

LOW OXALATE FOOD LIST PDF, FREE PRINTABLE FROM EATBEAUTIFUL.NET

Very Low Oxalate	Low Oxalate	Medium Oxalate
The following foods contain about 0-1 mg of oxalates for a normal serving size.	The following foods contain about 1.1 to 5 mg of oxalates for a normal serving size.	The following foods contain about 5.1 to 15 mg of oxalates for a normal serving size.
Baking and Cooking Ingredients, plus Condiments	Baking and Cooking Ingredients, plus Condiments	Baking and Cooking Ingredients, plus Condiments
<ul style="list-style-type: none"> • agave nectar, 1 tablespoon 	<ul style="list-style-type: none"> • apple butter, 2 tablespoons 	<ul style="list-style-type: none"> • ginger root, fresh, 1 tablespoon
<ul style="list-style-type: none"> • anchovies 	<ul style="list-style-type: none"> • brown rice syrup, 1 tablespoon 	<ul style="list-style-type: none"> • molasses, 1 tablespoon
<ul style="list-style-type: none"> • apple cider vinegar, 1 tablespoon 	<ul style="list-style-type: none"> • capers, 2 tablespoons 	<ul style="list-style-type: none"> • tahini, 1 teaspoon
<ul style="list-style-type: none"> • baking soda 	<ul style="list-style-type: none"> • coconut aminos, 1 tablespoon 	Beverages
<ul style="list-style-type: none"> • balsamic vinegar 	<ul style="list-style-type: none"> • coconut flour, 1/4 to 1/2 cup, sources vary 	<ul style="list-style-type: none"> • coconut water, 1/2 cup
<ul style="list-style-type: none"> • coconut aminos, 1 teaspoon 	<ul style="list-style-type: none"> • coconut sugar, 1 tablespoon 	<ul style="list-style-type: none"> • kombucha, 8 oz
<ul style="list-style-type: none"> • coconut milk and dried shredded coconut 	<ul style="list-style-type: none"> • corn starch, 1/2 cup 	<ul style="list-style-type: none"> • pomegranate juice, 1 cup
<ul style="list-style-type: none"> • coconut nectar and coconut sugar, 1 teaspoon 	<ul style="list-style-type: none"> • cream of tartar 	<ul style="list-style-type: none"> • Teas, 8 oz: Earl Gray Decaf, Green Tea Decaf, Green Tea, English Breakfast, Chai, Matcha, Mate, White Tea
<ul style="list-style-type: none"> • date sugar, 1 teaspoon 	<ul style="list-style-type: none"> • date sugar, 1 tablespoon 	Fats
<ul style="list-style-type: none"> • gelatin 	<ul style="list-style-type: none"> • flax seed meal, 2 tablespoons 	Fruits (1/2 cup serving size, unless listed otherwise)

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<ul style="list-style-type: none"> • horseradish 	<ul style="list-style-type: none"> • garbanzo bean flour, 1/4 to 1/2 cup, sources vary 	<ul style="list-style-type: none"> • apples, 1 small: Braeburn, Macintosh
<ul style="list-style-type: none"> • hot sauce 	<ul style="list-style-type: none"> • green chilies, 2 tablespoons 	<ul style="list-style-type: none"> • apricots, 1/2 cup
<ul style="list-style-type: none"> • kim chee, 2 tablespoons 	<ul style="list-style-type: none"> • guar gum 	<ul style="list-style-type: none"> • bananas, 1 medium
<ul style="list-style-type: none"> • maple syrup 	<ul style="list-style-type: none"> • honey, 1 tablespoon 	<ul style="list-style-type: none"> • cantaloupe, 1 cup cubes
<ul style="list-style-type: none"> • Dijon or yellow mustard, 1 tablespoon 	<ul style="list-style-type: none"> • jam or jelly from low or medium ox. fruits 	<ul style="list-style-type: none"> • cranberries
<ul style="list-style-type: none"> • mustard powder 	<ul style="list-style-type: none"> • molasses, 1 tablespoon 	<ul style="list-style-type: none"> • currants
<ul style="list-style-type: none"> • pepper 	<ul style="list-style-type: none"> • nutritional yeast, 3 tablespoons 	<ul style="list-style-type: none"> • dates
<ul style="list-style-type: none"> • pickle relish, 1 tablespoon 	<ul style="list-style-type: none"> • olives, 1 	<ul style="list-style-type: none"> • figs
<ul style="list-style-type: none"> • rice vinegar 	<ul style="list-style-type: none"> • polenta, 1/4 cup 	<ul style="list-style-type: none"> • grapes, black, possibly up to 1 cup
<ul style="list-style-type: none"> • sea salt 	<ul style="list-style-type: none"> • potato starch, 1/4 cup 	<ul style="list-style-type: none"> • gooseberries
<ul style="list-style-type: none"> • spices: white pepper, red chili powder, saffron 	<ul style="list-style-type: none"> • psyllium husk, 1 tablespoon 	<ul style="list-style-type: none"> • grapefruit, 1/2 grapefruit
<ul style="list-style-type: none"> • vanilla extract 	<ul style="list-style-type: none"> • rice flour, 1/2 cup 	<ul style="list-style-type: none"> • mandarin oranges, 1 whole, or 1/4 cup canned organic
<ul style="list-style-type: none"> • wasabi paste 	<ul style="list-style-type: none"> • red miso paste (but avoid commercially made miso soup) 	<ul style="list-style-type: none"> • mango
<ul style="list-style-type: none"> • wine vinegar 	<ul style="list-style-type: none"> • salsa, 2 tablespoons 	<ul style="list-style-type: none"> • nectarine
Beverages	<ul style="list-style-type: none"> • soy sauce, 1 tablespoon 	<ul style="list-style-type: none"> • olives - 5 to 15 whole

