



Type of Food

	mg oxalate per 100 g
ALFALFA SEEDS, SPROUTED, RAW	0.9
ASPARAGUS, CKD, BLD, DRND	17.2
AVOCADOS, RAW, ALL COMM VAR	9.5
BANANAS, RAW	0.2
BARLEY	0.0
BARLEY FLR	0.0
BEANS, KIDNEY, CND	4.9
BEANS, NAVY, MATURE SEEDS, CND	18.0
BEANS, SNAP, GRN, FRZ, CKD, BLD, DRND WO/SALT	13.5
BEEF, VAR MEATS&BY-PRODUCTS, LIVER, CKD, PAN-FRIED	0.1
BLUEBERRIES, RAW	2.9
BREAD, CORNBREAD, DRY MIX, PREP	6.2
BREAD, OAT BRAN	12.8
BREAD, OATMEAL	14.9
BREAD, RYE	20.8
BREWER'S YEAST POWDER	41.7
BUCKWHEAT GROATS, RSTD, CKD	78.9
BULGUR, COOKED	47.2
BUTTER, SALTED	0.1
CAKE, SNACK CAKES, CREME-FILLED, SPONGE	5.9
CAKE, YEL, COMMLY PREP, W/CHOC FRSTNG	17.9
CANDIES, M&M MARS, SNICKERS BAR	67.0
CARNATION INSTANT BREAKFAST POWDER	3.1
CARROTS, CKD, BLD, DRND, WO/SALT	11.1
CARROTS, RAW	18.5
CASHEW NUTS, OIL RSTD, WO/SALT	175.5
CATSUP	10.1
CELERY, RAW	21.7
CEREAL POST BRAN FLAKES	118.5
CEREAL, GENERAL MILLS FIBER ONE	42.6
CEREAL, GENERAL MILLS FROSTED CHEERIOS	18.4
CEREAL, GENERAL MILLS TOTAL WHEAT FLAKES	26.1
CEREAL, KELLOGG'S CORN FLAKES	2.6
CEREAL, KELLOGG'S FROSTED MINI WHEATS	54.9
CEREAL, KELLOGG'S PUFFED KASHI	51.7
CEREAL, KELLOGG'S RICE KRISPIES	11.8
CEREAL, KELLOGG'S SPECIAL K	9.1
CEREAL, POST GRAPENUTS	30.2
CEREAL, POST SHREDDED WHEAT	90.9
CEREAL, QUAKER PUFFED WHEAT	61.6
CEREALS KELLOGG'S COCOA KRISPIES	35.8
CEREALS RTE, WHEAT GERM, TSTD, PLN	19.5
CEREALS, CREAM OF WHEAT, QUICK, CKD W/ H2O, WO/ SALT	7.4

CEREALS,OATS,REG & QUICK & INST,NOT FORT,DRY	0.0
CEREALS,OATS,REG & QUICK & INST,UNENR,CKD W/ H2O,WO/ SALT	0.1
CHEESE,CHEDDAR	0.4
CHEESE,CREAM	0.4
CHEESE,PAST PROCESS,AMERICAN,W/DI NA PO4	0.9
CHICKEN,LIVER,ALL CLASSES,CKD,SIMMRD	0.3
CHOCOLATE SYRUP	97.0
COCOA,DRY PDR,UNSWTND	951.5
COCONUT MEAT, DRIED (DESICCATED),SWTND,SHREDDED	1.1
COFFEE,BREWED FROM GROUNDS,PREP W/ TAP H2O	1.0
COMMERCIAL BRAN MUFFIN	10.0
COMMERCIAL LOW FAT BRAN MUFFIN**	0.0
COOKIES,BROWNIES,COMMLY PREP	112.1
COOKIES,CHOC CHIP,COMMLY PREP,REG,HIGHER FAT,ENR	104.3
COOKIES,FIG BARS	22.2
COOKIES,GRAHAM CRACKERS,PLN OR HONEY (INCL CINN)	11.3
COOKIES,OATMEAL,COMMLY PREP,REG	21.2
CORN BRAN,CRUDE*	0.0
CORN,SWT,YEL,FRZ,KRNLs CUT OFF COB,BLD,DRND,WO/SALT	1.0
CORNMEAL,DEGERMED,ENR,YEL	40.1
COUSCOUS,COOKED	9.6
CRACKERS,NABISCO RITZ CRACKERS	15.3
CRACKERS,SALTINES (INCL OYSTER,SODA,SOUP)	19.7
CRACKERS,WHEAT,REGULAR	28.8
CRANBERRIES, DRIED SWEETENED	1.7
CRANBERRY JUC COCKTAIL,BTLD	0.9
DANISH PASTRY,FRUIT,ENR	4.9
DOUGHNUTS,CAKE-TYPE,PLN (INCL UNSUGARED,OLD-FASHIONED)	10.5
ENGLISH MUFFINS,PLN,ENR,W/CA PROP (INCL SOURDOUGH)	14.4
ENTREES,PIZZA WITH CHEESE	5.4
FIGS,RAW	7.8
FRUIT COCKTAIL,CND,HVY SYRUP,SOL&LIQUIDS	1.0
GARLIC POWDER	16.8
GRAPEFRUIT,RAW,PINK&RED&WHITE,ALL AREAS	10.3
GRAPES,RED OR GRN(EURO TYPE VAR,SUCH AS,THOMPSON SDLESS),RAW	1.6
GUAR GUM*	0.0
HORSERADISH,PREPARED	1.8
KRAFT FREE SINGLES AMERICAN NONFAT PAST PROCESS CHS PRODUCT	1.1
LETTUCE,ICEBERG (INCL CRISPHEAD TYPES),RAW	0.6
MELONS,CANTALOUPE,RAW	1.0
METAMUCIL FIBER SUPPLEMENT	2.4
MILK,CHOC,FLUID,COMM,LOWFAT	2.9
MILK,WHL,3.25% MILKFAT	0.2
MUFFINS,BLUEBERRY,COMMLY PREP	7.8
MUSHROOMS,RAW	0.1
MUSTARD, PREP, YELLOW	11.1
OAT BRAN,RAW	0.0
OIL, CANOLA	0.0
OIL, OLIVE,	0.0
OIL, PEANUT	0.2
OIL, SOYBEAN	0.1
ONIONS,RAW	1.9
ORANGE JUC,FRZ CONC,UNSWTND,DIL W/3 VOLUME H2O	2.8
ORANGES,SECTION	1.8

