



## Patient Information

### Low oxalate diet

This leaflet provides dietary information that will help prevent kidney stone formation.

### What are oxalates and why are they important?

Oxalates are natural occurring substances found in plants, animals and humans. Our bodies always contain oxalates and our cells routinely convert other substances into oxalate.

In addition to the oxalates made inside our body oxalates are also contained in our diet in the food that we eat.

About 80% of kidney stones in adults are formed from calcium and oxalate. If the diet is particularly high in oxalate cutting back on oxalate intake may help prevent these stones.

### Foods high in oxalates

The following foods are high in oxalates and should be reduced in your diet:

- chocolate
- cocoa
- instant coffee
- tea
- draft beer
- peanut butter
- nuts
- baked beans
- sesame and sunflower seeds
- tofu

- berries
- figs
- grapes
- kiwi
- rhubarb
- citrus fruit peel
- green beans
- celery
- kale
- leeks
- okra
- parsley
- parsnips
- green peppers
- spinach
- sweet potatoes
- Swiss chard
- watercress
- soy sauce
- ginger

Will I get another kidney stone if I follow this advice?

You may still get another stone, but your chances are reduced.