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<ul style="list-style-type: none"> coffee or instant coffee 	<ul style="list-style-type: none"> spices, dried, 1/2 teaspoon or less: cardamom, chili powder, nutmeg, dried orange peel, paprika, black pepper, sumac, cayenne pepper 	<ul style="list-style-type: none"> papaya
<ul style="list-style-type: none"> lemon and lime juices (so lemonade made homemade with this ingredient) 	<ul style="list-style-type: none"> spices, dried, 1 teaspoon: garlic, ginger, red pepper flakes, mace, onion powder 	<ul style="list-style-type: none"> pear, peeled, 1 whole: Bartlett, or Bosc
<ul style="list-style-type: none"> orange juice 	<ul style="list-style-type: none"> sweet potato flour, 1/2 cup 	<ul style="list-style-type: none"> persimmon
<ul style="list-style-type: none"> most herbal teas, such as honeybush, chamomile, hibiscus, licorice, fruit teas, orange spice, mint and rose hips 	<ul style="list-style-type: none"> tomato paste, 1 teaspoon, or possibly up to 1 tablespoon 	<ul style="list-style-type: none"> plum
Fats	<ul style="list-style-type: none"> vinegar 	<ul style="list-style-type: none"> raisins
<ul style="list-style-type: none"> butter 	<ul style="list-style-type: none"> water chestnut flour, 1/2 cup 	<ul style="list-style-type: none"> strawberries and cherries - 5 to 15 whole
<ul style="list-style-type: none"> cocoa butter 	<ul style="list-style-type: none"> yeast, active dry 	<ul style="list-style-type: none"> tangerine
<ul style="list-style-type: none"> coconut oil 	Beverages	(Avoid: raspberries, canned pineapple and rhubarb, which are very high in oxalates.)
<ul style="list-style-type: none"> olive oil 	<ul style="list-style-type: none"> African red bush tea 	Herbs
<ul style="list-style-type: none"> sesame oil 	<ul style="list-style-type: none"> black tea: English Breakfast, Darjeeling, Oolong, Chai 	<ul style="list-style-type: none"> basil, fresh, 1 tablespoon to 1/4 cup, sources vary

