

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Alaskan King Crab	3 oz or 1/2 leg	0 mg	Harvard 2008
Alfalfa Sprouts	1/2 cup	0 mg	Harvard 2008
All-Bran Buds	1/2 cup	20 mg	Harvard 2008
All-Bran Original	1/2 cup	26 mg	Harvard 2008
All-Bran with Extra Fiber	1/2 cup	11 mg	Harvard 2008
All-Purpose Flour	1 cup	17 mg	Harvard 2008
Almond	100 g	407.3 mg	USDA Dr. Duke
Almonds	1 oz or 22 kernels	122 mg	Harvard 2008
Amaranth	100 g	1090 mg	USDA 1984
American Cheese	1 slice	0 mg	Harvard 20
Antelope	3 oz	0 mg	Harvard 2008
Apple Butter	1 Tbs	0 mg	Harvard 2008
Apple Cinnamon Cheerios	3/4 cup	5 mg	Harvard 2008
Apple Juice	6 oz	2 mg	Harvard 2008
Apple Pie	1 piece or 1/8th of pie	5 mg	Harvard 2008
Apple Sauce	1 cup	2 mg	Harvard 2008
Apple, with skin, raw	100 g edible portion of fresh weight	10 mg	FAO Bangladesh 2014
Apples	1 fruit	1 mg	Harvard 2008
Apples, Bramley's Seedling (Raw)	100 g fresh weight	1.5 mg	Zarembski 1962
Apricot Juice	1 cup	2 mg	Harvard 2008
Apricots	1 fruit	0 mg	Harvard 2008

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Artichokes	1 small bud	5 mg	Harvard 2008
Artificial Sweetner	1 packet	1 mg	Harvard 2008
Asparagus	4 spears	6 mg	Harvard 2008
Asparagus (Boiled)	100 g fresh weight	1.9 mg	Zarembski 1962
Aubergine, Eggplant	100 g	29.1 mg	USDA Dr. Duke
Avocados	1 fruit	19 mg	Harvard 2008
Bacon	2 slices	0 mg	Harvard 2008
Bacon, streaky (Fried)	100 g fresh weight	0.6 mg	Zarembski 1962
Baked Potato with Skin	1 medium	97 mg	Harvard 2008
Bamboo Shoots	1 cup	35 mg	Harvard 2008
Banana	1 fruit	3 mg	Harvard 2008
Banana (Raw)	100 g fresh weight	0.7 mg	Zarembski 1962
Banana Nut Crunch	1 cup	25 mg	Harvard 2008
Banana, Plantain	100g	524mg	USDA Dr.Duke
Banana, Sagar, ripe, raw	100 g edible portion of fresh weight	3 mg	FAO Bangladesh 2014
Barley Malt Flour	1 cup	0 mg	Harvard 2008
Barley, whole-grain, raw	100 g edible portion of fresh weight	2 mg	FAO Bangladesh 2014
Basic 4	1 cup	17 mg	Harvard 2008
Beans, French, Blue Lake (Boiled)	100 g fresh weight	30.2 mg	Zarembski 1962
Beans, French, Guernsey Runner (Boiled)	100 g fresh weight	22.8 mg	Zarembski 1962
Beans, Runner, Mont d'Or (Boiled)	100 g fresh weight	26.6 mg	Zarembski 1962

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Beans, seeds and pods, raw	100 g edible portion of fresh weight	25 mg	FAO Bangladesh 2014
Beans, Summer Runner (Boiled)	100 g fresh weight	7.2 mg	Zarembski 1962
Beef (Roasted)	100 g fresh weight	0.4 mg	Zarembski 1962
Beef, corned, Fray Bentos (Canned)	100 g fresh weight	0.2 mg	Zarembski 1962
Beer (Light)	1 can	3 mg	Harvard 2008
Beer (Regular)	1 can	4 mg	Harvard 2008
Beet, Beetroot, Garden Beet, Sugar Beet	100 g	40.4 mg	USDA Dr. Duke
Beet Leaves	100g	610mg	USDA Dr.Duke
Beetroot, fresh, peeled, boiled, drained	100 g	100 mg	NUTTAB 2010
Beetroot, fresh, peeled, raw	100 g	100 mg	NUTTAB 2010
Beetroot, Ruby Globe (Boiled)	100 g fresh weight	121 mg	Zarembski 1962
Beets	1/2 cup	76 mg	Harvard 2008
Peppers (Bell, Cherry, Cone, Green, Red, Yellow, Orange, Paprika, Sweet)	100 g	117.1 mg	USDA Dr. Duke
Ben Nut, Benzolive Tree, Jacinto (Sp.), Moringa, West Indian Ben	100 g	0-101 mg	USDA Dr. Duke
Berry Bust Cheerios	1 cup	7 mg	Harvard 2008
Biscuits (plain or buttermilk)	1 biscuit	6 mg	Harvard 2008
Biscuits, Marie	100 g fresh weight	4.5 mg	Zarembski 1962
Bitter Melon, Sorosi	100 g	0.5 mg	USDA Dr. Duke

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Bean (Black, Field, Flageolet, French, Green, Haricot Vert, Kidney, Navy, Pop, Popping, Snap, String, Wax)	100 g	31.2 mg	USDA Dr. Duke
Black Currant	100 g	20 mg	USDA Dr. Duke
Black Gram	100 g	27.8 mg	USDA Dr. Duke
Black Pepper	1 dash	0 mg	Harvard 2008
Black Pepper, White Pepper	100g	3400mg	USDA Dr. Duke
Blackberries	1/2 cup	2 mg	Harvard 2008
Black-currants, Cotswold Cross (Raw)	100 g fresh weight	4.3 mg	Zarembski 1962
Blueberries	1/2 cup	2 mg	Harvard 2008
Blueberry Morning	1/2 cup	8 mg	Harvard 2008
Blueberry Muffins	1 muffin	9 mg	Harvard 2008
Bluefish	1 fillet	1 mg	Harvard 2008
Bok & Pak Choy (Choi), Chinese Cabbage	1 cup, raw	1 mg	Harvard 2008
Bologna	1 slice	0 mg	Harvard 2008
Bran Flakes with Raisins, Single Brand	1 cup	57 mg	Harvard 2008
Bran Muffin Low fat	1 muffin	5 mg	Harvard 2008
Bran Muffins	1 muffin	5 mg	Harvard 2008
Bran Muffins (store)	1 muffin	5 mg	Harvard 2008
Bran, 100%	1/3 cup	25 mg	Harvard 2008
Bran, 40%	3/4 cup	36 mg	Harvard 2008

