

Low Oxalate Alternatives

Foods High in Oxalate	Low Oxalate Alternatives
Nut Products (Almonds, Cashews, Peanuts, Pecans, Walnuts)	Popcorn
Potato Chips	Popcorn, Graham Crackers, Triscuits, Saltines
Chocolate Chip Cookies	Oatmeal Cookies, Fig Bars, Popsicles, Pudding, Jello
Rice Dream	Soy Milk
Grapefruit, Oranges, Tangerines	Cantaloupe, Honeydew Melon, Mango, Nectarines
Dates	Figs, Raisins
Canned Pineapple	Canned Peaches, Canned Pears
Dried Figs, Dried Pineapple	Dried Apricots, Apples or Cranberries
Fava, Navy or Refried Beans	Soybeans, Mung Beans
Spinach	Lettuce, Broccoli, Brussels Sprouts
Turnip, Yams	Yellow Squash
Asparagus	Broccoli, Brussels Sprouts, Cauliflower
Collards	Kale, Mustard Greens
Potatoes	White Rice, Macaroni & Cheese
Cream of Wheat, Red River Cereal, Farina Cereal, Corn Grits	Oatmeal Cereal, Granola Bars
French Toast, Pancakes	Cornbread, Eggs
Clam Chowder, Lentil Soup, Miso Soup	Chicken Noodle Soup
Cheeseburger	Hot Dog, Chicken Nuggets
Lasagna	Macaroni & Cheese
Peanut Butter	Apple Butter
Tomato Sauce	Cream Sauce, Olive Oil, Mozzarella Cheese
Blueberry Muffins	Oat Bran Muffin, Corn Bread