OXALATE DATA CORRECTIONS

August 25, 2024

This supplement should be used with versions of the *Data Companion to Toxic Superfoods* that were printed or downloaded prior to August 25, 2024. More recent versions already contain the correct data.

These supplementary charts contain corrections to the soluble percentage for 161 items reported in the original Data Companion to Toxic Superfoods from the *Low Oxalate Cookbook 2* from the VP Foundation. These items had soluble oxalate reported as 0%. However, soluble oxalate was not originally reported for those items. They should have displayed as "---" (unavailable / not tested). The total oxalate for these items was reported correctly.

Changes to the reported oxalate content are minor, but you should consult this list if the item you have found in the *Data Companion* says "0%" soluble oxalate or if the Ref is VP05CK. All the items in this list are in the same format in which they appear in the full *Data Companion.*

Animal Products

Item	mg /100g (% Soluble)		Serving				Data Qual	Ref
			Portion Size		mg	Rank		
Bacon, Pork streaky bacon	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Beef								
ground	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
topside, roast	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
corned beef, canned	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Chicken roasted, meat only	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Eggs boiled	**trace**	(---)	3 eggs	100 g	**trace**	**VL**	D ①	VP05CK
Flounder	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Haddock	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Lamb	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Liver	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Mutton	**trace**	(---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK

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Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Plaice variety of flounder	**trace** (---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK
Pork	**trace** (---)	100 g	100 g	**trace**	**VL**	D ①	VP05CK

Beans, Nuts, and Seeds: Beans

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Green Bean, or String Bean							
French, Guernsey Runner, raw	**15** (---)	3 wt oz	85 g	**13**	**H**	D ①	VP05CK
Runner, boiled	**15** (---)	1/2 C	62 g	**9**	**M**	D ①	VP05CK
Peas, Green *(Pisum sativum)* canned	**6** (100%)	1/2 C	80 g	**5**	**M**		E-001(2)
Peas, Snow (Whole) fresh	**6** (---)	3 wt oz	85 g	**5**	**M**	D ①	VP05CK

Beans, Nuts, and Seeds: Nuts and Seeds

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Almond roasted	**350** (24%)	1 wt oz	28 g	**100**	**VH+**		E-002(4)
Cashew *(Anacardium occidentale L.)* roasted	**260** (74%)	1 wt oz	28 g	**75**	**VH+**		E-003(3)
Peanuts *(Arachis hypogaea L.)* raw	**140** (83%)	1 wt oz	28 g	**40**	**VH**		E-004(3)
Pistachio chopped	**55** (65%)	1 wt oz	28 g	**16**	**H**		E-005(3)
Pumpkin Seed *(Curcurbita moschata)* raw	**6** (96%)	1 wt oz	28 g	**2**	**L**	V	E-006(3)

Beverages: Coffee and Tea: Black Tea

Item	mg /100g (% Soluble)	Serving Portion Size	mg	Rank	Data Qual	Ref
Tea, Black, Decaf Summary	**5** (100%)	2 g (1 bag)	**11**	**M**		E-007(9)