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Bread, Allison's	100g	20.7mg	Zarembski 1962
Bread, white	100 g fresh weight	4.9 mg	Zarembski 1962
Brewer's Yeast	1 tbs	7 mg	Harvard 2008
Broadbean, Faba Bean, Habas	100 g	7 mg	USDA Dr. Duke
Broccoli	100g	190mg	USDA 1984
Broccoli	1/2 cup chopped	1 mg	Harvard 2008
Brown Rice Flour	1 cup	65 mg	Harvard 2008
Brown Rice, cooked	1 cup	24 mg	Harvard 2008
Brown Sugar	1 cup packed	1 mg	Harvard 2008
Brownies	1 oz or 1/2 brownie	31 mg	Harvard 2008
Brussel Sprouts	100g	360mg	USDA 1984
Brussel Sprouts	1/2 cup frozen	2 mg	Harvard 2008
Brussel sprouts (Boiled)	100 g fresh weight	2.1 mg	Zarembski 1962
Buckwheat Groats	1 cup cooked	133 mg	Harvard 2008
Buffalo	3 oz	0 mg	Harvard 2008
Bulgur, cooked	1 cup	86 mg	Harvard 2008
Bullion Cube	1 cube	1 mg	Harvard 2008
Burritos with beans	1 burrito	17 mg	Harvard 2008
Burritos with beans & meat	1 burrito	16 mg	Harvard 2008
Butter	1 Pat	0 mg	Harvard 2008
Butter, fresh	100 g fresh weight	0 mg	Zarembski 1962

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Butter, Salted	1 pat	0 mg	Harvard 2008
Buttermilk	1 cup	1 mg	Harvard 2008
Cabbage	1/2 cup	1 mg	Harvard 2008
Cabbage, Red Cabbage, White Cabbage	100 g	35 mg	USDA Dr. Duke
Cabbage, spring, Durham early (Boiled)	100 g fresh weight	1 mg	Zarembski 1962
Cabbage, summer, June Giant (Boiled)	100 g fresh weight	0.6 mg	Zarembski 1962
Cabbage, winter, January King (Boiled)	100 g fresh weight	2 mg	Zarembski 1962
Cacao	100g	500mg	USDA Dr. Duke
Cake (homemade)	1 piece	16 mg	Harvard 2008
Cake (Low Fat Only)	1 piece	11 mg	Harvard 2008
Cake (store brand)	1 piece	15 mg	Harvard 2008
Cake, fruit	100 g fresh weight	11.8 mg	Zarembski 1962
Cake, sponge	100 g fresh weight	7.4 mg	Zarembski 1962
Candies with Nuts (ex Snickers)	2 oz	38 mg	Harvard 2008
Canned Cherries	1/2 cup	7 mg	Harvard 2008
Canned Peaches	1/2 cup	1 mg	Harvard 2008
Canned Pears	1/2 cup	1 mg	Harvard 2008
Canned Pineapple	1/2 cup	24 mg	Harvard 2008
Cantaloupe	1/4 melon	1 mg	Harvard 2008
Cap'n Crunch	3/4 cup	0 mg	Harvard 2008
Carambolas, Star Fruit	100g	5000-9580mg	USDA Dr. Duke

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Carnation Instant Breakfast	1 packet	1 mg	Harvard 2008
Carrot	100 g	5.6 mg	USDA Dr. Duke
Carrot Juice	1 cup	27 mg	Harvard 2008
Carrot, raw	100 g edible portion of fresh weight	6 mg	FAO Bangladesh 2014
Carrots (Canned, Smedley's)	100 g fresh weight	7.4 mg	Zarembski 1962
Carrots, Autumn King (Boiled)	100 g fresh weight	22.7 mg	Zarembski 1962
Carrots, cooked	1/2 cup sliced	7 mg	Harvard 2008
Carrots, raw	1/2 lg carrot	10 mg	Harvard 2008
Cashew	100 g	318.4 mg	USDA Dr. Duke
Cashew nuts, raw	100 g edible portion of fresh weight	318 mg	FAO Bangladesh 2014
Cashews	1 oz or 18 kernels	49 mg	Harvard 2008
Cassava	100g	1260mg	USDA 1984
Cassava, Tapioca, Yuca	100 g	17.1 mg	USDA Dr. Duke
Catsup/Ketchup	1 packet	1 mg	Harvard 2008
Cauliflower	100 g	6.8 mg	USDA Dr. Duke
Cauliflower	1/2 cup cooked	1 mg	Harvard 2008
Cauliflower, Pioneer (Boiled)	100 g fresh weight	1.1 mg	Zarembski 1962
Celery, Cooked	1 cup	10 mg	Harvard 2008
Celery, raw	1 stalk	3 mg	Harvard 2008
Celery, stems (Raw)	100 g fresh weight	17.5 mg	Zarembski 1962
Chayote	100 g	34 mg	USDA Dr. Duke

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Cheddar Cheese	1 slice	0 mg	Harvard 2008
Cheerios	1 cup	8 mg	Harvard 2008
Cheese, Cheshire	100 g fresh weight	0 mg	Zarembski 1962
Cheeseburger with bun	1 burger & bun	13 mg	Harvard 2008
Cherries	1 cup	3 mg	Harvard 2008
Chicken	3 oz	0 mg	Harvard 2008
Chicken (Boiled)	100 g fresh weight	0.3 mg	Zarembski 1962
Chicken Dog	1 dog	1 mg	Harvard 2008
Chicken Liver	3 oz	0 mg	Harvard 2008
Chicken Noodle Soup	1 can	3 mg	Harvard 2008
Chicken Nuggets	6 nuggets	3 mg	Harvard 2008
Chicken Roll	1 package	1 mg	Harvard 2008
Chicory	100g	210mg	NUTTAB 2010
Chicken Soup, Fray Bentos (Canned)	100 g fresh weight	3 mg	Zarembski 1962
Chickpea (Chick Pea), Garbanzo	100 g	2.4 mg	USDA Dr. Duke
Chili Powder	1 tbs	7 mg	Harvard 2008
Chili with Beans	1 cup	24 mg	Harvard 2008
Chilli (chili), green, stir-fried	100 g	100 mg	NUTTAB 2010
Chilli, green, with seeds, raw	100 g edible portion of fresh weight	29 mg	FAO Bangladesh 2014
Chilli, red, dry	100 g edible portion of fresh weight	67 mg	FAO Bangladesh 2014
Cilantro, Coriander, Chinese Parsley	100 g	5 mg	USDA Dr. Duke

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Chives	100g	1480mg	USDA 1984
Chives	1 tsp	0 mg	Harvard 2008
Chives (Raw)	100 g fresh weight	1.1 mg	Zarembski 1962
Chocolate Chip Cookies (Low Fat Only)	1 cookie	7 mg	Harvard 2008
Chocolate Chip Cookies (store brand)	1 cookie	10 mg	Harvard 2008
Chocolate Milk	1 cup	7 mg	Harvard 2008
Chocolate Pudding, Instant	1/4 box or 1 oz	4 mg	Harvard 2008
Chocolate Syrup	2 Tbs	38 mg	Harvard 2008
Cinnamon Toast Crunch	3/4 cup	5 mg	Harvard 2008
Clam Chowder	1 cup	13 mg	Harvard 2008
Clams, raw	3 oz	0 mg	Harvard 2008
Cocoa Krispies	3/4 cup	11 mg	Harvard 2008
Cocoa Powder	4 tsp	67 mg	Harvard 2008
Cocoa Powder, Rowntree's	100g	623mg	Zarembski 1962
Cocoa Puffs	1 cup	3 mg	Harvard 2008
Coconut Water	100g	318mg	FAO Bangladesh 2014
Cod Liver Fish Oil	1 tsp	0 mg	Harvard 2008
Cod Liver Oil	1 tsp	0 mg	Harvard 2008
Cod, pacific	3 oz or 1 fillet	0 mg	Harvard 2008
Coffee	100 g	15.4 mg	USDA Dr. Duke
Coffee	1 cup	1 mg	Harvard 2008

