

## **No High Oxalate Foods**

Spinach  
All Nuts  
All Seeds  
All grains  
All beans  
Sweet and white potatoes  
Okra  
Turmeric, cumin and curry powder  
Cacao and chocolate  
Swiss chard  
Fig, guava and starfruit  
Palm hearts  
Green beans, celery  
Blackberries, pomegranate  
Kiwi, raspberry, apricot  
Black pepper, cinnamon  
Wild rice  
Parsnip, turnip  
Green tomato  
Carrot, curly kale  
Green lentils  
Coriander seed, allspice, cayenne  
Clementine, navel orange, pear  
Pink grapefruit, magness pear

## **Yes to Low to Moderate Oxalate Foods**

Zucchini  
Tomato  
Red new potato - moderate  
Peppers  
Onion, mushroom, leek  
Turnip greens, mustard, collard greens  
Cabbage, broccoli, asparagus  
Green peas  
Paprika, chili, avocado  
Banana, plum, pineapple, mandarin  
Watercress, waterchestnut  
Yellow, butternut squash, zucchini  
Rutabaga  
Sweet pepper, cranberry, cherry, grape  
Cauliflower, lettuce, cucumber  
Bok choy, asparagus  
Honey, white rice  
Sunflower seeds, split peas, chickpeas  
Ginger, thyme, tarragon, rosemary, sage  
Garlic  
Cherry tomato  
Fennel, arugula, cucumber  
Pumpkin, basil, watercress  
Button mushroom, black-eyed peas  
Cilantro, chives, lemongrass, peppermint  
Passionfruit, orange, black olives  
Animal foods  
Melon, watermelon, dates, apples