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Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size	mg	Rank		
Tea, Black, Common Varieties						
Constant Comment [Bigelow], steeped 1 min	**11** (---)	2 g (1 bag)	**25**	**VH**	D ①	VP05CK
English Breakfast, steeped	**5** (100%)	2 g (1 bag)	**12**	**H**		E-008(5)
Tea, Black, (Various Steeping Times)						
Indian, steeped 2 min	**5** (---)	2 g (loose)	**25**	**VH**	D ①	VP05CK
Indian, steeped 4 min	**7** (---)	2 g (loose)	**35**	**VH**	D ①	VP05CK
Indian, steeped 6 min	**8** (---)	2 g (loose)	**35**	**VH**	D ①	VP05CK
Tea, Black, Other Varieties (Steeped 5 min) Premium [Bigelow]	**5** (---)	2 g (1 bag)	**12**	**H**	D ①	VP05CK
Tea, Black, Other Varieties (Steeped 1 min)						
American Classic [Bigelow], steeped 1 min	**10** (---)	2 g (1 bag)	**23**	**H**	D ①	VP05CK
Cherry Vanilla [Bigelow], steeped 1 min	**5** (---)	2 g (1 bag)	**12**	**H**	D ①	VP05CK
Chinese Fortune [Bigelow], steeped 1 min	**5** (---)	2 g (1 bag)	**11**	**M**	D ①	VP05CK
English Teatime [Bigelow], steeped 1 min	**11** (---)	2 g (1 bag)	**25**	**VH**	D ①	VP05CK
French Vanilla [Bigelow], steeped1 min	**4** (---)	2 g (1 bag)	**11**	**M**	D ①	VP05CK
Kenilworth Ceylon [Bigelow], steeped 1 min	**8** (---)	2 g (1 bag)	**18**	**H**	D ①	VP05CK
Lemon Lift [Bigelow], steeped 1 min	**11** (---)	2 g (1 bag)	**25**	**VH**	D ①	VP05CK
Plantation Mint (Black Tea Base) [Bigelow], steeped 1 min	**8** (---)	2 g (1 bag)	**19**	**H**	D ①	VP05CK
Raspberry Royale [Bigelow], steeped 1 min	**11** (---)	2 g (1 bag)	**25**	**VH**	D ①	VP05CK
Sapphire Earl Gray [Bigelow], steeped 1 min	**8** (---)	2 g (1 bag)	**18**	**H**	D ①	VP05CK
Spiced Chai [Bigelow], steeped 1 min	**8** (---)	2 g (1 bag)	**18**	**H**	D ①	VP05CK
Vanilla Almond [Bigelow], steeped 1 min	**5** (---)	2 g (1 bag)	**12**	**H**	D ①	VP05CK
Vanilla Chai [Bigelow], steeped 1 min	**5** (---)	2 g (1 bag)	**11**	**M**	D ①	VP05CK
Vanilla Hazelnut [Bigelow], steeped 1 min	**4** (---)	2 g (1 bag)	**10**	**M**	D ①	VP05CK

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Item	mg /100g (% Soluble)		Serving			Data Qual	Ref
			Portion Size	mg	Rank		
Tea, Black, Decaffeinated							
Cinnamon Stick [Bigelow], steeped 4 min	5	(---)	2 g (1 bag)	11	M	D ①	VP05CK
Constant Comment [Bigelow], steeped 4 min	4	(---)	2 g (1 bag)	9	M	D ①	VP05CK
Earl Gray [Bigelow], steeped 4 min	5	(---)	2 g (1 bag)	12	H	D ①	VP05CK
English Teatime [Bigelow], steeped 4 min	5	(---)	2 g (1 bag)	11	M	D ①	VP05CK
Lemon Lift [Bigelow], steeped 4 min	4	(---)	2 g (1 bag)	10	M	D ①	VP05CK
Raspberry Royale [Bigelow], steeped 4 min	5	(---)	2 g (1 bag)	13	H	D ①	VP05CK
Spiced Chai [Bigelow], steeped 4 min	1	(---)	2 g (1 bag)	3	L	D ①	VP05CK
Tea, Black, Iced (More Dilute than Hot Tea)							
Peach [Bigelow]	4	(---)	8 fl oz	10	M	D ①	VP05CK
Premium Blend [Bigelow]	4	(---)	8 fl oz	8	M	D ①	VP05CK
Tea, White							
Pai Mu Tan [Bigelow], steeped 4 min	8	(---)	2 g (1 bag)	18	H	D ①	VP05CK
White Tangerine [Bigelow], steeped 10 min	1	(---)	2 g (1 bag)	2	L	D ①	VP05CK

Beverages: Coffee and Tea: Green Tea

Item	mg /100g (% Soluble)		Serving			Data Qual	Ref
			Portion Size	mg	Rank		
Tea, Green							
Carrington (no brand), steeped	3	(---)	2 g (1 bag)	7	M	D ①	VP05CK
Dragonwell [Bigelow], steeped 2 min	8	(---)	2 g (1 bag)	18	H	D ①	VP05CK
Green with Lemon [Bigelow], steeped 2 min	4	(---)	2 g (1 bag)	10	M	D ①	VP05CK
Green with Mint [Bigelow], steeped 2 min	3	(---)	2 g (1 bag)	7	M	D ①	VP05CK
Green with Peach [Bigelow], steeped 2 min	3	(---)	2 g (1 bag)	8	M	D ①	VP05CK
Green [Bigelow], steeped 2 min	6	(---)	2 g (1 bag)	14	H	D ①	VP05CK
Green [Lipton], steeped	6	(---)	2 g (1 bag)	13	H	D ①	VP05CK

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Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size	mg	Rank		
Tea, Green, Decaffeinated						
Green Decaf [Bigelow], steeped 4 min	**7** (---)	2 g (1 bag)	**17**	**H**	D ①	VP05CK
Green with Lemon, decaf [Bigelow], steeped 4 min	**5** (---)	2 g (1 bag)	**12**	**H**	D ①	VP05CK