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Coffee Creamer	1 Tbs	0 mg	Harvard 2008
Coffee Decaff	1 cup	2 mg	Harvard 2008
Coffee, ground (2 g in 100 ml water)	100 g fresh weight	1 mg	Zarembski 1962
Coffee, Nescafe powder	100 g fresh weight	57 mg	Zarembski 1962
Collards	1 cup	10 mg	Harvard 2008
Complete Oat Bran Flakes	3/4 cup	5 mg	Harvard 2008
Complete Wheat Bran	3/4 cup	34 mg	Harvard 2008
Coriander	100 g	10 mg	USDA 1984
Coriander leaves, raw	100 g edible portion of fresh weight	47 mg	FAO Bangladesh 2014
Corn	100g	9.9mg	USDA Dr. Duke
Corn, Sweet	100g	10mg	USDA 1984
Corn	1/2 cup	1 mg	Harvard 2008
Corn Bran	1 cup	0 mg	Harvard 2008
Corn Bread	1 piece	4 mg	Harvard 2008
Corn Chex	1 cup	5 mg	Harvard 2008
Corn Flakes	1 cup	1 mg	Harvard 2008
Corn Flour	1 cup	3 mg	Harvard 2008
Corn Grits	1 cup	97 mg	Harvard 2008
Corn Pops	1 cup	1 mg	Harvard 2008
Corn Syrup (high Fructose)	1 tbs	1 mg	Harvard 2008
Corn Syrup (Light)	1 tbs	0 mg	Harvard 2008

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Cornbread	1 piece	4 mg	Harvard 2008
Cornflakes	100 g fresh weight	5.6 mg	Zarembski 1962
Cornmeal	1 cup	64 mg	Harvard 2008
Cornstarch	1 cup	3 mg	Harvard 2008
Cottage Cheese	1/2 cup	0 mg	Harvard 2008
Cottage Cheese Fat Free	1/2 cup	1 mg	Harvard 2008
Count Chocula	1 cup	5 mg	Harvard 2008
Couscous	1 cup	15 mg	Harvard 2008
Cracked Wheat Bread	1 slice	5 mg	Harvard 2008
Cracklin' Oat Bran	3/4 cup	15 mg	Harvard 2008
Cranberry Almond Crunch	1 cup	35 mg	Harvard 2008
Cranberry Sauce	1/2 cup	2 mg	Harvard 2008
Cream	1 tbs	0 mg	Harvard 2008
Cream Cheese	1 oz	0 mg	Harvard 2008
Cream Cheese Fat Free	1 oz	1 mg	Harvard 2008
Cream Cheese Low Fat	1 oz	1 mg	Harvard 2008
Cream of Wheat	1 cup	18 mg	Harvard 2008
Cream Sauce, Homemade	1 cup	3 mg	Harvard 2008
Cream Substitute	1 tsp	0 mg	Harvard 2008
Crispix	1 cup	1 mg	Harvard 2008
Cucumber	1/4 cucumber	1 mg	Harvard 2008

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Cucumbers	100g	20mg	USDA 1984
Custard apple, raw	100 g edible portion of fresh weight	30 mg	FAO Bangladesh 2014
Danish Pastry Homemade	1 pastry	14 mg	Harvard 2008
Danish Pastry, Fruit Filled	1 pastry	4 mg	Harvard 2008
Dates	1 date	24 mg	Harvard 2008
Doughnut	1 doughnut	5 mg	Harvard 2008
Dried Apples	1 cup or 13 rings	2 mg	Harvard 2008
Dried Apricots	1 cup of halves	3 mg	Harvard 2008
Dried Cranberries	1/2 cup	1 mg	Harvard 2008
Dried Figs	5 pieces/fruits	24 mg	Harvard 2008
Dried Pineapples	1/2 cup	30 mg	Harvard 2008
Dried Prunes	1/4 cup or 5 prunes	11 mg	Harvard 2008
Egg Beaters	4 oz	0 mg	Harvard 2008
Eggbeaters	4 oz	0 mg	Harvard 2008
Eggplant	100 g	190 mg	USDA 1984
Eggroll	1 eggroll	5 mg	Harvard 2008
Eggs	1 medium egg	0 mg	Harvard 2008
Eggs, fresh, whole (Boiled)	100 g fresh weight	0 mg	Zarembski 1962
Emblic, raw	100 g edible portion of fresh weight	296 mg	FAO Bangladesh 2014
Enchilada with Cheese & beef	1 enchilada	13 mg	Harvard 2008
Enchilada with Chicken	1 enchilada	13 mg	Harvard 2008

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Endive	100g	110mg	USDA 1984
Endive	1/2 cup	0 mg	Harvard 2008
English Muffin	1 muffin	8 mg	Harvard 2008
English Muffin Multi-Grain	1 muffin	8 mg	Harvard 2008
English Muffin Wheat	1 muffin	7 mg	Harvard 2008
English Muffin Whole Wheat	1 muffin	12 mg	Harvard 2008
English Muffins - Multi-Grain	1 muffin	8 mg	Harvard 2008
English Muffins - Reg	1 muffin	8 mg	Harvard 2008
English Muffins - Wheat	1 muffin	7 mg	Harvard 2008
Grape, Wine Grape	100 g	3.4 mg	USDA Dr. Duke
Farina Cereal	1 cup	16 mg	Harvard 2008
Fat Free Milk	1 cup	1 mg	Harvard 2008
Fava Beans	1/2 cup	20 mg	Harvard 2008
Fiber One	1/2 cup	13 mg	Harvard 2008
Fig Bars	1 cookie	4 mg	Harvard 2008
Fig, dried	100 g	100 mg	NUTTAB 2010
Figs	1 medium fig	9 mg	Harvard 2008
Flaxseed	1 Tbs	0 mg	Harvard 2008
Flounder	3 oz	0 mg	Harvard 2008
French Fries	4 oz	51 mg	Harvard 2008
French Fries (homemade or fast food)	4 oz or 1/2 cup	51 mg	Harvard 2008

