

# Limit Foods High in Oxalates

Some people with kidney stones need to limit foods high in oxalates. Limiting oxalates may help you prevent another kidney stone if:

- tests show high amounts of oxalate in your pee (urine)
- you had a kidney stone made of oxalate

Your healthcare provider will tell you if you need to limit oxalates.

To learn more about [Kidney Stones and Your Diet](#), visit [Ahs.ca/NutritionHandouts](https://Ahs.ca/NutritionHandouts) and search kidney stones.

## How much oxalates can I have?

Aim for the amount suggested by your healthcare provider. Below are some examples of foods high and low in oxalates. Limit high oxalate foods to smaller amounts. Choose low oxalate foods most often. Your dietitian can help you get started with making changes.



**Tip:** At meals, choose calcium foods like milk, yogurt, plant-based beverages with calcium added, or lower sodium cheese. This helps to lower how much oxalates you absorb.

### Foods high in oxalates (40 mg or more)

#### Protein foods

- almond or cashew nuts, butters, and plant-based beverages
- peanuts
- canned navy, refried, and baked beans
- hummus
- miso soup
- soybeans, green (edamame)

#### Vegetables and fruits

- baked potato or sweet potato with skin
- French fries (white or sweet potato)
- beets (root)
- spinach
- dates (more than 8)

#### Grain foods

- bran cereals
- brown rice (more than 2 cups), bulgur wheat, buckwheat groats, cornmeal/polenta, quinoa, and wheat berries
- whole wheat bread (2 slices or more)
- whole wheat pasta (more than 1 cup)

#### Other foods

- dark chocolate

### Foods low in oxalates (10 mg or less)

- coconut, oat, or soy beverage
- flax, pumpkin, and sunflower seeds
- pistachios
- black beans, kidney beans, or lentils
- tofu
- chicken, eggs, fish, meat, and seafood
- milk and yogurt

- potato, peeled and boiled
- broccoli, carrots, cauliflower, cucumber, tomatoes
- cabbage, lettuce, and kale
- apples, grapes, melon, peaches, pears, raspberries, and strawberries

- oatmeal and oat bran
- white rice
- barley
- white bread

- milk chocolate
- black tea (up to 3 cups/ 750 mL per day)
- coffee