Beverages: Coffee and Tea: Herbal Tea

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size	mg	Rank		
Berry and Fruit Herbal Teas						
Berri Good [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**trace**	**VL**	D ①	VP05CK
Blueberry Harvest [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**1**	**L**	D ①	VP05CK
Cranberry Apple [Bigelow], steeped 5 min	**trace** (100%)	2 g (1 bag)	**1**	**L**		E-009(2)
Fruit and Almond [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**1**	**VL**	D ①	VP05CK
Orange and Spice [Bigelow], steeped 5 min	**trace** (100%)	2 g (1 bag)	**1**	**L**		E-010(2)
Perfect Peach [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**1**	**VL**	D ①	VP05CK
Pomegranate Pizzazz [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**trace**	**VL**	D ①	VP05CK
Red Raspberry [Bigelow], steeped 5 min	**trace** (100%)	2 g (1 bag)	**1**	**L**		E-011(2)
Taste of the Tropics, [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**trace**	**VL**	D ①	VP05CK
Tasty Tangerine [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**trace**	**VL**	D ①	VP05CK
Branded Herbal Teas Egg nogg'n [Bigelow], steeped 1 min	**1** (---)	2 g (1 bag)	**3**	**L**	D ①	VP05CK
Chamomile Teas						
Chamomile Mango [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**1**	**VL**	D ①	VP05CK
Chamomile/Cozy Chamomile [Bigelow], steeped 4 min	**1** (---)	2 g (1 bag)	**1**	**L**	D ①	VP05CK
Citrus Chamomile [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**trace**	**VL**	D ①	VP05CK
Sweet Dreams [Bigelow], steeped 5 min	**1** (100%)	2 g (1 bag)	**2**	**L**		E-012(2)
Cinnamon Teas Cinnamon Spice [Bigelow], steeped 4 min	**1** (---)	2 g (1 bag)	**2**	**L**	D ①	VP05CK
Ginger Teas Ginger Snappish, with lemongrass and other ingredients [Bigelow], steeped 4 min	**1** (---)	2 g (1 bag)	**2**	**L**	D ①	VP05CK

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Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size	mg	Rank		
Hibiscus Teas Hibiscus and Rose Hips [Bigelow], steeped 4 min	**1** (---)	2 g (1 bag)	**2**	**L**	D ①	VP05CK
Lemon Teas "I Love Lemon" [Bigelow], steeped 5 min	**1** (100%)	2 g (1 bag)	**1**	**L**		E-013(2)
Mint Teas						
Egyptian Mint [Bigelow], steeped 4 min	**trace** (---)	2 g (1 bag)	**trace**	**VL**	D ①	VP05CK
Mint Medley [Bigelow], steeped 5 min	**1** (100%)	2 g (1 bag)	**1**	**L**		E-014(2)
Peppermint [Bigelow], steeped 4 min	**1** (---)	2 g (1 bag)	**2**	**L**	D ①	VP05CK
Perfectly Mint [Bigelow], steeped 4 min	**1** (---)	2 g (1 bag)	**2**	**L**	D ①	VP05CK

Beverages: Fruit Juice

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size	mg	Rank		
Aloe Vera Juice variety unspecified	**1** (---)	1 C 250 g	**2**	**L**	D ①	VP05CK
Cranberry Wild [Walnut Acres]	**2** (---)	8 fl oz 237 g	**5**	**M**	D ①	VP05CK

Beverages: Soda and Water

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size	mg	Rank		
Soda Pop						
7 Up	**trace** (---)	8 fl oz 237 g	**trace**	**VL**	D ①	VP05CK
Coke, Diet	**trace** (---)	8 fl oz 236 g	**trace**	**VL**	D ①	VP05CK
Ginger Ale [Schweppes]	**trace** (---)	8 fl oz 244 g	**trace**	**VL**	D ①	VP05CK
Orange Soda [Minute Maid]	**trace** (---)	8 fl oz 248 g	**1**	**VL**	D ①	VP05CK
Pepsi, Diet	**trace** (---)	8 fl oz 237 g	**trace**	**VL**	D ①	VP05CK
Rootbeer, Barq and A&W	**trace** (---)	8 fl oz 247 g	**1**	**VL**	D ①	VP05CK

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Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Water, Plain and Flavored						
plain	**trace** (---)	8 fl oz	240 g	**trace** **VL**	D ①	VP05CK
Barley Water, bottled [Robinson's]	**trace** (---)	8 fl oz	240 g	**trace** **VL**	D ①	VP05CK