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Fruits	<ul style="list-style-type: none"> chicory root tea (herbal coffee) 	Vegetables (1/2 cup serving size, unless listed otherwise)
<ul style="list-style-type: none"> apples, 1/2 cup 	<ul style="list-style-type: none"> dandelion root tea 	<ul style="list-style-type: none"> artichoke, 1, boiled
<ul style="list-style-type: none"> avocado, 2 to 3 slices 	<ul style="list-style-type: none"> decaf coffee 	<ul style="list-style-type: none"> asparagus, 8 spears
<ul style="list-style-type: none"> coconut 	<ul style="list-style-type: none"> ginger tea 	<ul style="list-style-type: none"> basil, 1 tablespoon
<ul style="list-style-type: none"> cranberries, 1/2 cup 	<ul style="list-style-type: none"> green tea 	<ul style="list-style-type: none"> broccoli
<ul style="list-style-type: none"> dates 	<ul style="list-style-type: none"> kombucha, 8 oz, cranberry flavor 	<ul style="list-style-type: none"> Brussels sprouts
<ul style="list-style-type: none"> figs 	<ul style="list-style-type: none"> mint tea 	<ul style="list-style-type: none"> cabbage, raw or sauerkraut
<ul style="list-style-type: none"> grapes, green, 1 cup 	<ul style="list-style-type: none"> rooibos 	<ul style="list-style-type: none"> carrots, sliced and boiled 4 minutes or raw and grated to measure
<ul style="list-style-type: none"> lemon juice, 1 cup 	<ul style="list-style-type: none"> tulsi tea 	<ul style="list-style-type: none"> celery, raw
<ul style="list-style-type: none"> lime juice, 1 cup 	Fats	<ul style="list-style-type: none"> chayote, boiled
<ul style="list-style-type: none"> melon, 1/2 cup 	<ul style="list-style-type: none"> macadamia nut oil, 1 tablespoon 	<ul style="list-style-type: none"> cassava root (yucca), boiled 30 minutes
<ul style="list-style-type: none"> olives, 1 	<ul style="list-style-type: none"> red palm oil 	<ul style="list-style-type: none"> collard greens
<ul style="list-style-type: none"> plums 	Fruits	<ul style="list-style-type: none"> 2 ears of fresh corn on the cob, cooked 2 minutes
<ul style="list-style-type: none"> passion fruit 	<ul style="list-style-type: none"> apples (1 medium size): Gala, Fuji, Pink Lady, Granny Smith 	<ul style="list-style-type: none"> dulse flakes, seaweed, 1 tablespoon
Herbs	<ul style="list-style-type: none"> applesauce, 1/2 cup 	<ul style="list-style-type: none"> eggplant
<ul style="list-style-type: none"> basil 	<ul style="list-style-type: none"> apricot, 1/2 of one 	<ul style="list-style-type: none"> endive, 1 cup
<ul style="list-style-type: none"> bay leaves 	<ul style="list-style-type: none"> avocado, 1 	<ul style="list-style-type: none"> fennel, raw

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<ul style="list-style-type: none"> chives 	<ul style="list-style-type: none"> blueberries, strawberries, cherries, 1/2 cup 	<ul style="list-style-type: none"> grape leaves, 1 leaf
<ul style="list-style-type: none"> cilantro 	<ul style="list-style-type: none"> grapes, green or red, 1/2 cup 	<ul style="list-style-type: none"> green beans, cooked for 30 minutes
<ul style="list-style-type: none"> dill weed 	<ul style="list-style-type: none"> mango, 1/2 	<ul style="list-style-type: none"> green chilies, canned, one chili
<ul style="list-style-type: none"> garlic 	<ul style="list-style-type: none"> melon, 1/2 cup: cantaloupe, casaba, honeydew, watermelon 	<ul style="list-style-type: none"> green onions, chopped
<ul style="list-style-type: none"> ginger 	<ul style="list-style-type: none"> nectarine, 1 whole 	<ul style="list-style-type: none"> Jerusalem artichokes (sunchokes)
<ul style="list-style-type: none"> parsley 	<ul style="list-style-type: none"> orange - one whole 	<ul style="list-style-type: none"> kale
<ul style="list-style-type: none"> rosemary 	<ul style="list-style-type: none"> papaya - amounts vary: 1/2 cup to one whole 	<ul style="list-style-type: none"> leeks
<ul style="list-style-type: none"> sage 	<ul style="list-style-type: none"> peach - one whole 	<ul style="list-style-type: none"> lima beans
<ul style="list-style-type: none"> tarragon 	<ul style="list-style-type: none"> pear 1/2 to 1 	<ul style="list-style-type: none"> mung bean sprouts
<ul style="list-style-type: none"> thyme 	<ul style="list-style-type: none"> pineapple, 1/2 cup 	<ul style="list-style-type: none"> mustard greens
Vegetables	<ul style="list-style-type: none"> plum, 1/2 cup 	<ul style="list-style-type: none"> parsnips
<ul style="list-style-type: none"> alfalfa sprouts 	Herbs	<ul style="list-style-type: none"> peppers, sweet
<ul style="list-style-type: none"> arugula 	<ul style="list-style-type: none"> dried herbs: basil, lavender, marjoram, parsley, sage 	<ul style="list-style-type: none"> portabella mushroom, 1
<ul style="list-style-type: none"> bok choy, 1 cup 	Vegetables (1/2 cup serving size, unless listed otherwise)	<ul style="list-style-type: none"> potato, peeled and cooked
<ul style="list-style-type: none"> broccoli, 1/2 cup 	<ul style="list-style-type: none"> asparagus 	<ul style="list-style-type: none"> pumpkin, canned
<ul style="list-style-type: none"> cabbage, boiled, 1/2 cup 	<ul style="list-style-type: none"> broccoli 	<ul style="list-style-type: none"> red onion, raw

