

Foods and Drinks Containing Oxalate

People prone to forming calcium oxalate stones may be asked by their doctor to limit or avoid certain foods if their urine contains an excess of oxalate.

High-oxalate foods—higher to lower

- **rhubarb**
- **spinach**
- **beets**
- **swiss chard**
- **wheat germ**
- **soybean crackers**
- **peanuts**
- **okra**
- **chocolate**
- **black Indian tea**
- **sweet potatoes**

Foods that have medium amounts of oxalate may be eaten in limited amounts.

Medium-oxalate foods—higher to lower

- **grits**
- **grapes**
- **celery**
- **green pepper**
- **red raspberries**
- **fruit cake**
- **strawberries**
- **marmalade**
- **liver**