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French Toast	2 slices	13 mg	Harvard 2008
Froot Loops	1 cup	2 mg	Harvard 2008
Frosted Cheerios	1 cup	6 mg	Harvard 2008
Frosted Flakes	3/4 cup	1 mg	Harvard 2008
Frosted Mini-Wheats	1 cup	28 mg	Harvard 2008
Frozen Fish Sticks	2 sticks	3 mg	Harvard 2008
Frozen Yogurt	1/2 cup	1 mg	Harvard 2008
Fruit & Fiber Dates, Raisins & Walnuts	1 cup	41 mg	Harvard 2008
Fruit Cocktail	1/2 cup	1 mg	Harvard 2008
Fruit Roll-Ups	1 roll	2 mg	Harvard 2008
Fruity Pebbles	3/4 cup	2 mg	Harvard 2008
Fudge Sauce	2 Tbs	28 mg	Harvard 2008
Garlic	100g	360mg	USDA 1984
Garden Sorrel	100g	300mg	USDA Dr. Duke
Garlic Powder	1 tsp	0 mg	Harvard 2008
Gatorade	1 cup	0 mg	Harvard 2008
Gelatin	1 tbs or 1 envelope	0 mg	Harvard 2008
Ginger	100g	500mg	USDA Dr. Duke
Ginger, peeled, stir-fried without oil	100 g	100 mg	NUTTAB 2010
Golden Grahams	3/4 cup	9 mg	Harvard 2008
Gooseberries, Keepsake (Stewed)	100 g fresh weight	2.6 mg	Zarembski 1962

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Graham Crackers	1 large rectangle	2 mg	Harvard 2008
Granola Bars- Hard & Plain	1 bar	1 mg	Harvard 2008
Granola Bars Low Fat	1 oz uncoated	2 mg	Harvard 2008
Granola Oats & Honey, 100% Natural	1/2 cup	13 mg	Harvard 2008
Grape Juice	8 oz	1 mg	Harvard 2008
Grape Nuts	1/2 cup	14 mg	Harvard 2008
Grape Nuts Flakes	3/4 cup	7 mg	Harvard 2008
Grapefruit	1/2 fruit	12 mg	Harvard 2008
Grapefruit (Raw)	100 g fresh weight	0 mg	Zarembski 1962
Grapefruit Juice	8 oz	0 mg	Harvard 2008
Grapes	1/2 cup or 16 seedless grapes	1 mg	Harvard 2008
Gravy	1 cup	4 mg	Harvard 2008
Great Grains Crunch Pecan	2/3 cup	18 mg	Harvard 2008
Great Grains Raisin, Dates & Pecans	2/3 cup	17 mg	Harvard 2008
Green Pepper	1 ring	1 mg	Harvard 2008
Grilled Cheese Sandwich	1 sandwich	12 mg	Harvard 2008
Ground Beef	3 oz	0 mg	Harvard 2008
Guava	100 g	14 mg	USDA Dr. Duke
Guava, green, raw	100 g edible portion of fresh weight	14 mg	FAO Bangladesh 2014
Haddock	3 oz	0 mg	Harvard 2008
Haddock (Boiled)	100 g fresh weight	0.2 mg	Zarembski 1962

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Halibut	3 oz	0 mg	Harvard 2008
Ham	3 oz	0 mg	Harvard 2008
Ham (Boiled)	100 g fresh weight	0.4 mg	Zarembski 1962
Harmony	1 1/4 cup	11 mg	Harvard 2008
Healthy Choice Multi-Grain Flakes	3/4 cup	7 mg	Harvard 2008
Healthy Valley Oat Bran Flakes	1 cup	0 mg	Harvard 2008
Herring (Atlantic & Pacific)	3 oz	1 mg	Harvard 2008
Homemade Cream Sauce	1 cup	3 mg	Harvard 2008
Honey	1 tbs	0 mg	Harvard 2008
Honey Bunches of Oats Honey Roasted	3/4 cup	3 mg	Harvard 2008
Honey Bunches of Oats with Almonds	3/4 cup	2 mg	Harvard 2008
Honey Crunch Corn Flakes	3/4 cup	3 mg	Harvard 2008
Honey Nut Cheerios	1 cup	7 mg	Harvard 2008
Honey Nut Clusters	1 cup	23 mg	Harvard 2008
Honey Nut Oats	1 oz	7 mg	Harvard 2008
Honeycomb	1 1/3 cup	1 mg	Harvard 2008
Honeydew Melon	1 cup	1 mg	Harvard 2008
Horlicks, powder	100 g fresh weight	4.1 mg	Zarembski 1962
Horseradish	1 Tbs	0 mg	Harvard 2008
Hot Chili Peppers	1/2 cup	5 mg	Harvard 2008
Hot Chocolate (homemade)	1 cup	65 mg	Harvard 2008

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Hot Dog with Bun	1 dog with bun	9 mg	Harvard 2008
Hot Dogs	1 dog	1 mg	Harvard 2008
Hummus	1 Tbs	4 mg	Harvard 2008
Ice Cream (Vanilla)	1/2 cup	0 mg	Harvard 2008
Ice Cream Light	1/2 cup	0 mg	Harvard 2008
Iceberg Lettuce	1 cup	0 mg	Harvard 2008
Indian Tamarind, Kilytree	100g	196mg	USDA Dr. Duke
Italian Salad Dressing	1 Tbs	0 mg	Harvard 2008
Jackfruit, ripe, raw	100 g edible portion of fresh weight	10 mg	FAO Bangladesh 2014
Jam, red plum	100 g fresh weight	0.5 mg	Zarembski 1962
Jam, Jelly	1 Tbs	1 mg	Harvard 2008
Jambolan, raw	100 g edible portion of fresh weight	89 mg	FAO Bangladesh 2014
Jello	1 cup	1 mg	Harvard 2008
Just Right Fruit & Nut	1 cup	13 mg	Harvard 2008
Just Right with Crunchy Nuggets	1 cup	5 mg	Harvard 2008
Kale	100g	20mg	USDA 1984
Kale	1 cup chopped	2 mg	Harvard 2008
Kashi Go Lean	3/4 cup	14 mg	Harvard 2008
Kashi Go Lean Bar	1 bar	3 mg	Harvard 2008
Kashi Good Friends	3/4 cup	10 mg	Harvard 2008
Kashi Heart to Heart	3/4 cup	8 mg	Harvard 2008

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Kiwi	1 fruit	16 mg	Harvard 2008
Kix	1 1/3 cup	2 mg	Harvard 2008
Kool-Aid	1 cup	1 mg	Harvard 2008
Lambsquarter	100g	30,000mg	USDA Dr. Duke
Lard	1 tsp	0 mg	Harvard 2008
Lasagna	1 serving	23 mg	Harvard 2008
Lasagna with meat	1 serving	23 mg	Harvard 2008
Lean Ground Beef, Hamburger (75%)	3 oz	0 mg	Harvard 2008
Lean Ground Beef, Hamburger (85%)	3 oz	0 mg	Harvard 2008
Lean Ground Beef, Hamburger (90%)	3 oz	1 mg	Harvard 2008
Lemon Juice (canned or bottled)	1 cup	4 mg	Harvard 2008
Lemon Juice Raw (concentrate)	1 tbs	0 mg	Harvard 2008
Lemonade (diet)	8 oz	1 mg	Harvard 2008
Lemonade (frozen from concentrate)	8 oz	15 mg	Harvard 2008
Lemons	1 wedge	1 mg	Harvard 2008
Lentil	100 g	21.2 mg	USDA Dr. Duke
Lentil Soup	1 cup	39 mg	Harvard 2008
Lettuce Webs raw	100g	1.7mg	Zarembski 1962
Lettuce	100 g	13.6 mg	USDA Dr. Duke
Limes	1/2 fruit	3 mg	Harvard 2008
Liquor (80 proof)	1 jigger	0 mg	Harvard 2008

