

LOW OXALATE DIET*

FOODS OF HIGH OXALIC ACID CONTENT (0.1% or over)

To be avoided—

Beets
Beet tops
Black tea
Chenopodium
Chocolate
Cocoa
Dried figs
Ground pepper
Lambs quarters
Lime peel
Nuts
Parsley
Poke
Poppy seeds
Purslane
Rhubarb
Sorrel
Spinach
Swiss chard

FOODS OF MODERATE OXALIC ACID CONTENT (0.02% or over)

To be eaten sparingly—

Beans (green and wax)
Blackberries
Blueberries
Carrots
Celery
Coffee (roasted)
Concord grapes
Currants (red)
Dandelion greens
Endive
Gooseberries
Lemon peel
Okra
Onions (green)
Oranges
Orange peel
Peppers (green)
Raspberries (black)
Strawberries
Sweet potatoes

All other foods may be used as desired.

A WELL BALANCED DIET includes each day:

Meat, cheese, fish, or fowl	1 or more servings
Eggs	1
Milk	2 or more glassfuls
Vegetables	2 or more servings besides potato; 1 green or yellow; "greens" often
Fruits	2 or more servings; at least 1 raw; citrus fruit or tomato often
Cereal and bread	2 or more servings; whole grain value or enriched
Butter	2 or more tablespoonfuls

Other foods to satisfy appetite and to complete growth and activity needs.

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