



OXALATES

Food Guide



Overview

Oxalates



Understanding oxalates is key to promoting your overall well-being. Picture oxalates as tiny razor blades or glass crystal shards within your body. These minuscule crystals, produced by plants, have the potential to scrape and damage tissues. It's worth noting that our bodies also naturally produce oxalates, and factors like parasites can contribute to elevated oxalate levels.

In today's health-conscious world, many high-oxalate foods are often marketed as healthy choices. It's possible that in your pursuit of a healthier lifestyle, you may have unknowingly increased your oxalate intake. We've observed with many individuals that symptoms persisted despite efforts such as consuming green smoothies with spinach, opting for almond milk, and indulging in salads featuring kale and beets. However, as individuals gradually reduce their oxalate intake, their bodies experience relief, providing them with an opportunity to embark on a deeper healing journey.

If you've been wondering why certain health-conscious choices haven't yielded the expected results, consider exploring the impact of oxalates on your body. Together, we can navigate this journey and help you make informed choices that align with your health and wellness goals.

Health Impact

Some factors that can exacerbate oxalate-related issues are:

- High oxalate diet
- Parasites
- Mold toxicity
- Candida/Yeast overgrowth
- Leaky gut/Dysbiosis/SIBO
- Liver/bile stagnation
- Chemical exposure
- Genetic variants
- Low vitamin B1
- Low sulfate (from avoiding sulfurous foods like broccoli, etc.)
- High doses of vitamin C
- Antibiotic use

Symptoms that can be linked to high oxalates include:

- Arthralgias
- Arthritis
- Asthma
- Autoimmune issues
- B-vitamin deficiencies
- Bladder or urethral pain
- Cataracts
- Constipation
- Diverticulosis/diverticulitis
- Ear crystals/vertigo
- Endometriosis
- Fatigue
- Fibromyalgia
- Gastroenteritis
- Hair loss
- Incontinence
- Inflammation
- Interstitial cystitis (urinary burning/pain)
- Irritable bowel syndrome
- Joint pain (stiffness/gout/tendonitis)
- Kidney stones/kidney pain
- Mineral deficiency
- Stenosis
- Connective tissues problems/pain
- PCOS
- Pelvic floor pain
- Prostatitis
- Pulmonary fibrosis
- Rashes/skin problems (white spots on skin)
- Rectal pain/bleeding
- Thyroid dysfunction
- Urinary urgency/high urinary frequency
- Uterine fibroids



Nutritional Strategies

Phase 1

Begin by slowly reducing your intake of the top oxalate foods in your diet. Adjusting your diet over a few weeks, you can avoid unnecessary oxalate dumping symptoms.

Why go slow - Oxalate dumping

Abruptly eliminating high oxalate foods from your diet may lead to symptoms that are contrary to the intended outcome - symptoms including joint pain, urinary discomfort, GI upset, among others. To mitigate these potential challenges and foster a more gradual adjustment, a slow reduction in oxalate intake is recommended.

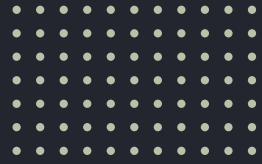
For individuals heavily reliant on oxalate-rich foods, a prudent approach involves incorporating alternating days of low and high oxalate meals. This measured strategy allows your body to acclimate gradually, providing relief without triggering an accelerated oxalate detoxification process.

Top oxalate foods - Phase 1 foods to avoid:

- Almonds
- Beets
- Chocolate
- Plantains
- Spinach
- Sweet potatoes
- Swiss chard
- Peanuts



Phase 2 Foods



LOW OXALATE

Proteins

- Meat
- Poultry
- Seafood
- Eggs

Dairy

- Milk
- Cheese
- Yogurt
- Butter

Fruit

- Avocados
- Bananas
- Cherries
- Grapes
- Grapefruit
- Lemons
- Mangoes
- Melons (LECTIN)
- Nectarines
- Papaya

Vegetables

- Cabbage
- Cauliflower
- Chives
- Cucumbers (LECTIN)
- Kohlrabi
- Mushrooms
- Peas (LECTIN)
- Radishes

Beverages

- Herbal tea
- Wine (HISTAMINE)

Herb & Spices

- Basil
- Dill
- Dinger
- Oregano
- Rosemary

Phase 2 Foods



HIGH OXALATE

Beverages

- Cocoa
- Dark beers
 - probably all beers would be a good idea
- Instant coffee
 - many sources of coffee are moldy, which can contribute to oxalate load
- Teas - black, white, green

Fruit

- Apples
 - oxalates are in the skin
 - avoid juicing apples
- Apricots
- Blackberries
- Concord Grapes
- Figs
- Kiwis
- Oranges
- Raspberries
- Star fruits
- Strawberries
- Tangerines

Grains

- Amaranth
- Buckwheat
- Bulgar
- Corn grits and corn meal
- Quinoa
- Wheat germ
- Whole wheat bread

Nuts, Seeds, & Soy

- Almonds (LECTIN)
- Beans
- Buckwheat
- Cashews
- Miso
- Peanuts (LECTIN)
- Pecans
- Poppy seeds
- Sesame seeds
- Soy milk
- Tofu

Phase 2 Foods

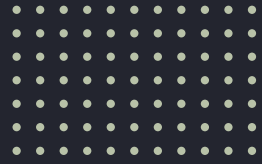


HIGH OXALATE

Vegetables

- Beets
- Beetroot greens
- Broccoli
- Carrots
- Celery
- Chicory
- Collard greens
- Dandelion greens
- Eggplant
- Green beans
- Kale
- Kidney beans
- Leeks
- Okra
- Olives
- Parsley
- Parsnips
- Peppers
- Potatoes
- Rhubarb
- Rutabaga
- Sweet potatoes
- Spinach
- Swiss chard
- Turnip greens
- Zucchini

Phase 2 Foods



MODERATE OXALATE

Fruits

- Apples
 - remove skin to reduce oxalates
- Apricots
- Oranges
- Peaches
- Pears
- Pineapple
- Prunes

Vegetables

- Artichoke
- Asparagus
- Brussel sprouts
- Corn (lectin)
- Fennel
- Lima beans (lectin)
- Mustard greens
- Onions
- Parsnips
- Turnips



How To Succeed

Long Term



Keep in mind that our approach to nutrition is all about finding a healthy balance.

For many, having some moderate and even high oxalate foods in their diet is absolutely fine. However, if you've been loading up on high oxalate foods and dealing with oxalate-related symptoms, it may be beneficial to intentionally reduce oxalates for a little while. Think of it as an experiment to allow your body to recalibrate.

Take your time with this process, treat it as a journey of self-discovery, and most importantly, be kind to yourself and your body. Remember, not all the hype in health-food marketing is necessarily best for your body. So, don't be swayed by messages that overly promote high oxalate foods.

Trust yourself to determine what's right for your unique needs and well-being!



Publications

References

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