

# Low Oxalate Meal Plan



	<b>Little or No Oxalate</b> <2 mg. per serving Eat as desired	<b>Moderate</b> 2-10 mg. per serving	<b>High</b> >10 mg. per serving Avoid	
<p><b>Beverages &amp; Juices</b></p>	Apple juice Grapefruit juice Lemonade Pineapple juice Coke/Pepsi (12 oz. per day) <b>Water encouraged</b> <i>Note: distilled alcohol, bottled beer, and red or rosé wine is also allowed on occasion.</i>	Coffee (any kind, 8 oz. per serving) Cranberry juice Grape juice Orange juice Tomato juice	Draft beer Juices containing berries not allowed Ovaltine and other beverage mixes Tea, and cocoa	
<p><b>Milk (2 or more cups)</b></p>	Low fat milk Low fat or fat free yogurt Skim milk Buttermilk			
<p><b>Meat Group</b></p>	Eggs Lean lamb Beef or pork	Cheese Poultry Seafood	Sardines Peanut butter Soybean curd Tofu	
<p><b>Vegetables</b></p>	Brussels sprouts Cauliflower Cabbage Mushrooms Onions Peas Potatoes Radishes Chives	Asparagus Broccoli Carrots Corn Cucumber Lettuce (iceberg) Lima beans Tomato (1 small) Turnips	Beets Swiss Chard Collards Escarole Leeks Okra Green Peppers Rutabagas Summer squash Celery Eggplant Kale Mustard Greens Parsley Spinach Sweet potatoes Watercress Beans-green, dried	
<p><b>Fruits</b></p>	Avocado Grapefruit Mangoes Melons: Cantaloupe, Casaba, Honeydew, Watermelon Nectarines Cherries, Bing	Bananas Grapes Peaches Plums	Apple Apricots Oranges Peaches Pineapple Pear Italian prunes Black currants Cherries, red sour	Blackberries Blueberries Red currants Fruit cocktail Goose berries Lemon peel Lime peel Orange peel Raspberries Rhubarb Strawberries Tangerine Grapes, Concord
<p><b>Breads and Starch</b></p>	Cornflakes Noodles Rice White bread	Macaroni Oatmeal Spaghetti	Cornbread Sponge cake	Grits White corn Soybean crackers Wheat germ Fruit cake
<p><b>Fats</b></p>	Bacon Mayonnaise Salad dressing Vegetable oil		Nuts Peanuts Pecans	
<p><b>Extra</b></p>	Jelly (made with allowed fruit) Lemon or Limejuice Salt & pepper (1 tsp. per day) Sugar Soup with allowed ingredients		Chocolate Cocoa Pepper (more than 1 tsp. per day) Vegetable soup Tomato sauce and soup	

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