

MMC FACT SHEET 905

LOW OXALATE DIET

(prevention of kidney stones)

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Kidney stones are a common disorder of the urinary tract. They are pieces of stone-like material that form on the walls of the kidney. They are caused by a buildup of minerals in urine. Most stones are so small that they pass through the urinary system without pain. However, a large enough stone can cause extreme pain or urinary blockage. This is very painful, and requires treatment or surgery.

Thousands of New Zealanders get kidney stones every year. Sufferers are mostly men, and usually between the ages of 20 and 40. A family history of kidney stones makes their occurrence more likely.

Some kidney stones are made from a build-up of calcium oxalate (pronounced OX-uh-layt). For these people cutting back on high-oxalate foods and salt may help prevent kidney stones. Oxalate is found in many foods. A low oxalate diet means limiting your oxalate to 40 to 50 mg day. The following charts identify foods to avoid, because they are high in oxalate, and foods to eat more freely because they are low in oxalate. This may help prevent kidney stones. Extra vitamin C may be turned into oxalate in the body; avoid high doses of vitamin C supplements (more than 2,000 mg of vitamin C per day).

Be sure to drink plenty of fluids. People likely to get kidney stones should drink 8 to 13 cups of fluid each day. In the following charts, food and drink serving sizes are 100 grams, unless otherwise noted.

AVOID THESE HIGH-OXALATE FOODS AND DRINKS

High-oxalate foods have more than 10 mg of oxalate per serving.

DRINKS	STARCH	VEGETABLES
black tea instant coffee chocolate milk Milo/Ovaltine soy drinks juice made from high oxalate fruits (see below)	bran cereal high fibre cereal crispbread (rye or wheat) buckwheat fruit cake pretzels taro wheat bran wheat germ wholemeal bread wholemeal flour	baked beans green beans kidney beans dried beans beetroot capsicum carrots celery courgette/zucchini eggplant kumara mesculun greens leeks olives parsley potatoes and fries squash
DAIRY		
Chocolate milk soy milk soy cheese soy yoghurt		
MEAT	FRUIT	CONDIMENTS
None	blackberries blueberries citrus peel currants figs gooseberries grapes raspberries rhubarb tamarillo tinned fruit salad	black pepper (more than 1 teasp) marmalade soy sauce
FATS, NUTS, SEEDS		MISCELLANEOUS
nuts peanut butter Nutella sesame seeds tahini soy nuts		chocolate parsley

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LIMIT THESE MODERATE -OXALATE FOODS AND DRINKS

You should have no more than two or three servings of these foods per day.
Moderate-oxalate foods have 2 to 10 mg of oxalate per serving.

DRINKS	STARCH	VEGETABLES
draft beer	bagels	artichoke
carrot juice	brown rice	asparagus
brewed coffee	cornmeal	broccoli
cranberry juice	cornflour	brussels sprouts
grape juice	oatmeal	tinned carrots
Guinness beer	ravioli	cron
mate tea	spaghetti in sauce	lettuce
orange juice	sponge cake	lima beans
tomato juice	poptarts	mustard greens
rosehip tea	tortillas	onions
Twinnings blackcurrant tea	white bread	tinned peas
		tomato
	MEAT	tomato soup
DAIRY	liver	turnips
yoghurt	sardines	vegetable soup
		watercress
MEAT	FRUIT	MISCELLANEOUS
None	apples	ginger
	apple sauce	malt
	apricots	potato chips
	coconut	strawberry jam
	cranberries	thyme
	mandarins	
	oranges	
FATS, NUTS, SEEDS	fresh peaches	
	plums	
flaxseed	prunes	
sunflower seeds	strawberries	



Page Three is your LOW OXALATE DIET

Enjoy these low-oxalate foods and drinks

Eat as much of the low-oxalate foods as you like. Low-oxalate foods have less than 2 mg of oxalate per serving.

LOW OXALATE DIET

RINKS	FRUIT	VEGETABLES
<p>apple cider apple juice apricot nectar bottled beer buttermilk cherry juice cola grapefruit juice green tea herbal teas - see below lemonade lemon juice lime juice milk oolong tea pineapple juice wine</p> <p>HERBAL TEAS most kinds!! eg Peppermint Wild Forrest Blackberry Mandarin Orange Spice Cinnamon Apple Spice Cranberry Apple Red Raspberry Lemon Orange and Spice Mint Medley Sweet Dreams Gentle Orange Lemon Soothe Chamomile Flowers</p>	<p>avocado banana cherries grapefruit grapes (green and red) kumquat lychee mangoes melons nectarines papaya passion fruit canned p eaches canned pears plums (green and yellow) raisins(1/4 cup)</p> <p style="text-align: center;">MEAT</p> <p>bacon beef corned beef fish (not sardines) ham lamb lean meats pork poultry shellfish</p> <p style="text-align: center;">FATS, NUTS, SEEDS</p> <p>butter margarine mayonnaise salad dressing vegetable oil</p> <p style="text-align: center;">STARCHES</p> <p>barley cereals (corn or rice) chicken noodle soup egg noodles English muffin whole wheat crackers macaroni pasta (plain) white rice wild rice</p>	<p>cabbage cauliflower chives cucumber endive kohlrabi mushrooms peas radishes water chestnut</p> <p style="text-align: center;">CONDIMENTS</p> <p>basil cinnamon corn syrup Dijon mustard dill honey imitation vanilla extract jelly made from low oxalate fruits ketchup (1 Tbsp) maple syrup nutmeg oregano peppermint sage sugar vinegar white pepper</p> <p style="text-align: center;">MISCELLANEOUS</p> <p>gelatine (unflavoured) boiled sweets jelly lemon balm lemon juice lime juice</p>
<p style="text-align: center;">DAIRY</p> <p>cheese buttermilk milk</p>		<p>Adapted from a diet published by University of Pittsburgh Medical Center</p>