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<ul style="list-style-type: none"> cauliflower, cooked, 1/2 cup 	<ul style="list-style-type: none"> cabbage, raw or cooked show the same serving size 	<ul style="list-style-type: none"> tomatillo
<ul style="list-style-type: none"> corn, 1/2 cup 	<ul style="list-style-type: none"> carrots, sliced and boiled 	<ul style="list-style-type: none"> tomato, fresh
<ul style="list-style-type: none"> cucumbers, 1/4 of 1 	<ul style="list-style-type: none"> cauliflower 	<ul style="list-style-type: none"> tomato paste, 2 tablespoons
<ul style="list-style-type: none"> kohlrabi 	<ul style="list-style-type: none"> collard greens 	<ul style="list-style-type: none"> tomato sauce
<ul style="list-style-type: none"> mushrooms 	<ul style="list-style-type: none"> corn, 1 cup 	<ul style="list-style-type: none"> turnip greens
<ul style="list-style-type: none"> onions: white and yellow 	<ul style="list-style-type: none"> cucumber, 1/2 of one 	<ul style="list-style-type: none"> winter squash: hubbard
<ul style="list-style-type: none"> peppers, small, sweet 	<ul style="list-style-type: none"> daikon radish, about 2"x2" 	<p>(Avoid: spinach, potatoes and beets, which are very high in oxalates.)</p>
<ul style="list-style-type: none"> pumpkin 	<ul style="list-style-type: none"> endive 	<p>Grains, pastas and grain-free flours</p>
<ul style="list-style-type: none"> radish 	<ul style="list-style-type: none"> escarole 	<ul style="list-style-type: none"> barley, boiled, 1/2 cup
<ul style="list-style-type: none"> romaine lettuce, 1/2 to 1 cup 	<ul style="list-style-type: none"> kale 	<ul style="list-style-type: none"> breads, packaged: Ener-G Brown Rice Bread, 1 slice; Udi's GF Hamburger Bun, 1 bun, Francisco International Sourdough, 1 slice, Ezekiel Sprouted Whole Grain, 1 slice; Udi's White Sandwich Bread GFCF, 2 slices
<ul style="list-style-type: none"> seaweeds: kombu, wakame 	<ul style="list-style-type: none"> lettuces, possibly up to 1 cup or more: Boston/bibb/butter, iceberg, green or red looseleaf, romaine 	<ul style="list-style-type: none"> brown rice, 1/2 cup

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Grains, pastas and grain-free flours	<ul style="list-style-type: none"> mushrooms, 5 whole 	<ul style="list-style-type: none"> brown rice flour, 1/4 cup
<ul style="list-style-type: none"> cornstarch, 1 tablespoon 	<ul style="list-style-type: none"> nori seaweed, 1 sheet 	<ul style="list-style-type: none"> chestnut flour, 1/4 cup
<ul style="list-style-type: none"> cricket flour 	<ul style="list-style-type: none"> onions, white or yellow, shallots 	<ul style="list-style-type: none"> corn chips, 1 oz
<ul style="list-style-type: none"> cellophane noodles, 1/2 cup 	<ul style="list-style-type: none"> peppers, a variety of kinds 	<ul style="list-style-type: none"> corn tortillas, 1 to 2 tortillas, sources vary
<ul style="list-style-type: none"> Pad Thai rice noodles, 1/2 cup 	<ul style="list-style-type: none"> potato, red, peeled 	<ul style="list-style-type: none"> cornmeal, 1/4 cup
Nuts and seeds	<ul style="list-style-type: none"> rutabaga, possibly up to a cup 	<ul style="list-style-type: none"> couscous, 1/2 cup
<ul style="list-style-type: none"> flax seeds and flax seed meal, 1 tablespoon 	<ul style="list-style-type: none"> squash: acorn, butternut, delicata (possibly up to a cup), kabocha, spaghetti 	<ul style="list-style-type: none"> einkorn and einkorn flour, Jovial brand, organic, 1/2 cup
Beans and peas (1/2 cup serving size)	<ul style="list-style-type: none"> tomato 	<ul style="list-style-type: none"> flax seed meal, 1/2 cup
<ul style="list-style-type: none"> red lentils, cooked 	<ul style="list-style-type: none"> turnip greens or root 	<ul style="list-style-type: none"> green banana flour, 1 teaspoon
<ul style="list-style-type: none"> peas 	<ul style="list-style-type: none"> water chestnuts 	<ul style="list-style-type: none"> hominy, white, 1/2 cup
Meats	<ul style="list-style-type: none"> watercress 	<ul style="list-style-type: none"> kamut pasta, 1/2 cup
<ul style="list-style-type: none"> bacon and turkey bacon 	<ul style="list-style-type: none"> zucchini, up to 1 cup 	<ul style="list-style-type: none"> lupin flour, 1/2 cup
<ul style="list-style-type: none"> beef 	Grains, pastas and grain-free flours (1/2 cup serving size, unless listed otherwise)	<ul style="list-style-type: none"> masa, from white corn, organic, 1/2 cup

