

# THE LOW OXALATE FOOD LIST

You may use the following list as a guideline to explore how certain foods may or may not cause or release symptoms of vulvodynia. I suggest that you add unlisted foods in your own chart that may either cause or release vulvar irritation. Your input will be appreciated by other women who are presently going through a similar experience to yours.

**Note that foods marked with \*** may cause irritation although they are not high in oxalate. It may be best to avoid these at first. You may want to eat only low oxalate foods at first until your symptoms begin to improve. Then, you can add medium oxalate foods one at a time, eating a small amount three days in a row. If your pain does not increase, you may add that food to your diet as a medium oxalate food.

## Serving Sizes

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Eat only two servings a day from the medium group. **All servings are 1/2 cup** unless otherwise indicated. It is not a good idea to try to eliminate all oxalate from your diet because your body will just manufacture more. Moderate consumption is necessary. Of course, I invite you to eliminate the high oxalate foods from your diet completely so as to test whether the main source of discomfort is actually coming from that source.

<b>Foods</b>	<b>LITTLE OR NO OXALATE</b> <i>Foods that have less than 2 mg of oxalate per serving.</i> <b>Eat as desired</b>	<b>MODERATE OXALATE</b> <i>Foods that have 2 to 10 mg of oxalate per serving.</i> Limit: 2 (1/2 Cups) servings/day	<b>RICH OXALATE</b> <i>High-oxalate foods have more than 10 mg of oxalate per serving.</i> <b>Avoid completely</b>
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## Vegetables

Acorn squash  
Alfalfa sprouts  
Cabbage, white  
Cauliflower, Chives  
Endives  
Cucumbers  
Green peas  
Lettuce, iceberg (1/2 cup)  
Kohlrabi  
Mung bean sprouts  
Mushrooms  
Pepper, red  
Radishes  
Turnips, roots  
Water chestnuts  
Squash

Artichoke  
Asparagus  
Broccoli  
Brussel sprouts  
Carrots (canned)  
Corn  
Fennel  
Lettuce  
Lima beans  
Mustard greens  
Onions  
Parsnip  
Canned peas  
Tomato and Tomato soup  
Turnips, Vegetable soup  
Watercress

Beans (baked, green, dried, kidney)  
Beets, Beet greens, Beet root  
Carrots, Celery, Chicory, Collards  
Dandelion greens  
Eggplant  
Escarole, Kale  
Leeks  
Okra, Olives  
Parsley  
Peppers (chili and green)  
Pokeweed  
Potatoes (baked, boiled, fried)  
Rutabaga, **Spinach**  
Summer squash  
Sweet potato  
Swiss chard and Zucchini

# Fruits

Avocados  
Bananas  
Cherries (bing and sour)  
Grapefruit  
Grapes (green and red)  
Huckleberries  
Kumquat  
Litchi/Lychee  
Lemons\*, Limes\*  
Mangoes  
Melons  
Nectarines  
Papaya  
Passion fruit  
Canned peaches  
Canned pears  
Green and yellow  
Plums, Raisins (1/4 cup)

Apples  
Applesauce  
Apricots  
Coconut  
Cranberries\*  
Mandarin orange  
Orange  
Fresh peaches  
Fresh pear  
Pineapples  
Purple and Damson plums  
Prunes  
Fresh strawberries

Blackberries  
Blueberries  
Carambola  
Concord grapes  
Currants  
Dewberries  
Elderberries  
Figs fruit cocktail  
Gooseberry  
Kiwis  
Lemon peel  
Lime peel  
Orange peel  
Raspberries  
Canned strawberries  
Tamarillo  
Tangerines

<p><b>Fats, Nuts, Seeds, Legumes</b></p>	<p>Butter Vegetable oil Coconut Lentils Water chestnuts</p>	<p>Flaxseed Sunflower seeds</p>	<p>Nuts Nut butters Sesame seeds Tahini Soy nuts</p>
<p><b>Drinks</b></p>	<p>Coca-Cola* Coke* Distilled alcohol* Grapefruit* Lemon* Lime* Lemonade * Orange soda (Minute Maid)* Apple juice Apricot nectar Bottled beer Buttermilk Cherry juice Grapefruit juice Green tea Apple Cider*</p>	<p>Draft, Stout beer* Carrot juice Brewed coffee Cranberry juice* Coffee* Grape juice Guinness draft beer Matetea tea Orange juice* Rosehip tea Tomato juice* Twinings black currant tea V-8 Juice* Wine, Beaujolais*</p>	<p>Dark or “robust” beer Black tea Chocolate milk Cocoa Instant coffee Hot chocolate Juice made from high oxalate fruits Ovaltine Soy drinks</p>

## Condiments

Fresh Basil  
Dijon mustard (1 tbsp)  
Dill  
Honey  
Jelly made from low oxalate fruits  
Ketchup (1 Tbsp)  
Maple syrup  
Nutmeg  
Oregano, dried (1 tsp)  
Peppermint  
Sage  
Vinegar\*  
Salt  
Vanilla extract

Basil, fresh (1 tbsp)  
Cinnamon (1 tsp)  
Dill (1 tbsp)  
Ginger, raw, sliced (1 tsp)  
Malt, powder (1 tbsp)  
Mustard, Dijon (1/2 cup)  
Nutmeg (1 tbsp)  
Pepper (1 tsp)

Black pepper (more than 1 tsp)  
Marmalade  
Soy sauce  
Cinnamon, ground (1½ tsps or more)  
Pepper (in excess of 1 tsp per day)  
Ginger (1 tbsp)  
Soy sauce

## Dairy

Cheese  
Buttermilk  
Milk

Yogurt

Chocolate milk  
Soy cheese  
Soy milk  
Soy yogurt

Misc

Cheese

Buttermilk

Milk

Vinegar

**Herbal Teas**

Bigelow herbal teas

Cranberry Apple\*

Cozy Chamomile

Purely Peppermint

Apple & Spice

Chamomile Mint

Cinnamon Orange

Hibiscus

Red Raspberry

Tahitian Breeze

Perfect Peach

Raspberry Royale

*Gentle Orange*

*Lemon Soothe*

*Chamomile Flowers*

*Stinging Nettle*

Ginger

Malt

Potato chips (less than 3.5 oz)

Strawberry jam

Thyme

Chocolate

Parsley

<b>Meat</b>	Bacon (up to 9 strips)	Bacon (10 or more slices) Kidney, beef Liver Sardines	None Listed
	Beef		
	Chicken		
	Corned beef, canned		
	Eggs		
	Fish, haddock, plaice, and flounder		
	Ham		
	Hamburger		
	Lamb		
	Pork		
	Turkey		

Food List adapted from: from *The Low Oxalate Cookbook* published by [The Vulvar Pain Foundation](#), The Low Oxalate Diet published by University of Pittsburgh Medical Center