



## High Oxalate Foods

Oxalate is a naturally occurring molecule abundant in plants and humans. It is not a required nutrient and can lead to kidney stones if consumed in excess. In plants, oxalate binds with calcium to eliminate it. When we eat foods with oxalate, it passes through the digestive tract and can be excreted in stool or urine. However, if too much oxalate reaches the kidneys, it can cause kidney stones, which are most commonly made of calcium oxalate. Higher oxalate levels increase the risk of developing these kidney stones.

Try to limit:

- Spinach
- Rhubarb
- Almonds and cashews
- Miso soup
- Grits (*Grits is a porridge made from corn that is ground into a coarse meal and then boiled*)
- Baked potatoes with skin
- Beetroot
- Cocoa powder
- Okra
- Bran cereals and shredded wheat cereals
- French fries
- Raspberries
- Stevia sweeteners
- Sweet potatoes
- Soy flour
- Bulgar flour
- Navy beans