



Oxalate Food Triggers

Oxalates are naturally occurring molecules found in plants and in the human body. Because the body cannot process oxalates, they are usually eliminated through the stool and urine. However, certain health conditions (like a predisposition to kidney stones) or a sensitivity may mean that oxalates should be limited or avoided.¹

The leaves of oxalate-containing plants typically contain higher levels than the roots, stems, and stalks. Soaking followed by cooking may help decrease oxalate levels in foods.²

Symptoms of Oxalate Reactions:^{3,4}

- **Skin:** burning of eyes, ears, mouth, throat
- **Digestive:** abdominal pain, nausea, diarrhea
- **Musculoskeletal:** muscle weakness
- **Urinary:** excessive oxalate in urine (hyperoxaluria), kidney stones, acute and chronic kidney disease

Category	Foods That Can Cause an Oxalate Reaction ¹⁻⁶
Proteins	Tofu
Legumes	All legumes (beans and soy)
Nuts & Seeds	Most nuts
Fats & Oils	Nut oils
Vegetables	Cruciferous: kale, radishes, cauliflower, broccoli, Brussels sprouts, chard, collard greens, rutabagas Other: spinach, parsley, beets (leaves and root), rhubarb, potato, okra, leeks, celery, green beans, squash
Fruits	Berries: blackberries, blueberries, raspberries, strawberries Other: currants, figs, oranges, starfruit, kiwifruit, Concord (purple) grapes
Grains	Wheat, barley, rye, oat, millet, corn, spelt, kamut, sorghum, amaranth, brans
Beverages, Spices & Condiments	Beverages: coffee, black tea Spices: black pepper Other: cocoa, chocolate

References

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