Beverages: Wine, Beer and Liquor

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Beer Coors Light	**1** (---)	12 fl oz	356 g	**3** **L**	D ①	VP05CK
Hard Liquor						
Liqueur, Irish Cream [St Brendan's]	**6** (---)	1 fl oz	30 g	**2** **L**	D ①	VP05CK
Whiskey [Jack Daniels, Old No 7]	**trace** (---)	1 fl oz	30 g	**trace** **VL**	D ①	VP05CK

Chocolate and Carob

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Chocolate, White White Chocolate Chips for baking [Various Brands]	**7** (46%)	1/4 C	56 g	**4** **L**		E-015(3)

Fats and Oils

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Lecithin, Liquid, unbleached	**9** (---)	1 Tbsp	15 g	**1** **L**	D ①	VP05CK

Fruits and Vegetables: Fruits: Citrus

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Orange, varieties Mandarin, canned	**19** (28%)	1/3 C	80 g	**15** **H**		E-016(2)

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Fruits and Vegetables: Fruits: Other Fruits

Item	mg /100g (% Soluble)	Serving				Data Qual	Ref
		Portion Size		mg	Rank		
Coconut shredded	**3** (78%)	1/2 C	14 g	**1**	**VL**		E-017(2)
Plum Cherry, fresh	**6** (83%)	1 fruit	40 g	**2**	**L**		E-018(2)

Fruits and Vegetables: Vegetables: Greens

Item	mg /100g (% Soluble)	Serving				Data Qual	Ref
		Portion Size		mg	Rank		
Chard, White Stem, aka "Green" or "Silverbeet" boiled 6 minutes	**290** (40%)	1/2 C	90 g	**260**	**VH+**		E-019(2)

Fruits and Vegetables: Vegetables: Root Vegetables

Item	mg /100g (% Soluble)	Serving				Data Qual	Ref
		Portion Size		mg	Rank		
Potato, Russet Burbank or Idaho							
Brown Russet, boiled, with skin	**30** (---)	6 wt oz	170 g	**45**	**VH**	D ①	VP05CK
Brown Russet, boiled, flesh only	**25** (90%)	6 wt oz	170 g	**45**	**VH**		E-020(2)
Sweet Potato Unspecified variety, boiled 30 min	**60** (---)	6 wt oz	170 g	**110**	**VH+**	D ①	VP05CK

Fruits and Vegetables: Vegetables: Other Vegetables

Item	mg /100g (% Soluble)	Serving				Data Qual	Ref
		Portion Size		mg	Rank		
Pepper, Sweet Red Bell, raw	**6** (64%)	2 wt oz	57 g	**3**	**L**		E-021(4)
Pickles Kosher Dill [Albertson's]	**1** (---)	1/4 C	36 g	**trace**	**VL**	D ①	VP05CK
Rhubarb ***(Rheum rhabarbarum L.)***							
steamed	**500** (42%)	1/2 C	120 g	**610**	**VH+**		E-022(2)
stewed without sugar	**860** (---)	1/2 C	120 g	**1030**	**VH+**	D ①	VP05CK
preparation unspecified	**600** (---)	1/2 C	120 g	**720**	**VH+**	D ①	VP05CK

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Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Squash, Summer Yellow, raw	**4** (---)	1 C	180 g	**8** **M**	D ①	VP05CK

Grains and Starches: Bread and Pasta: Breads, Wheat

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Bread, Whole Wheat Whole	**35** (40%)	1 slice	38 g	**13** **H**		E-023(17)
Buns Hamburger, white	**18** (43%)	1 bun	80 g	**14** **H**		E-024(4)
English Muffin						
Cinnamon raisin	**30** (---)	1 muffin	61 g	**19** **H**	D ①	VP05CK
Whole wheat	**21** (---)	1 muffin	57 g	**12** **H**	D ①	VP05CK

Grains and Starches: Bread and Pasta: Pasta, Wheat

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Egg Noodles, cooked	**19** (34%)	1 C	74 g	**14** **H**		E-025(4)
Macaroni Macaroni, cooked	**18** (36%)	1 C	140 g	**25** **VH**		E-026(3)
Spaghetti Spaghetti, cooked	**15** (48%)	1 C	132 g	**20** **H**		E-027(6)

Grains and Starches: Unmilled Grains and Pseudo-Grains

Item	mg /100g (% Soluble)	Serving			Data Qual	Ref
		Portion Size		mg / Rank		
Oats Instant, dry	**25** (43%)	1/4 C	21 g	**6** **M**		E-028(2)
Rice, Wild and Blends Wild, cooked [various brands]	**9** (78%)	1/2 C	72 g	**6** **M**		E-029(4)

