

BEGINNERS' GUIDE TO BECOMING OXALATE SAVVY

What's the Problem?

Oxalates can make a mess of our tissues and metabolism

Oxalate harms the body's systems of maintenance, protection and repair, and is linked to many disease processes. Oxalate can leave crystal deposits in the body.

Symptoms are often delayed, variable, and changeable. Oxalate affects each person differently. The effects usually go unnoticed even in very sick people.

Removing oxalate addresses a common contributor to disease

Many people have found that lowering their oxalate intake has helped to reduce or resolve chronic health complaints, such as...

Pain anywhere in the body	Joint Swelling or Joint Pain
Fragile: Bones, Joints, or Skin	Injuries that are slow to heal
Hormonal issues	Digestive problems
Sleep issues	Bowel or Bladder Problems
Autoimmune symptoms	Skin Problems
Kidney Stones	Multiple Chemical Sensitivity

Do I Have an Oxalate Problem?

Non-invasive medical tests cannot tell you if you have an oxalate problem.

Have you been regularly eating high oxalate foods?

Adopting oxalate-aware eating may tell you a lot – once you know how to interpret your body's reactions.

Is It Safe?

There is no nutritional need for high oxalate foods, despite their popularity. Low oxalate foods are very nutritious.

You may sometimes feel worse. Transient worsening of symptoms is part of healing when the body lets go of accumulated oxalate.

Simple aids can help your body recover: Vitamin B6; lemon juice, potassium citrate, magnesium citrate. Calcium citrate can help limit oxalate absorption.

Is Low Oxalate Eating Hard to Do?

Low-Oxalate Eating is Simple and Affordable.

Replacing high-oxalate foods with low-oxalate substitutes is easy and flexible.

Good Information is Essential. Many lists on the internet are riddled with confusing errors. Start with my beginners' lists included here. It will take some time to familiarize yourself with "the data."

Unfashionable. Your friends and even your doctor are not aware of oxalate in foods or the many benefits of avoiding it. They might not understand it or support you. Does that matter to you? Will it stop you?

Compared to What? This may be the most flexible and adaptable elimination diet there is. It can be adapted to almost any eating style and personal need.

Do You Have an Eating Disorder or Special Challenges? Get support.

How Do I Start?

Start Where You Are. Which of the worst offender high oxalate foods do you eat routinely? Of these, which do you like the least? Start by eliminating that one high oxalate food. Examples: swiss chard, spinach, beets, and tea.

A Safe Transition is a Gradual Process. It's not helpful to drastically lower your intake all at once. Don't traumatize your body, your microbiome, or your life. Cut your oxalate intake down gradually.

Shop with My Best Bets List. Fill your pantry with safer foods (white pepper, arugula, lettuce, turnips, eggs, meats).

Keep Learning and Growing. Try new foods, new recipes, and expand your palate and culinary talents.

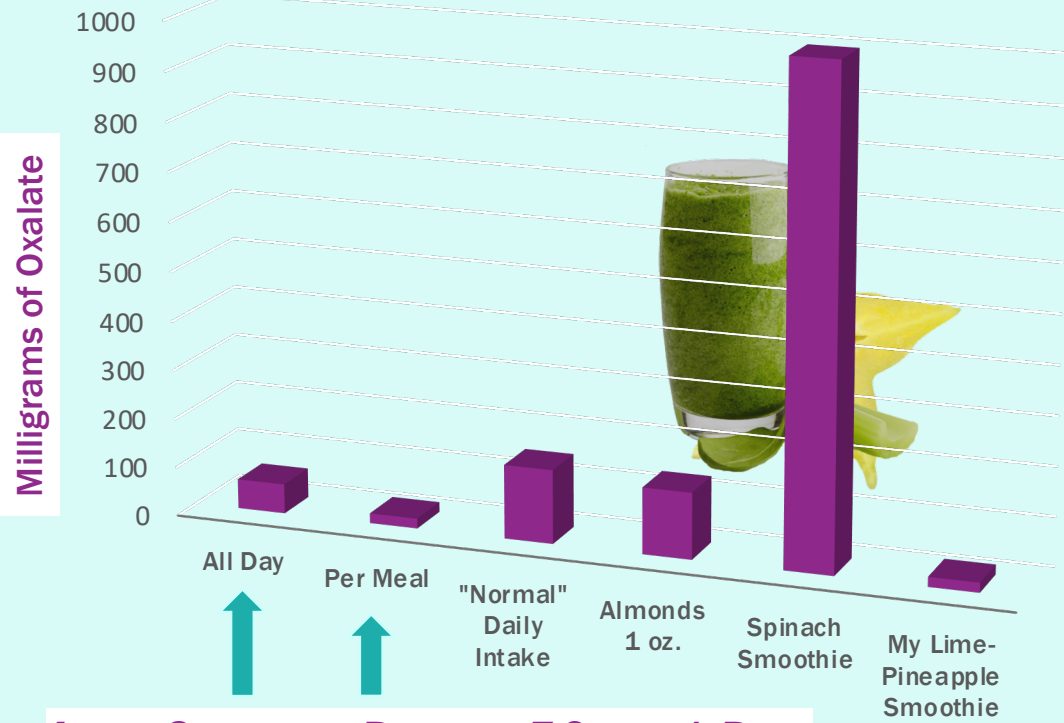
You Don't Have to be Perfect. If you eat plants, you can't eliminate oxalates entirely. Consistency is important.

Full Recovery Takes Time. Learn to recognize the "ups and downs" as your body cleans out the oxalate deposits, possibly over years. Stick with it. Get the support you need.

