

Paleo low oxalate foods

KEY POINTS

Oxalates are found in a number of foods, primarily fruits, vegetables, and nuts. Generally, our beneficial bacteria will digest oxalic acid and facilitate its excretion in stool. With yeast overgrowth we tend to see decreased excretion, and higher levels of oxalates in the body, which can cause a number of symptoms, most commonly: painful or inflamed joints similar to fibromyalgia or arthritis, burning with urination, vulvodynia – external female genital pain or irritation, depression, leaky gut or other digestive issues, and/or kidney stones.

Cooking doesn't have much impact on decreasing the oxalate content of foods, so it's best to monitor portion sizes.

Oxalate is an end product of Vitamin C. Avoid large doses of Vitamin C and limit extra supplementation.

Drink plenty of fluids to help flush oxalate out of your system.

Food Groups	Best Avoided	Eat in Moderation	Eat Freely
PROTEINS	Lentils	Liver Sardines	All other proteins
VEGETABLES	Bamboo shoots Beets (root and greens) Carrots Cassava Celery Collard greens Dandelion greens Eggplant Escarole Green beans Green pepper Kale Leeks	Mustard greens Onions String Beans Taro Tomato	Scallions Sea vegetables Turnip roots Water chestnut Zucchini

Food Groups	Best Avoided	Eat in Moderation	Eat Freely
VEGETABLES	Okra Olives Parsley Parsnip Potato (sweet and regular) Pumpkin Rutabagas Sorrel Spinach Summer Squash Swiss chard Tomato soup Turnip greens Watercress Yams Yellow squash		
FRUIT	Blackberries Blueberries Dates Elderberries Figs Kiwis Raspberries Rhubarb Strawberries Tangerines Any juice from above fruits	Apples with skin Coconut Cranberries Grapefruit Mandarin orange Orange Peaches Pear Pineapples Plums Prunes	Apple (peeled) Avocados Bananas Cherries Grapes Kumquat Lychee Limes Lemons Mangoes Melons Nectarines Papaya Passion fruit Plantains Raisins (1/4 cup)
DAIRY	Chocolate milk	Yogurt (preferably homemade)	All other dairy (from pasteurized animals)
FATS & NUTS	Chia seeds Nuts and nut butters Sesame seeds and oil	Chick peas Flaxseed Sunflower seeds	Butter Coconut Avocado, macadamia nut and olive oils Pumpkin seeds

Food Groups	Best Avoided	Eat in Moderation	Eat Freely
SWEETS	Chocolate	Honey Maple syrup	×
BEVERAGES	Black tea Cocoa	Coffee Green tea Rosehip tea Wine	Oolong tea
SPICES, CONDIMENTS & MISC.	Black pepper (more than 1 tsp.) Tomato sauce Turmeric Cumin seed* Coriander* Clove* Fennel seed* Anise seed*	Basil Cardamom* Cayenne pepper* Cinnamon Ginger Mustard (Dijon) Nutmeg Paprika* Thyme	Apple cider vinegar Bay leaf Bone Broth Curcumin* Dill Gelatin Honey Ketchup (1 Tbsp.) Marjoram Mustard (spice) Oregano Peppermint Rosemary Saffron Sage Vanilla Vinegar White pepper
GRAINS & STARTCH	Grits Taro	Brown rice (properly prepared) Tapioca starch	White rice Wild rice (properly prepared)

*<http://lowoxalateinfo.com/the-low-oxalate-curry-guide/>

[U Michigan Med](#)

[Harvard Oxalate Content Guides](#)

[Wake Forest Health Oxalate Content of Foods](#)

[U Pittsburgh Medical Center Low Oxalate Diet](#)

[U Pittsburgh Medical Center Low Oxalate Guide 2](#)

[Low Oxalate Info List](#)