

# OXALATES

*OXALATES can come from dietary sources, candida/yeast infections or cellular metabolism issues. Oxalates can accumulate in all kinds of tissues in the body such as kidneys (kidney stones), thyroid, bone, blood vessels, etc. Reducing oxalates from the diet can reduce the load and relieve symptoms. It is possible that altering the food through different preparation methods such as cooking or fermenting might alter the Oxalate count.*

| HIGH OXALATE FOODS (50-300mg/serving)  | ALTERNATIVES  |
|--|---|
| <b>SPINACH raw (1000mg/100g)</b><br><b>SOY</b><br><b>Nuts (also nut milks, nut butters)</b><br><b>Berries (also juice and jams)</b><br>Some Berries – goose berries, raspberries, blackberries<br>Field Greens<br>Swiss Chard<br>Peanut, Cashews<br>Almonds, Almond flour<br>Chia seeds<br>Sesame seeds<br>Tahini<br>Buckwheat<br>Amaranth<br>Quinoa<br>Rhubarb<br>Plantain<br>Beans most<br>Beets<br>Sweet potatoes<br>Figs<br>Citrus peel<br>Kiwi<br>Starfruit<br>Chocolate<br>Tea | Kale (20x less than spinach)<br>Spinach cooked<br>Collard Greens<br>Mustard Greens<br>Bok choy<br>Cabbage<br>Broccoli and other cruciferous<br>Avocado<br>Animal foods (except organ meats)<br>Rice, white/brown/wild<br>Corn<br>Pear<br>Apple<br>Mango<br>Papaya<br>Melons<br>Black eyed peas<br>Beans – mung, lima, garbanzo<br>Lentils<br>Pumpkin seeds<br>Sunflower seeds |

Fructose, Glycine and high doses of Vitamin C (250mg<) can be converted into Oxalates.

**Oxalate reduction through preparation methods:**

*Boiling* = 87% reduction

*Steaming* = 42% reduction

*Fermenting* = unknown, but may increase mineral/nutrient content between 7-100% depending on which studies you read.

Strict low oxalate diets recommend limiting oxalate consumption to 40-60mg per day on a 2000 calorie diet. This can result in oxalate dumping problems when pulled too quickly and can be very hard to do for some. Eliminating or reducing the really high oxalate foods (in bold) initially may be more practical.

Read more at:

- <http://clinic.realizehealth.com.au/2015/12/18/oxalates-yeast-and-mitochondrial-dysfunction/>
- [www.lowoxalate.info](http://www.lowoxalate.info)
- [www.nourishinghope.com](http://www.nourishinghope.com)