Find more information and advice at: sallyknorton.com

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MAKE THE SWITCH TO OXALATE SAVVY EATING

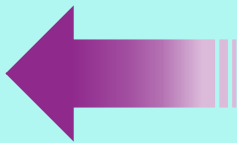


LOW OXALATE DIET = 50 MG/ DAY

"Normal" Daily Range

100 - 200 mg

It is easy (and damaging) to eat extremely high levels of oxalate!

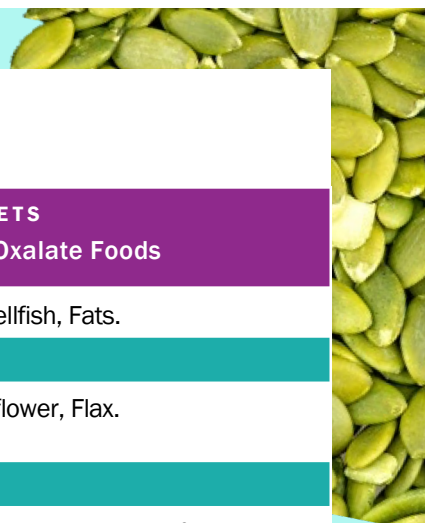


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OXALATE-SAVVY

Beginners' Food List



WORST OFFENDERS Very High Oxalate Foods to Avoid	SAFE BETS Low and Very Low Oxalate Foods
	Meats, Dairy, Butter, Eggs, Fish, Shellfish, Fats.
SEEDS AND NUTS	
Chia, Poppy, Hemp, Tahini, Sesame. Almonds, Cashews, Peanuts, Pine nuts.	Seeds: Pumpkin, Watermelon, Sunflower, Flax. Coconut. Seed Oils.
VEGETABLES	
Swiss Chard, Spinach, Beet Greens and Beets, Okra, Sugar Snap Pea Pods, Artichoke Hearts, Yams, Sweet Potatoes, White Potato (fries, chips, etc.), Tomato Sauce, Green tomatoes, Canned tomatoes, Parsnips, Carrots, Celery, Nopal Cactus.	Asparagus if boiled, Arugula, Romaine, Bibb, Butter, & Iceberg Lettuce, Bok Choy, Chives, Red Bell Pepper, Brussel Sprouts if boiled, Cabbage, Capers, Cauliflower, Cilantro, Celeriac Root, Cucumber, Lacinato or Purple Kale, Mushrooms, Onion, Radish, Rutabaga, Turnips, Boiled Green Peas, Pumpkin, Winter Squash, Zucchini, Watercress, Water Chestnuts.
FRUITS	
Apricot, Unripe Avocado, Blackberries, Clementine, Elderberries, Figs, Guava, Kiwi, Olives, Anjou Pear, Lemon Zest, Plantain, Pomegranate, Prunes, Raspberries, Rhubarb, Star Fruit, Tangelo.	Gala Apple, Ripe Haas Avocado, Fresh Cranberries, Seedless Grapes, Kumquat, fresh Mango, Papaya (½ c), Fresh Plum, Cantaloupe, Watermelon, Honeydew, Lemon & Lime juice. Dates (<4), Blueberries (½ c), Olive oil.
BEANS	
Black Beans, Soy Flour, Soy Milk, Soy Protein, Vegetarian Burgers and Meat Analogues. Great Northern Beans, Pinto Beans, and most others.	Fresh or frozen green peas. Soaked, boiled, & drained: Black-Eyed Peas, Yellow or Green Split Peas, Mung Beans, Butter Beans. Use in modest portions. Pressure cook.
GRAINS AND GRAIN SUBSTITUTES	
Amaranth, Arrowroot, Barley Flour, Bran Cereal, Buckwheat, Green Banana Flour, Corn Grits, Whole Grain Bread, Shredded Wheat, Potato Flour, Pumppernickel, Rice Bran, Rye Bread, Teff, Quinoa, Tapioca Flour, Wheat Germ.	Coconut Flour, Cornstarch, Potato Starch (not “flour”), Rice Starch, Coconut “Wraps”, White Rice, Arborio Rice, Thai Jasmine Rice, Uncle Ben’s Minute Rice, Shirataki “Rice” or “noodles”, White Rice Spaghetti, Red Lentil Pasta, Kelp Noodles, Cellophane Noodles, Pearl Barley, Corn-on-the-cob.
SNACKS AND TREATS	
Potato Chips, Sesame or Seeded Crackers, Milk or Dark Chocolate, Carob, Cocoa Powder, Brownies, Plantain Chips, Rhubarb Pie.	Pork Rinds, Blueberry Jam, Candied Ginger (1 tsp.), Date (1-3 per serving), Flax Crackers, Toasted Coconut Flakes, Pickles, Vanilla Ice Cream, Coconut Ice Cream—Vanilla Flavor only, White Chocolate, Whipped Cream.
BEVERAGES	
Black Tea, Green Tea, Chocolate Milk, Concord Grape Juice, Almond Beverages, Rice Milk (Vanilla and Chocolate), Hot Cocoa.	Coconut Milk, Herbal Teas, Coffee, Ginger Ale, Milk, Kefir, Wine, Beer, Sparkling Waters, Barley Water, Apple Cider, Fruit Juices: Apple, Cherry, Cranberry, Lemon, Lime, Orange.
SEASONINGS AND HERBS	
Black Pepper, Caraway, Cinnamon, Cumin, Curry, Onion Powder, Parsley, Poppy, Turmeric.	Salt, Bay leaf, Spice Extracts, Chocolate Extract, Cardamom, Dill, Fresh Garlic, Honey, Horseradish, Mace, Marjoram, Mustard Seed, Peppermint, White Pepper, Cayenne, Hot Sauce (Frank’s & Tabasco), Sage, Savory, Stevia, Sugar, Tarragon, Thyme.