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Liver	3.5oz	0 mg	Harvard 2008
Low Fat 100% Natural Granola w/ Raisins	3/4 cup	15 mg	Harvard 2008
Low Fat Cheese	1 slice	0 mg	Harvard 2008
Low Fat Cottage Cheese	1 cup	0 mg	Harvard 2008
Low Fat Cream Cheese	1 oz	1 mg	Harvard 2008
Low Fat Granola w/ Raisins	2/3 cup	16 mg	Harvard 2008
Low Fat Muffins	1 muffin	5 mg	Harvard 2008
Lowfat Frozen Yogurt	1/2 cup	1 mg	Harvard 2008
Lucky Charms	1 cup	5 mg	Harvard 2008
Lucozade	100 ml	0.1 mg	Zarembski 1962
Lychee, raw	100 g edible portion of fresh weight	19 mg	FAO Bangladesh 2014
Macaroni & Cheese	1 cup	4 mg	Harvard 2008
Mackeral	3 oz	0 mg	Harvard 2008
Maize/corn, yellow, dried, raw	100 g edible portion of fresh weight	6 mg	FAO Bangladesh 2014
Mango	100g	30mg	USDA Dr. Duke
Mango	1 fruit	1 mg	Harvard 2008
Mango Juice	8 oz	1 mg	Harvard 2008
Mango, Fazli, orange flesh, ripe, raw	100 g edible portion of fresh weight	3 mg	FAO Bangladesh 2014
Mango, Langra, yellow flesh, ripe, raw	100 g edible portion of fresh weight	3 mg	FAO Bangladesh 2014
Margarine	100 g fresh weight	0 mg	Zarembski 1962
Marmalade, shredless	100 g fresh weight	10.8 mg	Zarembski 1962

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Food Item	Serving Size	Oxalate Value	Source
Marrow, Mosse Cream (Raw)	100 g fresh weight	0.5 mg	Zarembski 1962
Mashed Potatoes	1 cup	29 mg	Harvard 2008
Mayonnaise	1 Tbs	0 mg	Harvard 2008
Meatballs	2 meatballs	2 mg	Harvard 2008
Melon, Futi, orange flesh, ripe, raw	100 g edible portion of fresh weight	2 mg	FAO Bangladesh 2014
Milk Chocolate Candies	1 oz	5 mg	Harvard 2008
Milk, 1%	1 cup	1 mg	Harvard 2008
Milk, 2%	1 cup	1 mg	Harvard 2008
Milk, fresh	100 g fresh weight	0.5 mg	Zarembski 1962
Millet, cooked	1 cup	62 mg	Harvard 2008
Miso	1 cup	40 mg	Harvard 2008
Miso Soup	1 cup	111 mg	Harvard 2008
Mixed Nuts (with Peanuts)	1 oz	39 mg	Harvard 2008
Mixed Vegetables, frozen	1/2 cup	5 mg	Harvard 2008
Molasses	1 tbs	0 mg	Harvard 2008
Moose	3oz	0 mg	Harvard 2008
Mozzarella Cheese	1 oz	0 mg	Harvard 2008
Mueslix	2/3 cup	17 mg	Harvard 2008
Mueslix Apple & Almond Crunch	2/3 cup	20 mg	Harvard 2008
Muffins Low Fat	1 muffin	5 mg	Harvard 2008
Multi-Bran Chex	1 cup	36 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Mung Beans	1/2 cup	3 mg	Harvard 2008
Mushroom, Agaricus (Cooked)	100 g dry weight	48.9-72.8 mg	Savage 2001
Mushroom, Agaricus (Raw)	100 g dry weight	58.9-74.9 mg	Savage 2001
Mushroom, Cep, Porcini, Penny Bun, King Bolete (Cooked)	100 g dry weight	33.1 mg	Savage 2001
Mushroom, Cep, Porcini, Penny Bun, King Bolete (Raw)	100 g dry weight	43.6 mg	Savage 2001
Mushroom, Chanterelle (Cooked)	100 g dry weight	35.2 mg	Savage 2001
Mushroom, Chanterelle (Raw)	100 g dry weight	42.1 mg	Savage 2001
Mushroom, Hedgehog, Sweet Tooth (Cooked)	100 g dry weight	23.3 mg	Savage 2001
Mushroom, Hedgehog, Sweet Tooth (Raw)	100 g dry weight	26.4 mg	Savage 2001
Mushroom, Oyster (Cooked)	100 g dry weight	48.5 mg	Savage 2001
Mushroom, Oyster (Raw)	100 g dry weight	104.1 mg	Savage 2001
Mushroom, Piopino, Piopparello, Velvet (Cooked)	100 g dry weight	58.6 mg	Savage 2001
Mushroom, Piopino, Piopparello, Velvet (Raw)	100 g dry weight	80.3 mg	Savage 2001
Mushroom, Shiitake (Cooked)	100 g dry weight	124.6 mg	Savage 2001
Mushroom, Shiitake (Raw)	100 g dry weight	101.4 mg	Savage 2001
Mushrooms	1 mushroom	0 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Muskmelon, Bangee, ripe, raw	100 g edible portion of fresh weight	2 mg	FAO Bangladesh 2014
Mustard Greens	1 cup chopped	4 mg	Harvard 2008
Mustard, yellow	1 tsp or packet	1 mg	Harvard 2008
Nabisco Honey Nut Shredded Wheat	1 cup	47 mg	Harvard 2008
Nabisco Shredded Wheat	2 biscuits	42 mg	Harvard 2008
Nachos with Cheese	6-8 chips	13 mg	Harvard 2008
Nature Valley Cinnamon & Raisins Granola	3/4 cup	13 mg	Harvard 2008
Navy Beans	1/2 cup	76 mg	Harvard 2008
Nectarine	1 fruit	0 mg	Harvard 2008
Non Fat Ice Cream	1/2 cup	0 mg	Harvard 2008
Non Fat Yogurt with Fruit	8 oz	1 mg	Harvard 2008
Non-Dairy Creamer	1 Tbs	0 mg	Harvard 2008
Nut, almond, with skin	100 g	300 mg	NUTTAB 2010
Nut, brazil, raw or blanched	100 g	100 mg	NUTTAB 2010
Nut, cashew, roasted, salted	100 g	100 mg	NUTTAB 2010
Nut, hazelnut, raw	100 g	100 mg	NUTTAB 2010
Nut, pine, raw	100 g	100 mg	NUTTAB 2010
Oaker Oat Cinnamon Life	3/4 cup	3 mg	Harvard 2008
Oat Bran	1 1/4 cup	10 mg	Harvard 2008
Oat Bran Bread	1 slice	4 mg	Harvard 2008
Oat Bran Muffin	1 small muffin	4 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Oat Bran, raw	1/3 cup	0 mg	Harvard 2008
Oat Flour	1 cup	0 mg	Harvard 2008
Oatmeal Bread	1 piece	4 mg	Harvard 2008
Oatmeal Cereal	1 cup	0 mg	Harvard 2008
Oatmeal Cookie (homemade)	1 cookie	2 mg	Harvard 2008
Oatmeal Cookies (store)	1 cookie	4 mg	Harvard 2008
Oatmeal Crisp with Almonds	1 cup	24 mg	Harvard 2008
Oatmeal porridge	100 g fresh weight	1 mg	Zarembski 1962
Oatmeal Raisin Crisp	1 cup	13 mg	Harvard 2008
Oatmeal Squares	1 cup	5 mg	Harvard 2008
Oats	100 g	40 mg	USDA Dr. Duke
Okra	1/2 cup	57 mg	Harvard 2008
Olive Oil & Vinegar		2 mg	Harvard 2008
Olives	approx 10 olives	18 mg	Harvard 2008
Onion Rings	6-8 rings	5 mg	Harvard 2008
Onion, raw	100 g edible portion of fresh weight	3 mg	FAO Bangladesh 2014
Onion, Shallot	100 g	1 mg	USDA Dr. Duke
Onions	1 small onion	0 mg	Harvard 2008
Onions, Best of All (Raw)	100 g fresh weight	3 mg	Zarembski 1962
Orange	100 g	8.7 mg	USDA Dr. Duke
Orange	1 fruit	29 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Orange Juice	1 cup	2 mg	Harvard 2008
Orange, raw	100 g edible portion of fresh weight	10 mg	FAO Bangladesh 2014
Oriental Vegetables, frozen	1/2 cup	6 mg	Harvard 2008
Original Shredded Wheat & Bran	1 1/4 cup	53 mg	Harvard 2008
Ovaltine, powder	100 g fresh weight	45.9 mg	Zarembski 1962
Oxo cubes	100 g fresh weight	1.6 mg	Zarembski 1962
Oxtail Soup, Fray Bentos (Canned)	100 g fresh weight	1 mg	Zarembski 1962
Oysters	3 oz	0 mg	Harvard 2008
Pancake Syrup	3/4 Tbs	0 mg	Harvard 2008
Pancakes (dry mix)	4 pancakes	37 mg	Harvard 2008
Pancakes (Homemade)	4 pancakes	22 mg	Harvard 2008
Pancakes (mix)	4 cakes	10 mg	Harvard 2008
Papaya	1 medium fruit	1 mg	Harvard 2008
Papaya, ripe, raw	100 g edible portion of fresh weight	1 mg	FAO Bangladesh 2014
Parsley, Moss curled (Raw)	100 g fresh weight	166 mg	Zarembski 1962
Parsnip	100g	40mg	USDA 1984
Parsnip	1/2 cup	15 mg	Harvard 2008
Pea	100 g	6 mg	USDA Dr. Duke
Peach	100 g	1 mg	USDA Dr. Duke
Peaches	1 fruit	0 mg	Harvard 2008
Peaches (Canned in syrup)	100 g fresh weight	1.2 mg	Zarembski 1962

