

Oxalate Content of Various Foods

The Oxalosis and Hyperoxaluria Foundation publishes an up-to-date list of foods and their oxalate content. Based on research from 2008 and revised as new figures become available, this report divides foods into very high, high, medium, and low levels of oxalates according to serving size. See the [complete list](#) for information about additional foods, including herbs, spices, combination foods, and beverages.

Note that different sources provide differing information on oxalates. If you will be feeding a food regularly, you may want to check all the lists under [Resources](#) below for that food to further verify the oxalate content.

Soaking grains overnight and discarding the water, then boiling the grains (like pasta) and again discarding the water, can reduce oxalate content.

Group 1 (very high-oxalate foods) are best avoided by dogs prone to calcium oxalate stones:

- Bran cereal, almonds, buckwheat flour, beets, miso (fermented soy), mixed nuts, sesame seeds, tahini (sesame paste), parsley, rhubarb, spinach, and Swiss chard. Alfalfa and [quinoa](#) are also high in oxalates (not sure which group they belong in).

Group 2 (high-oxalate) foods should also be avoided:

- Nuts: cashews, hazelnuts or filberts, peanuts, peanut butter, and pecans.
- Vegetables: okra, collard greens, mustard greens, fried potatoes, sweet potatoes, and canned tomato paste.
- Legumes: black, white, great northern, navy, chili, and pink beans.
- Soy products: textured vegetable protein, soy milk, soy burger, soy yogurt, soy nuts, and soybeans.
- Fruit: figs, kiwi fruit, and dried apricots.
- Grains: barley, cornmeal, cream of wheat, whole wheat flour and spaghetti, brown rice flour, and wheat bran.
- Chocolate, which is toxic to dogs, is a high-oxalate food.

Group 3 foods have moderate oxalate levels. They can be fed in moderate amounts (see the [complete list](#) for serving sizes) as long as calcium is also given with the meal:

- Nuts and seeds: pistachios and walnuts (macadamia nuts are toxic to dogs).
- Vegetables: carrots, celery, green beans, boiled white potatoes without the skin, rutabaga, summer and winter squash, tomato sauce, and tomatoes. *The Low Oxalate Cookbook* (see [Resources](#)) shows that skinless red potatoes are

considerably lower in oxalates than white or russet potatoes; all potatoes are lower in oxalates when the skin is removed.

- Legumes: kidney, pinto, and adzuki beans.
- Fruit: blackberries, blueberries, mandarin and other small oranges, mangos, and prunes. Note berries may be higher in oxalates, while mangos may be low.
- Grains: bulgar wheat, brown rice, elbow macaroni, egg noodles, spaghetti, pasta, rye flour, oats, and oatmeal.

Group 4 (low-oxalate foods) are “green light” ingredients. They can be fed in any quantity, though they should still be combined with calcium. Foods in boldface are particularly low in oxalates:

- Nuts and seeds: **coconut, flax seeds**, pumpkin and squash seeds, and sunflower seeds.
- Vegetables: artichokes, **asparagus, avocado**, broccoli, **Brussels sprouts, cabbage, cauliflower, corn, cucumber, garlic**, green or red peppers, **lettuce, mushrooms, peas, canned pumpkin, sauerkraut**, canned string beans, tomato juice, **canned water chestnuts, and zucchini**. (Onions should never be fed to dogs).
- Legumes: lima beans, **black-eyed peas**, garbanzo beans, lentils, and split peas. Lentils and garbanzo beans may have more oxalates. Split peas have more oxalates than regular peas.
- Fruit: apples, fresh apricots, bananas, **cantaloupe, cherries, cranberries**, grapefruit, **lemons**, lychee, **melons of all types, nectarines, olives**, oranges, **papayas, passion fruit, peaches**, pears, **pineapple, plums**, raspberries, strawberries, tangerines, and **watermelon**. (Neither grapes nor raisins should ever be fed to dogs).
- Grains: **white bread**, whole wheat bread, cornbread, **hominy (corn grits)**, oat bran, rice noodles, semolina, white rice, corn and white flour tortillas, and **wild rice**.
- Fats: all fats and oils, including butter.
- Fish: all fish and seafood (shellfish).
- Dairy: **all**, including **cheese, cottage cheese, cream, eggs, yogurt, ice cream**, and **sour cream**.
- Meat: **all meat and poultry**, including organ meats, **luncheon meats, sausage**, and **bacon**.
- Sweeteners: all natural sweeteners, including sugar (not recommended for dogs) and honey.