

OXALATE-RICH FOODS TO DECREASE (NOT IN EXCESS) IN YOUR DIET

FOOD ITEM	SERVING (oz)	OXALATE CONTENT(mg)
Beet greens, cooked	1/2 cup	916
Purslane, leaves, cooked	1/2 cup	910
Rhubarb, stewed, no sugar	1/2 cup	860
Spinach, cooked	1/2 cup	750
Beets, cooked	1/2 cup	675
Chard, Swiss, leaves cooked	1/2 cup	660
Rhubarb, canned	1/2 cup	600
Spinach, frozen	1/2 cup	600
Beets, pickled	1/2 cup	500
Poke greens, cooked	1/2 cup	476
Endive, raw	20 long leaves	273
Cocoa, dry	1/3 cup	254
Dandelion greens, cooked	1/2 cup	246
Okra, cooked	8-9 pods	146
Potatoes, sweet, cooked	1/2 cup	141
Kale, cooked	1/2 cup	125
Peanuts, raw	1/3 cup (1-3/4 oz.)	113
Turnip greens, cooked	1/2 cup	110
Chocolate, unsweetened	1 ounce	91
Parsnips, diced, cooked	1/2 cup	81
Collard greens, cooked	1/2 cup	74
Pecans, halves, raw	1/3 cup (1-1/4 oz)	74
Tea, leaves (4 mm. infusion)	1 level tsp in 7 oz water	72
Wheat germ, toasted	1/4 cup	67
Gooseberries	1/2 cup	66
Potato, Idaho white, baked	1 medium	64
Carrots, cooked	1/2 cup	45
Apple, raw with skin	1 medium	41
Brussels sprouts, cooked	6-8 medium	37
Strawberries, raw	1/2 cup	35
Celery, raw	2 stalks	34
Milk chocolate bar	1 bar (1.02 oz)	34

Raspberries, black, raw	1/2 cup	33
Orange, edible portion	1 medium	24
Green beans, cooked	1/2 cup	23
Chives, raw, chopped	1 tablespoon	19
Leeks, raw	1/2 medium	15
Blackberries, raw	1/2 cup	13
Concord grapes	1/2 cup	13
Blueberries, raw	1/2 cup	11
Currants, red	1/2 cup	11
Apricots, raw	2 medium	10
Raspberries, red, raw	1/2 cup	10
Broccoli, cooked	1 large stalk	6
Cranberry juice	1/2 cup (4 oz)	6