PANCAKES,PLN,PREP FROM RECIPE	9.8
PEACHES,CND,HVY SYRUP PK,SOL&LIQUIDS	0.7
PEARS,CND,HVY SYRUP PK,SOL&LIQUIDS	0.4
PEARS,RAW	1.0
PEAS,GRN,FRZ,CKD,BLD,DRND,WO/SALT	0.6
PEPPER,BLACK	112.3
PEPPERS,HOT CHILI,GRN,CND,PODS,EXCLUDING SEEDS,SOL&LIQUIDS	7.0
PEPPERS,SWEET,GREEN,RAW	10.0
PIE,APPL,COMMLY PREP,ENR FLR	3.7
PINEAPPLE,CND,HVY SYRUP PK,SOL&LIQUIDS	9.4
PLUMS,RAW	0.2
POPCORN,AIR-POPPED	54.3
POPCORN,OIL-POPPED	40.7
POTATO CHIPS,PLAIN,SALTED	74.3
POTATO,BKD,FLESH & SKN,WO/ SALT	56.3
POTATOES,MICROWAVED,CKD IN SKN,FLESH,WO/SALT	40.3
POTATOES,MSHD,HOME-PREPARED,WHL MILK ADDED	13.9
PRUNE JUICE,CANNED	2.9
PRUNES,CND,HVY SYRUP PK,SOL&LIQUIDS*	0.0
PUDDINGS,CHOC,DRY MIX,INST,PREP W/ 2% MILK	13.9
PUDDINGS,VANILLA,DRY MIX,REG,PREP W/ WHL MILK	0.5
RADISHES,RAW	0.9
RAISINS,SEEDLESS	10.7
RICE BRAN,CRUDE	237.7
RICE,BROWN,LONG-GRAIN,CKD	12.5
ROLL, CINNAMON LOW FAT***	0.0
ROLL, CINNAMON COFFEE CAKE PREP MIX	19.0
SALAD DRSNG,ITALIAN DRSNG,COMM,REG	1.8
SALAD DRSNG,ITALIAN DRSNG,RED FAT	0.7
SALAD DRSNG,KRAFT FREE FAT FREE ITALIAN DRSNG	1.3
SALAD DRSNG,MAYO,SOYBN OIL,W/SALT	0.0
SARDINE,ATLANTIC,CND IN OIL,DRND SOL W/BONE	0.3
SAUCE,PASTA,SPAGHETTI/MARINARA,RTS	13.4
SAUCE,RTS,SALSA	4.3
SEEDS, FLAXSEED	2.9
SEEDS, SESAME	105.9
SIDE DISHES,POTATO SALAD	17.8
SNACKS, TORTILLA CHIPS, PLAIN	25.3
SOY MILK FLUID	1.6
SOY SAU MADE FROM SOY&WHEAT (SHOYU)	17.9
SPAGHETTI,CKD,ENR,WO/ SALT	8.1
SPINACH,CKD,BLD,DRND,WO/ SALT	751.0
SQUASH,SMMR,ZUCCHINI,INCL SKN,CKD,BLD,DRND,WO/SALT	0.7
SQUASH,WNTR,ALL VAR,CKD,BKD,WO/SALT	0.5
STRAWBERRIES,RAW	2.0
TEA,BREWED,PREP W/TAP H2O	2.1
TEA,INST,SWTND W/SUGAR,LEMON-FLAVORED,WO/ VIT C,PDR	8.8
TOFU,SOFT,PREP W/CA SULFATE&MAGNESIUM CHLORIDE (NIGARI)	12.8
TOMATO JUC,CND,W/SALT	2.1
TORTILLAS,RTB OR -FRY,FLR	15.0
VEGETABLES,MXD,FRZ,CKD,BLD,DRND,WO/SALT	5.0
WALNUTS,ENGLISH	109.6
WHEAT FLR,WHITE,ALL-PURPOSE,ENR,BLEACHED	13.4
WORTHINGTON FOODS,NAT TOUCH VEGAN BURGERS,FRZ	12.0
YELLOW CAKE MIX PREPARED W/CHOC FROSTING	17.9

YELLOW CAKE MIX PREPARED W/CHOC FROSTING
YOGURT,PLN,LOFAT,12 GRAMS PROT PER 8 OZ

24.1
0.7