



PUCKETTE

Integrative Healthcare, S.C.

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Oxalate Food List

Dairy

- Chocolate Milk
- Soy Cheese
- Soy Yogurt

Drinks

- Dark or “robust” beer
- Black tea
- Cocoa
- Instant coffee
- Hot chocolate
- Juice made from high oxalate fruits (see below for high oxalate fruits)
- Ovaltine
- Soy drinks

Fats, Seeds, and Nuts

- Nuts
- Nut butters
- Sesame seeds
- Tahini
- Soy nuts

Fruits

- Blackberries
- Blueberries
- Carambola/Starfruit
- Concord grapes

- Currants
- Dewberries
- Elderberries
- Figs
- Gooseberry
- Kiwis
- Lemon peel
- Lime peel
- Orange peel
- Raspberries
- Rhubarb
- Canned strawberries
- Tamarillo
- Tangerines

Starches

- Amaranth
- Buckwheat
- Cereal (bran or high fiber)
- Crisp bread (rye or wheat)
- Fruit cake
- Grits
- Pretzels
- Taro
- Wheat bran
- Wheat germ
- Whole wheat bread
- Whole wheat flour

Vegetables

- Beans (baked, green, dried, kidney)
- Beets
- Beet greens
- Beet root
- Carrots
- Celery
- Chicory
- Collards
- Dandelion greens
- Eggplant
- Escarole
- Kale
- Leeks
- Okra
- Olives
- Parsley
- Peppers (chili and green)
- Pokeweed
- Potatoes (baked, boiled, fried)
- Rutabaga
- Spinach
- Summer squash
- Sweet potato
- Swiss chard
- Zucchini

Condiments

- Black pepper (more than 1 tsp.)
- Marmalade
- Soy sauce