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Peanut Butter	1 Tbs	13 mg	Harvard 2008
Peanut Butter Reduced Fat	1 Tbs	16 mg	Harvard 2008
Peanuts	1 oz	27 mg	Harvard 2008
Pear millet, whole-grain, raw	100 g edible portion of fresh weight	21 mg	FAO Bangladesh 2014
Pears	1 fruit	2 mg	Harvard 2008
Pears (Canned in syrup)	100 g fresh weight	1.7 mg	Zarembski 1962
Peas	1/2 cup	1 mg	Harvard 2008
Peas (Canned, Smedley's)	100 g fresh weight	0.8 mg	Zarembski 1962
Peas, fresh, Feltham First (Boiled)	100 g fresh weight	1.3 mg	Zarembski 1962
Pecans	1 oz or 15 halves	10 mg	Harvard 2008
Pepper	100g	40mg	USDA 1984
Pepper (black)	1/4 teaspoon	3mg	sallynorton.com
Pickles	1 pickle	0 mg	Harvard 2008
Pies, Homemade	1 piece	5mg	Harvard 2008
Pineapple	100g	5.8mg	USDA Dr. Duke
Pineapple	1 cup	4 mg	Harvard 2008
Pineapple canned in syrup	100g	0mg	Zarembski 1962
Pineapple Juice	8 oz	3 mg	Harvard 2008
Pineapple, Joldugee, ripe, raw	100 g edible portion of fresh weight	5 mg	FAO Bangladesh 2014
Pineapple, ripe, raw	100 g edible portion of fresh weight	5 mg	FAO Bangladesh 2014
Pistachios	1 oz or 48 kernels	14 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Pizza with Cheese	2 slices	13 mg	Harvard 2008
Plaice (Boiled)	100 g fresh weight	0.3 mg	Zarembski 1962
Plain Yogurt	1 cup	2 mg	Harvard 2008
Plantain	1 medium	1 mg	Harvard 2008
Plums	1 fruit	0 mg	Harvard 2008
Plums, Giant Prune, Victoria (Stewed)	100 g fresh weight	3.4 mg	Zarembski 1962
Plums, Jefferson's Golden Gage(Stewed)	100g	1.1mg	Zarembski 1962
Pollock	3 oz	0 mg	Harvard 2008
Pomegranate	100 g	14 mg	USDA Dr. Duke
Pomegranate, ripe, with seed, raw	100 g edible portion of fresh weight	14 mg	FAO Bangladesh 2014
Popcorn, air-popped	1 cup	4 mg	Harvard 2008
Popcorn, oil-popped	1 cup	5 mg	Harvard 2008
Poppy Seed	100g	1620mg	USDA Dr. Duke
Popsicle	1 stick	0 mg	Harvard 2008
Poptart	1 tart	7 mg	Harvard 2008
Pork	5 oz	0 mg	Harvard 2008
Postum (coffee Substitute)	1 serving	2 mg	Harvard 2008
Potato	100 g	15 mg	USDA Dr. Duke
Potato Chips	1 oz	21 mg	Harvard 2008
Potato Salad	1/3 cup	17 mg	Harvard 2008
Potato, Diamond, raw	100 g edible portion of fresh weight	12 mg	FAO Bangladesh 2014