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<ul style="list-style-type: none"> buffalo 	<ul style="list-style-type: none"> kelp noodles 	<ul style="list-style-type: none"> millet, cooked, 1/2 cup; if soaked overnight first, drained, rinsed and then boiled 20 minutes, 1 cup
<ul style="list-style-type: none"> chicken 	<ul style="list-style-type: none"> millet 	<ul style="list-style-type: none"> oat bran, 1 tablespoon
<ul style="list-style-type: none"> fish: flounder, haddock, salmon, sardines, tuna, scallops, crab (2 oz), shrimp 	<ul style="list-style-type: none"> oat bran 	<ul style="list-style-type: none"> oat flour, 1/4 cup
<ul style="list-style-type: none"> lamb 	<ul style="list-style-type: none"> quinoa pasta 	<ul style="list-style-type: none"> oats, rolled, 1/2 cup
<ul style="list-style-type: none"> pork 	<ul style="list-style-type: none"> rice 	<ul style="list-style-type: none"> pearl barley, 1/2 cup
<ul style="list-style-type: none"> turkey 	<ul style="list-style-type: none"> rice pasta (brown or white), cooked 	<ul style="list-style-type: none"> popcorn, 1 cup
<ul style="list-style-type: none"> most wild game: deer, elk, moose, rabbit etc. 	<ul style="list-style-type: none"> Shirataki Miracle Noodles (3 oz cooked) 	<ul style="list-style-type: none"> potato starch, 1/2 cup
Dairy	<ul style="list-style-type: none"> sweet potato pasta, cooked 	<ul style="list-style-type: none"> pumpkin seed flour, 1/2 cup
<ul style="list-style-type: none"> most cheese: blue, cheddar, cream cheese, fontina, goat cheese, Gruyere, ricotta, jack, mozzarella, romano, pecorino 	<ul style="list-style-type: none"> wild rice, cooked 	<ul style="list-style-type: none"> quinoa pasta, Ancient Harvest brand, 1/2 cup
<ul style="list-style-type: none"> half and half, heavy cream 	Nuts and Seeds	<ul style="list-style-type: none"> red lentil pasta, 1/2 cup
<ul style="list-style-type: none"> kefir, buttermilk, sour cream 	<ul style="list-style-type: none"> chestnuts, 3 whole 	<ul style="list-style-type: none"> rice, white, 1/2 cup raw, sources vary
<ul style="list-style-type: none"> milk, goat's milk 	<ul style="list-style-type: none"> pumpkin seeds, 1 tablespoon 	<ul style="list-style-type: none"> rice cakes, 2 cakes
	<ul style="list-style-type: none"> pumpkin seeds, sprouted, 1/4 cup 	<ul style="list-style-type: none"> rice flour, from white rice, 1/2 cup