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Milk and Dairy

Item	mg /100g (% Soluble)	Serving Portion Size	Serving mg	Serving Rank	Data Qual	Ref
Cheeses						
Cheddar, Irish [no brand]	**trace** (---)	1 wt oz 28 g	**trace**	**VL**	D ①	VP05CK
Cheshire, no brand specified	**trace** (---)	1 wt oz 28 g	**trace**	**VL**	D ①	VP05CK
Velveeta Cheese Product [Kraft]	**4** (---)	1 wt oz 28 g	**1**	**L**	D ①	VP05CK

Prepared Commercial Foods: Chips and Crackers

Item	mg /100g (% Soluble)	Serving Portion Size	Serving mg	Serving Rank	Data Qual	Ref
Crackers, Rye Crispbread, Rye Seasoned [Rye Krisp]	**35** (---)	5 crackers 16 g	**6**	**M**	D ①	VP05CK
Crackers, Wheat						
Saltines [Albertson's]	**35** (---)	5 crackers 14 g	**5**	**M**	D ①	VP05CK
Wheat Crackers [Albertsons]	**40** (---)	16 crackers 29 g	**12**	**H**	D ①	VP05CK

Prepared Commercial Foods: Imitation Foods: Imitation Dairy

Item	mg /100g (% Soluble)	Serving Portion Size	Serving mg	Serving Rank	Data Qual	Ref
Rice Milk Rice Milk, Carob flavor, no brand specified	**8** (---)	8 fl oz 237 g	**19**	**H**	D ①	VP05CK

Prepared Commercial Foods: Jams, Jellies, and Syrups

Item	mg /100g (% Soluble)	Serving Portion Size	Serving mg	Serving Rank	Data Qual	Ref
Pineapple preserves, All Fruit [Polaner]	**6** (---)	1 Tbsp 18 g	**1**	**L**	D ①	VP05CK

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Prepared Commercial Foods: Prepared Soups

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Chicken Broth and Stock Broth, includes turmeric for color [Pacific Organic]	**2** (---)	1 C	240 g	**5**	**M**	D ①	VP05CK

Prepared Commercial Foods: Prepared Meals

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Lean Cuisine Chicken and Vegetables [Stouffers]	**30** (---)	1 meal	-- g	**30**	**VH**	D ①	VP05CK

Seasonings: Herbs

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Basil dried	**120** (---)	1 Tbsp	2 g	**3**	**L**	D ①	VP05CK
Saffron [McCormick]	**230** (---)	1 tsp	1 g	**2**	**L**	D ①	VP05CK
Tarragon dried	**140** (50%)	1 tsp	2 g	**2**	**L**		E-030(2)

Seasonings: Spices

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Cumin ground	**1000** (---)	1 tsp	2 g	**21**	**H**	D ①	VP05CK

Seasonings: Extracts

Item	mg /100g (% Soluble)	Serving Portion Size		mg	Rank	Data Qual	Ref
Vanilla Extract imitation	**trace** (---)	1 tsp	5 g	**trace**	**VL**	D ①	VP05CK

Rank Symbols: VL = Very Low L = Low M = Medium H = High VH = Very High VH+ = Extreme
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Seasonings: Condiments, Salad Dressings, Sauces

Item	mg /100g (% Soluble)		Serving Portion Size		Serving mg	Serving Rank	Data Qual	Ref
Mayonnaise Soybean [Hellman's]	**trace**	(---)	1 Tbsp	13 g	**trace**	**VL**	D V	E-031(3)
Mustard, Prepared Dijon, no brand specified	**7**	(---)	1 Tbsp	15 g	**1**	**L**	D ①	VP05CK
Salad Dressing (Commercial) Ranch, Fat Free	**1**	(85%)	2 Tbsp	32 g	**trace**	**VL**		E-032(2)

Sweeteners and Cooking Ingredients: Sweeteners

Item	mg /100g (% Soluble)		Serving Portion Size		Serving mg	Serving Rank	Data Qual	Ref
Sugar								
Brown	**11**	(---)	1 Tbsp	14 g	**2**	**L**	D ①	VP05CK
White	**4**	(---)	1 Tbsp	13 g	**1**	**VL**	D ①	VP05CK