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Potatoes (Boiled)	100 g fresh weight	2.3 mg	Zarembski 1962
Powdered Milk	1 envelope	3 mg	Harvard 2008
Pretzels, Hard & Salted	1 oz	5 mg	Harvard 2008
Product 19	1 cup	1 mg	Harvard 2008
Prune Juice	1 cup	7 mg	Harvard 2008
Pudding Popsicle	1 pop	5 mg	Harvard 2008
Puffed Kashi	1 cup	13 mg	Harvard 2008
Puffed Rice	1 cup	2 mg	Harvard 2008
Puffed Wheat	1 1/4 cup	9 mg	Harvard 2008
Pumpkin (Juice)	100 g	40 mg	USDA Dr. Duke
Pumpkin Seeds	1 cup, cooked	17 mg	Harvard 2008
Purslane	100g	1310mg	USDA 1984
Purslane, Verdolaga	100g	1679mg	USDA Dr. Duke
Quaker Oat Life	3/4 cup	3 mg	Harvard 2008
Radish	100 g	9.2 mg	USDA Dr. Duke
Radish	10 count	0 mg	Harvard 2008
Radishes, French Breakfast (Raw)	100 g fresh weight	0.3 mg	Zarembski 1962
Raisin Bran	1 cup	46 mg	Harvard 2008
Raisin Bran Crunch	1 cup	27 mg	Harvard 2008
Raisin Nut Bran	1 cup	24 mg	Harvard 2008
Raisin Squares Mini-Wheats	3/4 cup	41 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Raisins	1 oz or 1 small snack box	3 mg	Harvard 2008
Raspberries	1 cup	48 mg	Harvard 2008
Raspberries, Malling Exploit (Raw)	100 g fresh weight	2.2 mg	Zarembski 1962
Red Kidney Beans	1/2 cup	15 mg	Harvard 2008
Red River Cereal	1/4 cup	13 mg	Harvard 2008
Red Wine	4 oz	1 mg	Harvard 2008
Reese's Puffs	3/4 cup	8 mg	Harvard 2008
Refried Beans	1/2 cup	16 mg	Harvard 2008
Rhubarb	1/2 cup	541 mg	Harvard 2008
Rhubarb (Stewed)	100 g fresh weight	460 mg	Zarembski 1962
Rhubarb, stalk, raw	100 g	400 mg	NUTTAB 2010
Rice	100 g	4.6 mg	USDA Dr. Duke
Rice Bran	1 cup	281 mg	Harvard 2008
Rice Cake	1 cake	4 mg	Harvard 2008
Rice Chex	1 1/4 cup	4 mg	Harvard 2008
Rice Dream	1 cup	13 mg	Harvard 2008
Rice flaked	100 g edible portion of fresh weight	0 mg	FAO Bangladesh 2014
Rice Krispies	1 1/4 cup	4 mg	Harvard 2008
Rice Krispy Treat	1 bar	1 mg	Harvard 2008
Rice Pudding	1/2 cup	2 mg	Harvard 2008
Rice Pudding	100 g fresh weight	0 mg	Zarembski 1962

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Rice, BR-28, parboiled, milled, raw	100 g edible portion of fresh weight	1 mg	FAO Bangladesh 2014
Rice, white, sunned, aromatic, raw	100 g edible portion of fresh weight	1 mg	FAO Bangladesh 2014
Rice, white, sunned, polished, milled, raw	100 g edible portion of fresh weight	1 mg	FAO Bangladesh 2014
Ritz Crackers	5 crackers	3 mg	Harvard 2008
Romaine Lettuce	1 cup	0 mg	Harvard 2008
Rubarb Leaf	100g	1100mg	USDA Dr. Duke
Rubarb Plant	100g	1336mg	USDA Dr. Duke
Rutabaga	1/2 cup mashed	31 mg	Harvard 2008
Rye Bread	1 slice	7 mg	Harvard 2008
Salmon (all types)	4 oz	0 mg	Harvard 2008
Salsa	1 Tbs	1 mg	Harvard 2008
Salt	1 tsp	0 mg	Harvard 2008
Saltines	1 cracker	1 mg	Harvard 2008
Sardines	1 can or 3.75oz	0 mg	Harvard 2008
Sauerkraut	1/2 cup	1 mg	Harvard 2008
Scallions	1/2 cup	1 mg	Harvard 2008
Sea Vegetables	1 cup	3 mg	Harvard 2008
Sherbert	1/2 cup	0 mg	Harvard 2008
Shortening	1 tsp	0 mg	Harvard 2008
Shrimp	3 oz	0 mg	Harvard 2008
Silverbeet(Boiled)	100g	600mg	NUTTAB 2010

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Smacks	3/4 cup	3 mg	Harvard 2008
Smart Start	1 cup	15 mg	Harvard 2008
Snack Cakes- cr	1 cake	3 mg	Harvard 2008
Snakegourd	100 g	34 mg	USDA Dr. Duke
Sodas (all types)	8 oz	0 mg	Harvard 2008
Sorghum, raw	100 g edible portion of fresh weight	10 mg	FAO Bangladesh 2014
Sour Cream	1 Tbs	0 mg	Harvard 2008
Soy Burger	3.5oz	12 mg	Harvard 2008
Soy Flour	1 cup	94 mg	Harvard 2008
Soy Milk	1 cup	4 mg	Harvard 2008
Soy Protein Isolate	1 oz	27 mg	Harvard 2008
Soy Sauce	1 Tbs	3 mg	Harvard 2008
Soybean	100 g	77 mg	USDA Dr. Duke
Soybeans	1 cup	7 mg	Harvard 2008
Spaghetti	1 cup cooked	11 mg	Harvard 2008
Spearmint	100 g	3.8 mg	USDA Dr. Duke
Spearmint leaves, fresh	100 g edible portion of fresh weight	33 mg	FAO Bangladesh 2014
Special K	1 cup	3 mg	Harvard 2008
Special K Red Berries	1 cup	2 mg	Harvard 2008
Spinach	100 g	658 mg	USDA Dr. Duke
Spinach beet, Beet Perpetual (Boiled)	100 g fresh weight	692 mg	Zarembski 1962

