



The Low Oxalate Diet

This diet aims to reduce oxalate intake in your diet to assist in your treatment program. Your practitioner feels you may benefit with reduced oxalate intake during a treatment for yeast overgrowth. While oxalate tolerance can improve with time, some individuals may need a long-term approach to managing oxalates in their diet

It is important to reduce oxalates very slowly, over time. It can take weeks to months to determine the daily amount of oxalates your body can tolerate. It is important that you do not remove oxalates all at once - instead, reduce oxalates 5-10% per week. Oxalates levels are based on the amount per serving - serving size and cooking/preparation method are important.

Low	Medium	High (*extremely high)
Bok choy Broccoli – boiled Cabbage Cauliflower Cucumber Kale (lacinato/dino only) Iceberg Lettuce Mustard greens – boiled Onion and garlic Radish Red Capsicum Swede Sauerkraut, raw Turnip root/greens Water chestnuts Butternut Pumpkin Zucchini	Asparagus, boiled Broccoli, steamed Brussels sprouts, raw or boiled Carrot, boiled – 1/2 cup Celeriac Collard greens, boiled – 1/2 cup Endive Fennel, raw or boiled Olives Tomato, fresh = 1/2 Cup	Beets* Carrots^ Celery^ Leafy salad greens Green beans^ Kale (except low varieties) Leafy salad greens Rhubarb* Russet potato Spinach* Sweet potato* Swiss chard* ^Depending on amount and cooking methods, these can be medium in oxalate content.
Apple Avocado Blueberries Cherries Cranberries Grapes Melon Strawberries	Apricots Mango Nectarine Papaya Pear	Citrus and citrus peel Figs Goose berries Guava Kiwi Pomegranate Raspberries/ blackberries Starfruit

DISCLAIMER: this guide is not intended as medical advice. If you are a patient, please ask your medical provider if these products are indicated in your case.

Low	Medium	High (*extremely high)
Coconut Flax seed Pumpkin seed	Sunflower seeds	Almonds* Peanuts* Pecans, hazelnuts, & all other nuts
Millet Rice	Oats	Amaranth* Buckwheat* Quinoa Most beans and legumes
Basil Lavender Mace Parsley Rosemary Saffron Sage Tarragon White pepper	Basil Black pepper Cardamom Chili Ginger, fresh Marjoram Nutmeg Paprika Thyme	Allspice Cinnamon Clove Cumin Ginger powder Onion powder Turmeric
Eggs Fish Meats		

* A food's oxalate content is decreased through parboiling (and dumping the water) while other cooking methods do not. Soaking grains and "seeds" also reduces oxalate levels. While these methods may help increase some food choices; they do not reduce oxalate significantly enough to make most high-oxalate foods allowable.



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