Cholest-Off, Nature Made, 1 capsule	6	1 caplet	6.2	0
Co-Q-10	0	1 softgel	4.5	0
Curcumin, Full Spectrum, Solgar	0	1 softgel	1.3	0
Cysta Q Complex, 1 capsule	0	1 capsule	0.3	0
DIM (Diindolyl-methane) + BioPerine	75	1 capsule	0.25	0
Echinacea, powder	142	1 tsp	1.6	2
Enteral Nutrition Formula, Boost Breeze, Orange	13	1 bottle (8.45 fl oz)	250	33
Enteral Nutrition Formula, Boost, Peach	10	1 bottle (8.45 fl oz)	250	26
Enteral Nutrition, Multiple Brands, Chocolate Flavor	13	1 bottle (8.45 fl oz)	250	34
Enteral Nutrition, Variety Brands, All other flavored / unflavored	4	1 bottle (8.45 fl oz)	250	10
Estroven, Regular strength, Estroven	11	1 caplet	1.1	0
Evening Primrose Oil, 1 capsule	0	capsule	0.5	0
Fermented Superfood Complex, Swanson Ultra	28	1 capsule	1	0
Feverfew	652	1 tsp	0.61	4
Fiber and Spice, Supplement, Balance of Nature	309	2 scoops	17	53
Formula 3 Antifungal, The Treatment, Tetra Corporation	0	N/A	0	0
Fruits, Supplement, Balance of Nature	82	3 capsules	2.4	2
Ginkgo Biloba	2034	1 capsule	0.28	6
Ginkgo Biloba Extract, 21st Century	33	1 capsule	0.46	0
Glucosamine, vegetarian, Weaver Street market	3	1 capsule	0.75	0
Goldenseal Root, powder	211	1 tsp	1.63	3
Grape Seed Extract, Natural Factors Canada	11	1 capsule	0.45	0
Green coffee bean extract, Walgreens	6	2 tablets	2.5	0
Hawthorn Solid Extract, Wise Woman Herbals	6	1/8 tsp	1.7	0
Hemp, Bob's Red Mill	104	1/4 cup	31	32
HydroEye Soft Gels	0	1 capsule	0.4	0
Intestamine, Douglas Laboratories	0	6 capsules	4.5	0
Juice PLUS +, Garden Blend, 1 capsule	652	2 capsules	0.75	5
Kelp, Powder	200	1 tsp	2.78	6
Lactose Stop, renew Life Formula	30	1 capsule	0.28	0
L-Glutamine, Powder, Vitamin Shop	0	1 tsp	4.5	0
Licorice DGL, Natural Factors	22	1 tablet	1.6	0
Lutein. Sundown Naturals	0	1 capsule	0.25	0
Maca, Oregon's Wild Harvest	21	2 capsules	1.2	0
Medibolic, Thorne	109	2 scoops	21	23
Milk Thistle, Seed	1517	1 tsp	3	46
Milk Thistle, Seed Powder	1802	1 tsp	5	90
Moringa, Leaf Powder, GENESIS today	2136	2 capsules	0.8	17
Multivitamin/Multimineral Supplement, Centrum Specialist	260	2 tablets	1.9	5
Muscadine grape seed, Natures Pearls	888	1 capsule	0.65	6
N-Acetyl Glucosamine, Source Naturals	15	1 tablet	1.1	0

Powdered Fruit, Orchard Blend, Juice Plus +,	293	2 capsules	1.5	4
Powdered Vegetables, Garden Blend, Juice Plus+	591	2 capsules	1.5	9
Powdered Wheat Grass Drink, Organic, Amazing Grass	104	1 packet	8	8
Pumpkin Seed, Sprout Living	11	2 scoops	28	3
Pycnogenol, Pine Bark Extract, Root 2	18	1 capsule	0.25	0
Raspberry Ketone extract, Walgreens	6	2 tablets	2.5	0
Reacted Iron, Ortho Molecular Products	9	1 capsule	0.41	0
Red Palm Oil, Organic	0	1 tbls	14	0
Rhodiola Extract, Solaray	20	1 capsule	0.1	0
Rhubarb Extract (Siberian)	247	1 capsule	0.53	1
Sea Cucumber, herbal healers	15	1 capsules	7	1
Senekot, 1 tablet	0	1 tablet	0.3	0
Slippery Elm Bark	2432	1 tsp	1.5	36
Solgar No. 7	347	1 capsule	0.48	2
Soy, Ultra amino	16	3 Tblsp	30	5
Spirulina, 1 tablet	1	6 tablets	0.5	0
Spirulina, 6 tablets	1	6 tablets	0.5	0
St. John's Wort	155	1 tsp	0.9	1
TheraLife Eye Capsules, 1 capsule	2	1 capsule	1.8	0
TheraTears Soft Gels, 1 capsule	0	1 capsule	0.3	0
ThyroSense Thyroid Formula, Natural Factors Canada	16	2 capsules	1	0
Turmeric Root Extract, Solgar	17	1 capsule	0.5	0
Valerian Root	203	2 capsules	1	2
Veggies, Supplement, Balance of Nature	415	3 capsules	2.4	10
Willow bark, white	1419	1 capsule	0.4	6
Xylitol, NOW	4	1 tsp	3.2	0
Yeast Nutritional, Laramie Co-op	14	3 Tblsp	20	3
Yellow Dock Liquid Extract, Herb Pharm	5	1 serving	0.7	0
Yellow Dock root, vegetarian capsules, Natures Way	901	2 capsules	1	9