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Spinach, cooked	1/2 cup	755 mg	Harvard 2008
Spinach, English, boiled, drained	100 g	400 mg	NUTTAB 2010
Spinach, English, raw	100 g	300 mg	NUTTAB 2010
Spinach, frozen (Boiled)	100 g fresh weight	458 mg	Zarembski 1962
Spinach, frozen, boiled, drained	100 g	500 mg	NUTTAB 2010
Spinach, Long-standing, round (Boiled)	100 g fresh weight	780 mg	Zarembski 1962
Spinach, raw	1 cup	656 mg	Harvard 2008
Spoonsize Shredded Wheat	1 cup	45 mg	Harvard 2008
Squash	100 g	20 mg	USDA 1984
Strawberries	1/2 cup	2 mg	Harvard 2008
Strawberries, Huxley (Raw)	100 g fresh weight	1.9 mg	Zarembski 1962
String Beans	1/2 cup	9 mg	Harvard 2008
Stuffing	1 cup	36mg	Harvard 2008
Sugar	1 tsp	0 mg	Harvard 2008
Sunflower Seeds	1 cup	12 mg	Harvard 2008
Sweet Potatoes	100g	100mg	USDA Dr. Duke
Sweet Potatoes	1 cup	28 mg	Harvard 2008
Sweet Rolls Low Fat	1 pastry	13 mg	Harvard 2008
Sweet Whey Dried	1 tbs	0 mg	Harvard 2008
Sweet Whey Fluid	1 cup	1 mg	Harvard 2008
Sweetened Instant Iced Tea [Ice Tea]	1 cup	0 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Swordfish	1 piece	0 mg	Harvard 2008
Tacos	1 small taco	12 mg	Harvard 2008
Tahini	1 Tbs	16 mg	Harvard 2008
Tahini, sesame seed pulp	100 g	600 mg	NUTTAB 2010
Tangerine	1 fruit	10 mg	Harvard 2008
Tapioca Pudding	1/2 cup	0 mg	Harvard 2008
Taro	100 g	133.4 mg	USDA Dr. Duke
Tea	100g	1000mg	USDA Dr. Duke
Tea, Brewed	1 cup	14 mg	Harvard 2008
Tea, Indian, blended, dry leaves	100 g fresh weight	375-1450 mg	Zarembski 1962
Tea (1 g in 100 ml water, infused for 2 min)	100 g fresh weight	4.6 mg	Zarembski 1962
Tea (2 g in 100 ml water, infused for 10 min)	100 g fresh weight	11.5 mg	Zarembski 1962
Tea (2 g in 100 ml water, infused for 15 min)	100 g fresh weight	12.6 mg	Zarembski 1962
Tea (2 g in 100 ml water, infused for 2 min)	100 g fresh weight	7 mg	Zarembski 1962
Tea (2 g in 100 ml water, infused for 5 min)	100 g fresh weight	10.1 mg	Zarembski 1962
Team Cheerios	1 cup	6 mg	Harvard 2008
Toasted Oatmeal	1 oz	6 mg	Harvard 2008
Tofu	3.5oz	13 mg	Harvard 2008
Tomatillo	100 g	53.6 mg	USDA Dr. Duke
Tomato	1 med whole	7 mg	Harvard 2008
Tomato	100 g	26.3 mg	USDA Dr. Duke

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Tomato Juice	1 cup	14 mg	Harvard 2008
Tomato Sauce	1/2 cup	17 mg	Harvard 2008
Tomato, red, ripe, raw	100 g edible portion of fresh weight	4 mg	FAO Bangladesh 2014
Tomatoes (Raw)	100 g fresh weight	5.3 mg	Zarembski 1962
Tortilla Corn Chips	1 oz	7 mg	Harvard 2008
Tortillas, Corn	1 tortilla	7 mg	Harvard 2008
Tortillas, flour	1 tortilla	8 mg	Harvard 2008
Total Corn Flakes	1 1/3 cup	5 mg	Harvard 2008
Total Raisin Bran	1 cup	31 mg	Harvard 2008
Trail Mix	1 oz	15 mg	Harvard 2008
Triscuits	1 cracker	1 mg	Harvard 2008
Trix	1 cup	0 mg	Harvard 2008
Tuna Fish (in oil)	3.5 oz	0 mg	Harvard 2008
Tuna Fish (in water)	3.5oz	0 mg	Harvard 2008
Tuna Salad	1 cup	6 mg	Harvard 2008
Turkey	5 oz	0 mg	Harvard 2008
Turkey Dogs	1 dog	3 mg	Harvard 2008
Turnip	100g	210mg	USDA 1984
Turnip	1/2 cup mashed	30 mg	Harvard 2008
Turnip greens	100 g	50 mg	USDA 1984
Turnip, Early Snowball, white (Boiled)	100 g fresh weight	0.8 mg	Zarembski 1962

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Uncle Sam	1 cup	11 mg	Harvard 2008
V8 Juice	1 cup	18 mg	Harvard 2008
Vanilla Pudding	1 cup	1 mg	Harvard 2008
Vegetable Beef Soup	1 cup	5 mg	Harvard 2008
Veggie Burger	1 pattie	24 mg	Harvard 2008
Venison	3 oz	0 mg	Harvard 2008
Wafflecrisp	1 cup	1 mg	Harvard 2008
Walnuts	1 cup or 7 nuts	31 mg	Harvard 2008
Water	8 oz	0 mg	Harvard 2008
Waterchestnuts, Water Chestnuts	4 waterchestnuts	0 mg	Harvard 2008
Watercress	100 g	2.5mg	Harvard 2008
Watermelon, ripe, raw	100 g edible portion of fresh weight	11 mg	FAO Bangladesh 2014
Waxgourd	100 g	3.4 mg	USDA Dr. Duke
Wheat	100 g	11.1 mg	USDA Dr. Duke
Wheat Berries	1 cup cooked	98 mg	Harvard 2008
Wheat Bran Bread	1 slice	7 mg	Harvard 2008
Wheat Chex	1 cup	7 mg	Harvard 2008
Wheat Crackers	1 cracker	1 mg	Harvard 2008
Wheat flour, brown, whole grain, raw	100 g edible portion of fresh weight	8 mg	FAO Bangladesh 2014
Wheat Flour, Whole Grain	1 cup	29 mg	Harvard 2008
Wheat Thins, Reduced Fat	1 cracker	1 mg	Harvard 2008

Oxalate Values of Foods

Food Item	Serving Size	Oxalate Value	Source
Wheat, whole, raw	100 g edible portion of fresh weight	8 mg	FAO Bangladesh 2014
Wheaties	1 cup	8 mg	Harvard 2008
Wheaties Raisin Bran	1 cup	11 mg	Harvard 2008
Wheetabix Whole Wheat	2 biscuits	8 mg	Harvard 2008
Whipped Cream	2 Tbs	0 mg	Harvard 2008
Whipped Topping	2 Tbs	0 mg	Harvard 2008
White Bread	1 slice	5 mg	Harvard 2008
White Rice Flour	1 cup	11 mg	Harvard 2008
White Rice, cooked	1 cup	4 mg	Harvard 2008
White Wine	4 oz	0 mg	Harvard 2008
Whiting	3 oz	0 mg	Harvard 2008
Whole Grain Total	3/4 cup	8 mg	Harvard 2008
Whole Milk	1 cup	1 mg	Harvard 2008
Whole Oat Bread	1 slice	5 mg	Harvard 2008
Whole Wheat Bread	1 slice	6 mg	Harvard 2008
Wild Game Meat	3 oz	1 mg	Harvard 2008
Yam, tuber, raw	100 g edible portion of fresh weight	15 mg	FAO Bangladesh 2014
Yams	1/2 cup, cubed	40 mg	Harvard 2008
Yellow Squash	1/2 cup	1 mg	Harvard 2008
Yogurt with Fruit	8 oz	1 mg	Harvard 2008
Zucchini	1/2 cup	1 mg	Harvard 2008

Oxalate Values of Foods

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