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VERY HIGH OXALATE (over 50mg per serving)

The following foods may contain very large amounts of oxalate in the range of 50-520mg oxalate per serving size listed.

Vegetables	Serving size	Soybeans and soy products	Serving size
Beetroot - boiled or pickled	1 1/4 cup (50g)	Soy milk	1 1/4 cup
Beef greens (Mangold)	1 oz (30g)	Soy burger	1 item (67g)
Leeks	1/2 cup (56g)	Textures vegetable/soy protein	1 item (45g)
Okra	1/2 cup (100g)	Soy Flour	1 oz
Poke weed	1 oz (30g)	Soy nuts	1 1/4 oz
Spinach	1 oz (30g)	Soy tofu	3 oz
Sweet potatoes	1/2 cup (120g)	Soy yogurt	1 item
Swiss chard (boiled)	1 oz (30g)	Soy breakfast links	1 item (45g)
Swiss chard (raw)	1/4 cup (9g)		
Fruits	Serving size	Legumes, Nuts and Seeds	Serving size
Elderberry, raw	3.5 oz (100g)	Almonds (slices)	1/8 cup (14g)
Figs, dried	3.5 oz (100g)	Hazel nut (chopped)	1/4 cup (28g)
Green goseberries	1/2 cup (75g)	Lentils, dried beans (cooked)	1/2 cup (85g)
Rhubarb, raw, canned or stewed	1/4 cup (20g)	Refined beans (cooked)	1/2 cup (42g)
Star fruit (Carambola)	1 oz (30g)	Peanuts	1 1/4 cup (28g)
		Peanut butter	1/2 T (8g)
		Pecans (and other nuts)	1/4 cup (28g)
 		Pistachio	1/2 cup (56g)
Grains and Starches	Serving size	Sesame seeds (and Tahini)	1 heaping (2-5g)
Amaranth	1 oz (30g)		
Buckwheat, dry	2 oz (60oz)		
Wheat bran, dry	1 oz (30g)		









Species and measuring	Co	Mg	Ca	Fe	Na	P
Clupea	9.9	20.2	12.5	63.9		
Gadus	6.9	7.5	18.2	81.0		
Scophthalmus maximus	5.4	76.7	24.9	13.0		
Scophthalmus (Gadomus)	7.1	180.7	24.9	24.7		
Mullus	8.9	7.3	60.7	33.0		
Merluccius	12.7	61.9	66.7	339.9		
Merluccius	5.4	76.7	12.3	23.0		
Merluccius	112.7	1400.7	140.7	140.7		
Stenopus (Stomatopus)	887.9	1430.7	301.3	32.0		
Stomatopus (Stomatopus)	766.9	1430.7	326.9	420.0		
Invertebrates						
Crustaceans	42.3	140.7	270.7	261.7		
Decapoda	22.3	140.7	120.7	141.7		
Decapoda	21.3	140.7	100.7	210.7		
Decapoda (Decapoda)	7.1	140.7	60.7	6.0		
Molluscs and other invertebrates						
Scapharca	142.3	760.7	200.7	21.0		
Scapharca	220.3	120.7	20.0	4.0		
Scapharca	142.3	140.7	14.0	14.0		
Scapharca	9.9	77.0	7.7	1.0		
Scapharca	22.3	14.0	14.0	14.0		
Scapharca (Scapharca)	4.7	21.0	4.0	4.0		
Scapharca (Scapharca)	6.1	10.0	1.0	1.0		
Scapharca (Scapharca)	11.0	14.0	14.0	14.0		
Scapharca	14.0	14.0	14.0	14.0		