Sweeteners and Cooking Ingredients: Miscellaneous Ingredients

Item	mg /100g (% Soluble)		Serving Portion Size		Serving mg	Serving Rank	Data Qual	Ref
Baking Powder	**2**	(---)	1 tsp	5 g	**trace**	**VL**	D ①	VP05CK
Baking Soda	**trace**	(---)	1 tsp	5 g	**trace**	**VL**	D ①	VP05CK
Cream of Tartar	**35**	(---)	1 tsp	3 g	**1**	**L**	D ①	VP05CK
Malt powder	**20**	(---)	1 Tbsp	12 g	**2**	**L**	D ①	VP05CK

Supplements

Item	mg /100g (% Soluble)		Serving Portion Size		Serving mg	Serving Rank	Data Qual	Ref
Algae, Bacteria, Fungi, Yeast								
Kelp, Powder	**200**	(---)	1 tsp	3 g	**6**	**M**	D ①	VP05CK
Spirulina	**1**	(---)	6 tablets	0 g	**trace**	**VL**	D ①	VP05CK

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Item	mg /100g (% Soluble)		Serving				Data Qual	Ref
			Portion Size		mg	Rank		
Medicinal Plants, Whole in Capsules								
Evening Primrose Oil	**trace**	(---)	2 capsules	1 g	**trace**	**VL**	D ①	VP05CK
Senekot	**trace**	(---)	2 tablets	1 g	**trace**	**VL**	D ①	VP05CK
Medicinal Plants, Whole / Loose								
Echinacea, powder [no brand]	**140**	(---)	1 Tbsp	5 g	**7**	**M**	D ①	VP05CK
Feverfew	**650**	(---)	1 Tbsp	2 g	**12**	**H**	D ①	VP05CK
Goldenseal Root, powder	**210**	(---)	1 Tbsp	5 g	**10**	**M**	D ①	VP05CK
St. Johns Wort *(Hypericum perforatum)*	**170**	(44%)	1 Tbsp	3 g	**5**	**M**		E-033(2)
Supplements, Proprietary								
Oral Gel Caps [Bio Tears]	**1**	(---)	2 gelcaps	1 g	**trace**	**VL**	D ①	VP05CK
Cholest-Off [Nature Made]	**100**	(---)	2 caplet	12 g	**12**	**H**	D ①	VP05CK
Cysta Q Complex [Farr Laboratories]	**100**	(---)	2 capsule	1 g	**1**	**VL**	D ①	VP05CK
HydroEye Soft Gels [HydroEye]	**trace**	(---)	2 capsules	1 g	**trace**	**VL**	D ①	VP05CK
TheraLife Eye Capsules [TheraLife]	**100**	(---)	1 capsule	2 g	**2**	**L**	D ①	VP05CK
TheraTears Soft Gels [Theratears]	**trace**	(---)	2 capsules	1 g	**trace**	**VL**	D ①	VP05CK

