OXALATES

Many people have difficulty consuming foods high in oxalates. Especially people over 60, may need to be aware of health issues that can arise from eating certain foods which normally are considered healthy. These foods are considered high in oxalates:

Leafy greens, swiss chard, beet tops, kale, collard greens
Rhubarb, raspberries, kiwi fruit, blackberries, citrus, dates, purple grapes
Almonds, cashews, sesame seeds, hazelnuts
Sweet potatoes, potatoes, beets, okra, pumpkin, eggplant
Soy products, peanuts
Legumes, beans, processed meats
Chocolate, cocoa
Tahini, miso, sesame seeds
Chocolate milk, green and black tea, carrot juice, tomato juice, grapefruit and juice
Processed meats

Problems oxalates can cause:

Kidney stones (lower back pain, discomfort during urination)
Joint pain, worsening of gout, arthritis
Gastro distress (stomach discomfort, bloating or upset)
Skin problems like rashes, hives
Low calcium absorption (muscle cramps, brittle nails, osteoporosis)

To help:

Drink lots of water to help flush out excess calcium and uric acid.
Soaking, boiling and cooking some vegetables and legumes can help decrease the amount of oxalate in those foods.
Eat calcium rich foods, avoid excess protein
Avoid Vit C supplements
Decrease the amount of sodium in the diet
Eat foods low to moderate in oxalates:

- **Asparagus, broccoli, carrots, corn, cucumbers, lettuce, avocado, mushrooms, onions, cabbage, cauliflower, tomato (avoid concentrated in tomato paste, sauce), zucchini, butternut/acorn/spaghetti squash, cauliflower**
- **Apples, apricots, bananas, peaches, pears, prunes, cherries, mangoes, waermelon, honeydew, cantaloupe, mango**
- **Protein: eggs, beef, pork, poultry, fish, shellfish**
- **Cheese, yogurt, butter**
- **Breads, white rice, pasta, corn flour, oats**
- **Oils, Mayonnaise, salt, pepper**