Foods (3.5 oz or 100 g)	Oxalate (mg)	Foods (3.5 oz or 100 g)	Oxalate (mg)	Foods (3.5 oz or 100 g)	Oxalate (mg)
Flours & Mills		Seed containing vegetables		Leafy vegetables	
Barley flour	56	Cucumber, raw	20	Amaranth leaves, raw	1,090
Buckwheat flour	269	Eggplant, raw	190	Beet leaves, raw	610
Corn meal	54	Eggplant, green, long, raw	55	Brussels sprouts, raw	360
Rice flour, brown	37	Okra, raw	50	Cabbage, green raw	100
Rye flour, dark	51	Pepper, raw	40	Chicory, raw	210
Semolina flour	48	Snap beans, raw	360	Chinese cabbage, raw	6
Soy flour	183	Squash, raw	20	Chinese, kale, raw	23
Wheat flour, white unbleached	40	Tomato, raw	50	Chives, raw	1,480
Wheat flour, whole	67	Yard long beans, green, raw	38	Collards, raw	450
Wheat Germ	269			Coriander, raw	10
				Endive, raw	110
Fruits		Legumes (Beans & Peas)		Kale, raw	20
Bitter melon, raw	71	Anasazi beans, boiled	80	Leek	89
Papaya raw	5	Azuki beans, boiled	25	Lettuce, raw	330
Green goose berries	88	Black beans, boiled	72	Parsley, raw	1,700
Black berries	19	Cowpeas (blackeye peas), boiled	4	Purslane, raw	1,310
Blueberries, strawberries, red raspberries	15	Gabanzo beans, boiled	9	Spinach, raw	970
Black raspberries	55	Great northern beans, boiled	75	Turnip greens, raw	50
Concord grapes	25	Kidney beans, red cooked	16	Watercress, raw	310
Currents	19	Lentils, boiled	8		
Lemon peel	83	Lima beans, large, boiled	8	Tuber & Root vegetables	
Lime peel	110	Navy beans, boiled	57	Beetroot, boiled	675
Rhubarb	800	Peas, green, split, boiled	6	Carrot, raw	500
		Peas, raw	50	Cassava root, raw	1,260
		Peas, yellow, split, boiled	5	Parsnip, raw	40
		Pink beans, boiled	75	Potato, raw	50
		Pinto beans, boiled	27	Radish, raw	480
		Red beans, boiled	35	Rutabaga, raw	30
		Soybeans, boiled	56	Sweet potato, raw	240
		White beans, small boiled	78	Turnip, raw	210
Nuts				Other vegetables	
Almonds, roasted	469			Corn, sweet, raw	10
Cashews, roasted	262			Garlic, raw	360
Hazelnuts, raw	222			Onion, raw	50
Macadamia nuts, raw	42				
Peanuts, raw	142			Miscellaneous foods	
Pecans, raw	64			Black pepper	419
Pine nuts, raw	198			Chocolate	117
Pine nuts, roasted	140	Stem & Stalk vegetables		Cocoa powder	623
Pistachio nuts, roasted	49	Asparagus, raw	130	Indian tea (1 C)	72
Soy nuts (1 oz)	392	Broccoli, raw	190	Soy protein	496
Walnuts, raw	74	Cauliflower, raw	150	Soy yogurt	113
		Celery, raw	190	Soybean cracker	207
				Tofu	275

Sources: references [80-83].

High Oxalate Foods

NUTS	VEGETABLES
ALMONDS 469mg	SNAP BEANS 360mg
CASHEWS 262mg	BRUSSELS SPROUTS 360mg
PEANUTS 142mg	SWEET POTATO 240mg
HAZELNUTS 222mg	SPINACH 970mg
GRAINS	PARSLEY 1700mg
WHOLE WHEAT 67mg	OTHER
WHEAT GERM 269mg	COCOA 623mg
	BLACK PEPPER 419mg
BY CARNIVORE AURELIUS	

Oxalate content of foods. Oxalate content of foods chart 2017. Oxalate content of foods chart 2020. Foods high in oxalate include. Oxalate content of foods chart 2018. Oxalate content of foods chart pdf. Oxalate content of foods chart harvard. Oxalate content of foods chart 2021.

You can if your stones contain calcium oxalate crystals and your urine location is high enough to represent the risk. Clearly the average salt like urine oxalate salt. The graph shows Oxalate mg in a common portion. You get to just under 100 mg of oxalate. Alcohol thing is at the top of the list in this category is a can of beer: 4 mg of oxalate. Watch the list. Do you mean you can never have chocolate or baked potato? Many cereals are high in oxalate. Medical research is infinitely argumentative and ossalate food is no exception. If you have to eat one of these foods, caution is not just a strong word. Here are the culprits! Not on this list? Also look at your portions. So, just say no. Here we suppose you need to lower the oxalate in the diet. Look at the portions. Water is the clear winner at this entire category. You will tell you a lot about what you need to know. Urine oxalate was 24 mg a day vs. It turns on and joins the discussion! Oxalate urine and risk of kidney stones I promised a certain science - here's for those interested. The charts say if you eat moderately high ossalate foods - the first graph Å ¸,~ "be careful. You can't have so much cheese as you want because of the salt. Grando of buckwheat, a cooked cup is 133 mg Å ¸,~ "I don't see many of you saying Å ¸,~ ~ Darn ItÅ,Å" or bringing to your bed, but be careful. The bottom of the solid portion of each bar is the 95 Å " bottom percentile for that range of uncertainty. We have no data from standards for rice milk, cashew milk and coconut milk; Å, almonds are high in oxalate so that the almond milk product will certainly be high. We are saying that Oxalate is common in foods, and you have to be careful, but care is a scarce resource. Many of the vegetables They are so low in oxalate, they are tributes. The two nurse cohorts are red, doctors Å ¸,~ "all men Å ¸,~" are blue. Lists Å ¸,~ "and Lists I know you are looking for everything, the list. If you want dried fruit, dry, Speaking of apples, apricots and blueberries such as lower oxalate options. There is every reason for stone trainers to eat from 1000 mg of football every day to protect their bones. Figs, pineapple and prunes are excellent. From these samples it could calculate the relative risk of the new onset of stones in relation to the exception of the urine observation of 24 hours. Bananas, peaches, blueberries and strawberries are perfect condiments. Before changing your whole life, ask if you're avoiding football foods. Do you need a low bone-plated diet? The only fruits to worry about are raspberries because no one puts oranges on their yogurt. Put the å ¸

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