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References

Endnotes

E-001(2):	Peas, Green, *canned*
	HOHE02 Peas, green (pisum sativa), canned, Tot 6mg/100g (100% Sol); 1/2 C (80g=5mg)
	VP05CK Peas, Green Pigeon, canned, Tot 35mg/100g (--- Sol); 1/2 C (32g=11mg)
E-002(4):	Almond, *roasted*
	CH05FC Almond, roasted, Tot 470mg/100g (--- Sol); 1 wt-oz (28g=130mg)
	VP1033 Almond, dry roasted, chopped, Tot 410mg/100g (24% Sol); 1 wt-oz (28g=120mg)
	VP05CK Almond, dry roasted, Tot 410mg/100g (--- Sol); 1 wt-oz (28g=120mg)
	BRNK90 Almond, dry roasted, unsalted, Tot 130mg/100g (--- Sol); 1 wt-oz (28g=35mg)
E-003(3):	Cashew, *roasted*
	VP1033 Cashew, roasted, Tot 260mg/100g (74% Sol); 1 wt-oz (28g=75mg)
	CH05FC Cashew, roasted, Tot 260mg/100g (--- Sol); 1 wt-oz (28g=75mg)
	VP05CK Cashew, honey roasted, whole or chopped, Tot 260mg/100g (--- Sol); 1 wt-oz (28g=75mg)
E-004(3):	Peanuts, *raw*
	JUDP06 Peanuts (Arachis hypogaea L.), raw, Tot 140mg/100g (83% Sol); 1 wt-oz (28g=40mg)
	RUAN13 Peanuts (Arachis hypogaea L.), raw, Tot 75mg/100g (--- Sol); 1 wt-oz (28g=21mg)
	VP05CK Peanuts, chopped, Tot 140mg/100g (--- Sol); 1 wt-oz (28g=40mg)
E-005(3):	Pistachio, *chopped*
	HOHE02 Pistachio, chopped, Tot 55mg/100g (65% Sol); 1 wt-oz (28g=16mg)
	RUAN13 Pistachio (pistacia vera L.), raw, Tot 65mg/100g (--- Sol); 1 wt-oz (28g=19mg)
	VP05CK Pistachio, shelled, Tot 50mg/100g (--- Sol); 1 wt-oz (28g=14mg)
E-006(3):	Pumpkin Seed, *raw*
	VP1033 Pumpkin Seeds, raw, Tot 6mg/100g (96% Sol); 1 wt-oz (28g=2mg)
	RUAN13 Pumpkin (Curcurbita moschata), raw, Tot 2mg/100g (--- Sol); 1 wt-oz (28g=1mg)
	VP05CK Pumpkin Seeds, Tot 19mg/100g (--- Sol); 1 wt-oz (28g=5mg)
E-007(9):	Tea, Black, Decaf, *Summary*
	VP05CK English Teatime, Bigelow, steeped 4 min, Tot 5mg/100g (--- Sol); 2 g (1 bag) (240g=11mg)
	VP2049 Chocolate Hazelnut, Stash, Steeped 5 min, Tot 3mg/100g (100% Sol); 2 g (1 bag) (240g=8mg)
	VP05CK Cinnamon Stick, Bigelow, steeped 4 min, Tot 5mg/100g (--- Sol); 2 g (1 bag) (240g=11mg)
	VP05CK Constant Comment, Bigelow, steeped 4 min, Tot 4mg/100g (--- Sol); 2 g (1 bag) (240g=9mg)
	VP05CK Earl Gray, Bigelow, steeped 4 min, Tot 5mg/100g (--- Sol); 2 g (1 bag) (240g=11mg)
	VP05CK Lemon Lift Decaf, Bigelow, steeped 4 min, Tot 4mg/100g (--- Sol); 2 g (1 bag) (240g=10mg)
	VP05CK Raspberry Royal Decaf, Bigelow, steeped 4 min, Tot 5mg/100g (--- Sol); 2 g (1 bag) (240g=13mg)
	VP05CK Spiced Chai Decaf, Bigelow, steeped 4 min, Tot 1mg/100g (--- Sol); 2 g (1 bag) (240g=3mg)
	VP0728 Teahouse Chai, Celestial Seasonings, steeped 5 min, Tot 3mg/100g (100% Sol); 2 g (1 bag) (240g=7mg)

