

LIST OXALATE

FUNMEDDEV Ltd.

Your health today and tomorrow

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Most plant foods contain oxalates in varying amounts, and there are inconsistencies depending on where they are grown and who measures it. It is very difficult to avoid all oxalates whilst still having a healthy diet. Therefore, paying attention to your **total oxalate load** is of significance, and **avoiding the highest ones on the list** together with the ones that feature in **largest quantities** in your diet would be an important strategy in an oxalate reducing diet. Daily green smoothies or juices can add significant amounts of oxalates in the diet.

HIGH

- ☛ Spinach
- ☛ Rhubarb
- ☛ Beetroot
- ☛ Black tea
- ☛ Instant coffee
- ☛ Wholegrain wheat, bran in particular (not the highest concentration, but featured in largest amount)

MEDIUM

- ☛ Nuts: in particular almonds and peanuts
- ☛ Dark Berries: blackberries, raspberries, blueberries
- ☛ Cacao
- ☛ Green leaves: chard, parsley
- ☛ Vegetables: leeks, carrot, celery
- ☛ Whole grains
- ☛ Pseudo-grains: especially buckwheat and millet
- ☛ Potato, sweet potato & regular potato (remove skin to reduce amount)
- ☛ Fruit: in particular kiwi, tangerine, figs

LOW

- ☛ Meat
- ☛ Fish
- ☛ Eggs
- ☛ Dairy products
- ☛ Green tea