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# Oxalate Food Triggers

*Oxalates are naturally occurring molecules found in plants and the human body. Because the body cannot process oxalates, they are usually eliminated through the stool and urine. However, certain health conditions (like a predisposition to kidney stones) or a sensitivity may mean that oxalates should be limited or avoided.<sup>1</sup>*

## SYMPTOMS OF OXALATE REACTIONS<sup>3,4</sup>

- **Skin:** burning of eyes, ears, mouth, throat
- **Digestive:** abdominal pain, nausea, diarrhea
- **Musculoskeletal:** muscle weakness
- **Urinary:** excessive oxalate in urine (hyperoxaluria), kidney stones, acute or chronic kidney disease

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The leaves of oxalate-containing plants typically contain higher levels than the roots, stems, and stalks. Soaking followed by cooking may help decrease oxalate levels in foods.<sup>2</sup>

Here are foods that can cause an oxalate reaction:<sup>1-6</sup>

- **Proteins:** tofu
- **Legumes:** all legumes (beans and soy)
- **Nuts, Seeds & Oils:** most nuts, nut oils
- **Cruciferous Vegetables:** kale, radishes, cauliflower, broccoli, Brussels sprouts, chard, collard greens, rutabagas
- **Other Vegetables:** spinach, parsley, beets (leaves and root), rhubarb, potato, okra, leeks, celery, green beans, squash
- **Berries:** blackberries, blueberries, raspberries, strawberries
- **Other Fruits:** currants, figs, oranges, star fruit, kiwifruit, Concord (purple) grapes
- **Grains:** wheat, barley, rye, oat, millet, corn, spelt, Kamut®, sorghum, amaranth, brans
- **Beverages:** coffee, black tea
- **Spices:** black pepper
- **Other:** cocoa, chocolate

## REFERENCES

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