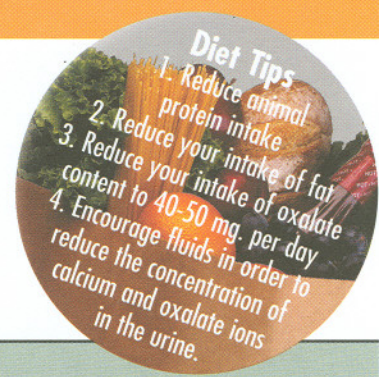





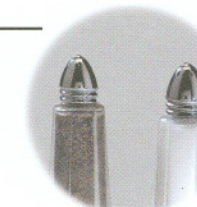


Low Oxalate Meal Plan



	Little or No Oxalate <2 mg. per serving Eat as desired	Moderate 2-10 mg. per serving	High >10 mg. per serving Avoid
 Beverages & Juices	Apple juice Grapefruit juice Lemonade Pineapple juice Coke/Pepsi (12 oz. per day) Water encouraged <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
 Milk (2 or more cups)	Low fat milk Low fat or fat free yogurt Skim milk Buttermilk		
 Meat Group	Eggs Lean lamb Beef or pork	Cheese Poultry Seafood	 Sardines Peanut butter Soybean curd Tofu
 Vegetables	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
 Fruits	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
 Breads and Starch	Cornflakes Noodles Rice White bread	Macaroni Oatmeal Spaghetti	 Cornbread Sponge cake Grits White corn Soybean crackers Wheat germ Fruit cake
 Fats	Bacon Mayonnaise Salad dressing Vegetable oil		 Nuts Peanuts Pecans
Extra	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