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	<ul style="list-style-type: none"> pumpkin seed butter, 2 tablespoons 	<ul style="list-style-type: none"> rye flour, 1/4 to 1/2 cup, sources vary
	<ul style="list-style-type: none"> sunflower seeds, peeled, 1/4 cup 	<ul style="list-style-type: none"> sorghum flour, 1/4 cup
	<ul style="list-style-type: none"> sunflower seed butter, 1 tablespoon 	<ul style="list-style-type: none"> Sourdough Einkorn Crackers by Jovial (Sea Salt, Organic), 18
	<ul style="list-style-type: none"> watermelon seeds, sprouted, 1 ounce 	<ul style="list-style-type: none"> shirataki noodles, 4 oz
	Beans and Peas	<ul style="list-style-type: none"> spelt pasta, 1/2 cup
	<ul style="list-style-type: none"> black-eyed peas 	<ul style="list-style-type: none"> sweet rice flour, 1/2 cup
	<ul style="list-style-type: none"> garbanzo beans (chickpeas), 1/2 cup 	<ul style="list-style-type: none"> tapioca flour, 1/4 cup
	<ul style="list-style-type: none"> lentils 	<ul style="list-style-type: none"> tapioca pearls, 1/2 cup
	<ul style="list-style-type: none"> lima beans (butter beans), 1/2 cup 	<ul style="list-style-type: none"> tiger nut flour, 1/4 cup
	<ul style="list-style-type: none"> mung beans 	<ul style="list-style-type: none"> white wheat flour, 1/4 cup
	<ul style="list-style-type: none"> split peas 	<ul style="list-style-type: none"> wild rice and white rice flour, 1/2 cup
	Meats	(Avoid: wheat bran, rice bran and buckwheat which are very high in oxalates.)
	<ul style="list-style-type: none"> bacon, 2 slices 	Nuts and Seeds, 1 oz/ about 3 tablespoons, unless otherwise specified
	<ul style="list-style-type: none"> beef hot dogs, Applegate Farms brand, 1 hot dog 	<ul style="list-style-type: none"> chestnuts, about 6 to 8

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	<ul style="list-style-type: none"> • deli turkey meat, Applegate Farms brand, 2 oz 	<ul style="list-style-type: none"> • hemp hearts
	<p>Dairy and non-dairy substitutes</p>	<ul style="list-style-type: none"> • macadamia nuts
	<ul style="list-style-type: none"> • cheese, 1/2 cup: cheddar, feta, mozzarella, cottage chese 	<ul style="list-style-type: none"> • pecans
	<ul style="list-style-type: none"> • cheese, 1 oz: Parmesan, Swiss 	<ul style="list-style-type: none"> • pecan butter, 1 tablespoon
	<ul style="list-style-type: none"> • coconut milk, 1/4 cup to 1 cup, sources vary 	<ul style="list-style-type: none"> • pistachios, about 10
	<ul style="list-style-type: none"> • Daiya non-dairy cheese, 1/4 cup 	<ul style="list-style-type: none"> • pumpkin seeds, 1/4 to 1/2 cup, sources vary
	<ul style="list-style-type: none"> • milk, 1 cup 	<ul style="list-style-type: none"> • sesame seeds, 1 tbs
	<ul style="list-style-type: none"> • rice milk, 1 cup 	<ul style="list-style-type: none"> • sunflower seed butter, 2 tablespoons
	<ul style="list-style-type: none"> • yogurts, commercially made, 3 to 6 oz depending on the brand 	<ul style="list-style-type: none"> • sunflower seeds, 1/4 to 1/2 cup, sources vary
		<ul style="list-style-type: none"> • tiger nuts, 20 nuts
		<ul style="list-style-type: none"> • walnuts
		<ul style="list-style-type: none"> • watermelon seeds, 1/4 cup
		<p>(Avoid: almonds, Brazil nuts, cashews, hazelnuts, pine nuts, chia seeds and sesame seeds.)</p>
		<p>Beans and Peas, 1/2 cup</p>

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		<ul style="list-style-type: none"> • garbanzo beans (chickpeas), boiled 3 hours
		<ul style="list-style-type: none"> • kidney beans, boiled
		<ul style="list-style-type: none"> • lentils, boiled 40 minutes
		<ul style="list-style-type: none"> • peas
		<ul style="list-style-type: none"> • snow peas
		<ul style="list-style-type: none"> • tofu
		(Avoid: navy beans, soybeans and commercially made miso soup, which are very high in oxalates.)
		Meats, 2 oz serving
		<ul style="list-style-type: none"> • pork sausage, cooked
		<ul style="list-style-type: none"> • tuna, canned
		Dairy and Dairy Substitutes
		<ul style="list-style-type: none"> • hemp milk, 1 cup
		<ul style="list-style-type: none"> • oat milk, 1 cup
		<ul style="list-style-type: none"> • rice milk, 1 cup