

Regular Diet	Serving size	Oxalate Content
--------------	--------------	-----------------

Breakfast Meal (Early Morning)		
Raisin Bran Cereal	1/2 cup	46.1
Bagel, plain	1/2 bagel	4.1
Cantaloupe	1/4 fruit	1.3
Milk (skim or 1%)	1 cup	0.5
Cream Cheese (reduced fat)	1 TBS	0.06
Total Oxalate		52.06

Mid-Morning Snack		
Poptart	1 tart	6.6
Total Oxalate		6.6

Lunch		
Whole Wheat Bread	2 slices	11.4
Turkey	2 oz	0.0
Lettuce & Tomato	slices	1.0
Mayonnaise	1 TBS	0.0
Apple	1 fruit	0.6
Vegetable Beef Soup	1 cup	4.6
Total		17.6

Mid-Afternoon Snack		
Pretzels	3/4 oz	4.5
Total Oxalate		4.5

Dinner		
Chicken breast, baked	3 oz	0.0
Baked Potato	1 medium	97.4
Sour Cream	2 TBS	0.07
Broccoli	1/2 cup	4.0
Salad	small	2.0
Low fat Salad Dressing	2 TBS	0.1

Choices Low Oxalate Diet	Serving size	Oxalate Content
--------------------------	--------------	-----------------

Breakfast Meal (Early Morning)		
Multi-Grain Cheerios	1 cup	4.3
Milk (skim or 1%)	3/4-1 cup	0.5
Cantaloupe	1/4 fruit	1.3
Apple or Orange Juice(optional)	6 oz	1.7
Coffee (decaff or reg) with or without cream & sugar	1 cup	1.0
Total Oxalate		8.8

Mid-Morning Snack		
Yogurt with Fruit	1 cup	1.0
Total Oxalate		1.0

Lunch		
Whole Wheat Bread	2 slices	11.4
Tuna Salad	3 oz	2.5
Lettuce & Tomato	slices	1.0
Cheese (american, swiss)	2 slices	1.2
Mayonnaise	1 TBS	0.0
Grapes	1/2 cup	1.0
Chicken Noodle Soup	1 cup	3.0
Total		20.1

Mid-Afternoon Snack		
Popcorn (air-popped)	1 1/2 cups	6.75
Total		6.75

Dinner		
Any fresh fish (haddock, cod etc)	3 oz	1.0
White Rice with stir-fried Vegetables (mushrooms, onions, broccoli, zucchini)	1 cup	8.4
Salad (use low oxalate veg)	small	2.0
Salad Dressing (oil based)	2 TBS	0.2
Dinner roll	1 roll	5.9

Dinner Roll	1 roll	5.9
Orange Slices	3/4 cup	23.8
Skim or 1%Milk	1 cup	0.5
Total		133.77

<b>Snack (Dessert)</b>		
Ice Cream (vanilla)	1/2 cup	0.4
Strawberries	1 cup	3.0
Total		3.4

Total Oxalate		217.93
---------------	--	--------

Diet Lemonade	1 cup	0.7
Total		18.2

<b>Snack (Dessert)</b>		
Crackers (Ritz, Wheat etc)	5 crackers	2.5
Cheddar Cheese	5 oz	0.5
Red or White Wine	4 oz	1.0
Total		4.0

Total Oxalate		58.9
---------------	--	------