BAY NATURAL MEDICINE

OXALATE SENSITIVITY

Oxalates are natural chemicals found in plants. They bind with minerals in the body to create salts, most of which are soluble and pass quickly out of the body. However, oxalates that bind with calcium can be insoluble and these crystals solidify in the kidneys (kidney stones) or the urinary tract.

Oxalate sensitivity and toxicity symptoms can include: cold hands/feet, sensitive teeth/gums, vomiting, painful intercourse, internal pelvic pain/soreness, bladder infections, concentrated/pungent urine, sensitive skin in general, and more.

Foods To Avoid (High in Oxalate)

Nuts/Seeds
- Almonds
- Peanuts with hull
- Peanut butter
- Pecans
- Tahini
- Sesame seeds

Fruits
- Dates
- Red currants
- Dried figs
- Fruit cocktail
- Gooseberries
- Grapefruit
- Kiwi
- Lemon/lime/orange peel
- Rhubarb
- Tangerines

Grains
- Amaranth
- Whole wheat bread
- Cheerios and Cream of Wheat cereal
- Graham and soy crackers
- Soy, whole wheat, and stone-ground flour
- White corn grits
- Oatmeal
- Popcorn
- Spelt
- Wheat germ and bran

Beans/Lentils
- Dried beans
- Canned garbanzo beans
- Navy beans
- Pinto beans
- Refried beans
- Soybean products (i.e. tofu)

Dairy
- Rice and soy milk

Oils
- Soy oil

Vegetables
- Beet (top, roots and greens)
- Celery
- Collard greens
- Eggplant
- Kale
- Okra
- Parsley
- Parsnips
- Fresh spinach
- Yellow and summer squash
- Sweet potato
- Swiss chard
- Tomato products

Please use this as a guideline. This list of foods is not a diet plan.

Bay Natural Medicine
www.baynaturalmedicine.com
415-564-3200