







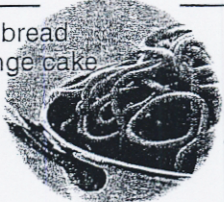

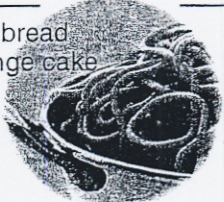




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# Low Oxalate Meal Plan

**Diet Tips**  
 1. Reduce animal protein intake  
 2. Reduce your intake of fat content to 40-50 mg. per day  
 3. Reduce your intake of oxalate  
 4. Encourage fluids in order to reduce the concentration of calcium and oxalate ions in the urine.

	Little or No Oxalate <2 mg. per serving Eat as desired		Moderate 2-10 mg. per serving	High >10 mg. per serving Avoid
 <b>Beverages &amp; Juices</b>	Apple juice Grapefruit juice Lemonade Pineapple juice Coke/Pepsi (12 oz. per day) <b>Water encouraged</b> <i>Note: distilled alcohol, bottled beer, and red or rosé wine is also allowed on occasion.</i>		Coffee (any kind, 8 oz. per serving) Cranberry juice Grape juice Orange juice Tomato juice	Draft beer Juices containing berries not allowed Ovaltine and other beverage mixes Tea, and cocoa
 <b>Milk (2 or more cups)</b>	Low fat milk Low fat or fat free yogurt Skim milk Buttermilk			
 <b>Meat Group</b>	Eggs Lean lamb Beef or pork	Cheese Poultry Seafood	 Sardines	Peanut butter Soybean curd Tofu
 <b>Vegetables</b>	Brussels sprouts Cauliflower Cabbage Mushrooms Onions Peas Potatoes Radishes Chives		Asparagus Broccoli Carrots Corn Cucumber Lettuce (iceberg) Lima beans Tomato (1 small) Turnips	Beets Swiss Chard Collards Escarole Leeks Okra Green Peppers Rutabagas Summer squash Celery Eggplant Kale Mustard Greens Parsley Spinach Sweet potatoes Watercress Beans-green, dried
 <b>Fruits</b>	Avocado Grapefruit Mangoes Melons: Cantaloupe, Casaba, Honeydew, Watermelon Nectarines Cherries, Bing	Bananas Grapes Peaches Plums	Apple Oranges Pineapple Italian prunes Black currants Cherries, red sour	Apricots Peaches Pear Blackberries Red currants Goose berries Lime peel Raspberries Strawberries Grapes, Concord Blueberries Fruit cocktail Lemon peel Orange peel Rhubarb Tangerine
 <b>Breads and Starch</b>	Cornflakes Noodles Rice White bread	Macaroni Oatmeal Spaghetti	 Cornbread Sponge cake	Grits White corn Soybean crackers Wheat germ Fruit cake
 <b>Fats</b>	Bacon Mayonnaise Salad dressing Vegetable oil		 Nuts Peanuts Pecans	
 <b>Extra</b>	Jelly (made with allowed fruit) Lemon or Lime juice Salt & pepper (1 tsp. per day) Sugar Soup with allowed ingredients		 Chocolate Cocoa Pepper (more than 1 tsp. per day) Vegetable soup Tomato sauce and soup	