E-008(5):	Tea, Black, Common Varieties, *English Breakfast, steeped*
	CHAR02 English Breakfast, Coffee Time, tea bag, brewed 5 min in 245ml water, Tot 5mg/100g (100% Sol); 2 g (1 bag) (240g=12mg)
	VP05CK English Breakfast, Bigelow, steeped 1 min, Tot 6mg/100g (--- Sol); 2 g (1 bag) (240g=15mg)
	AOPTLO English Breakfast, Mandura of Australia, steeped 4 min, Tot 1mg/100g (100% Sol); 2 g (1 bag) (240g=3mg)
	VP1033 English Breakfast, Stash, teabag brewed 5 min, Tot 6mg/100g (100% Sol); 2 g (1 bag) (240g=14mg)
	CHAR02 English Breakfast, Twinings, tea bag, brewed 5 min in 245ml water, Tot 3mg/100g (100% Sol); 2 g (1 bag) (240g=7mg)
E-009(2):	Berry and Fruit Herbal Teas, *Cranberry Apple [Bigelow], steeped 5 min*
	VP05CK Cranberry Apple, Bigelow, steeped 4 min, Tot trace/100g (--- Sol); 2 g (1 bag) (240g=1mg)
	MCKY95 Cranberry Apple, Bigelow, brewed 5 min in 250ml water, Tot trace/100g (100% Sol); 2 g (1 bag) (240g=1mg)
E-010(2):	Berry and Fruit Herbal Teas, *Orange and Spice [Bigelow], steeped 5 min*
	VP05CK Orange and Spice, Bigelow, steeped 4 min, Tot trace/100g (--- Sol); 2 g (1 bag) (240g=1mg)
	MCKY95 Orange and Spice, Bigelow, brewed 5 min in 250ml water, Tot trace/100g (100% Sol); 2 g (1 bag) (240g=1mg)
E-011(2):	Berry and Fruit Herbal Teas, *Red Raspberry [Bigelow], steeped 5 min*
	VP05CK Red Raspberry, Bigelow, steeped 4 min, Tot trace/100g (--- Sol); 2 g (1 bag) (240g=1mg)
	MCKY95 Raspberry, Red, Bigelow, brewed 5 min in 250ml water, Tot trace/100g (100% Sol); 2 g (1 bag) (240g=1mg)
E-012(2):	Chamomile Teas, *Sweet Dreams [Bigelow], steeped 5 min*
	MCKY95 Sweet Dreams, Bigelow, brewed 5 min in 250ml water, Tot 1mg/100g (100% Sol); 2 g (1 bag) (240g=1mg)
	VP05CK Sweet Dreams, Bigelow, steeped 4 min, Tot 1mg/100g (--- Sol); 2 g (1 bag) (240g=2mg)
E-013(2):	Lemon Teas, *"I Love Lemon" [Bigelow], steeped 5 min*
	VP05CK Lemon "I love Lemon", Bigelow, steeped 4 min, Tot 1mg/100g (--- Sol); 2 g (1 bag) (240g=1mg)
	MCKY95 Lemon, "I Love Lemon", Bigelow, brewed 5 min in 250ml water, Tot trace/100g (100% Sol); 2 g (1 bag) (240g=1mg)
E-014(2):	Mint Teas, *Mint Medley [Bigelow], steeped 5 min*
	VP05CK Mint Medley, Bigelow, steeped 4 min, Tot 1mg/100g (--- Sol); 2 g (1 bag) (240g=1mg)
	MCKY95 Mint Medley, Bigelow, brewed 5 min in 250ml water, Tot 1mg/100g (100% Sol); 2 g (1 bag) (240g=2mg)
E-015(3):	Chocolate, White, *White Chocolate Chips for baking [Various Brands]*
	VP0932 Chocolate, White, Chips, Morsels, Nestle, Premier, Tot 2mg/100g (79% Sol); 1/4 C (56g=1mg)
	VP05CK Chocolate, White, Chips, chunks, Callebaut, Tot 8mg/100g (--- Sol); 1/4 C (43g=3mg)
	AOPTLO Chips, Chocolate, White [Pascha], Tot 11mg/100g (14% Sol); 1/4 C (40g=4mg)
E-016(2):	Orange, varieties, *Mandarin, canned*
	VP1542 Orange, Mandarin, organic, Native Forest, canned, Tot 19mg/100g (28% Sol); 1/3 C (80g=15mg)
	VP05CK Orange, Mandarin, Del Monte, canned, Tot 12mg/100g (--- Sol); 1/3 C (83g=10mg)
E-017(2):	Coconut, *shredded*
	VP1542 Coconut, organic, Ojio Brand, shredded, Tot 5mg/100g (78% Sol); 1/2 C (14g=1mg)
	VP05CK Coconut, flesh, shredded, Tot 2mg/100g (--- Sol); 1/2 C (40g=1mg)
E-018(2):	Plum, *Cherry, fresh*
	NGU13 Plum, cherry (prunus cerasifera L.), fresh, Tot 4mg/100g (83% Sol); 1 fruit (40g=2mg)
	VP05CK Plum, Cherry, raw, 1.2 in. diameter, Tot 8mg/100g (--- Sol); 1 fruit (40g=3mg)

E-019(2):	Chard, White Stem, aka "Green" or "Silverbeet", *boiled 6 minutes*
	SAV00 Chard, "Silverbeet", Leaves, 100g food boiled in 100g water, 6 minutes, Tot 290mg/100g (40% Sol); 1/2 C (90g=260mg)
	VP05CK Chard, Swiss, Green, chopped, boiled, Tot 340mg/100g (--- Sol); 1/2 C (88g=290mg)
E-020(2):	Potato, Russet Burbank or Idaho, *Brown Russet, boiled, flesh only*
	AOPTLO Potato, Brown Russet, peeled, boiled 25 min, Tot 25mg/100g (89% Sol); 6 wt-oz (170g=45mg)
	VP05CK Potato, Russet, peeled, boiled, Tot 25mg/100g (--- Sol); 6 wt-oz (170g=40mg)
E-021(4):	Pepper, Sweet, *Red Bell, raw*
	VP1237 Pepper, Sweet, Red, raw, sliced, Tot 8mg/100g (74% Sol); 2 wt-oz (57g=4mg)
	VP05CK Pepper, Sweet, Red, raw, chopped, Tot 2mg/100g (--- Sol); 2 wt-oz (57g=1mg)
	AM2014 Pepper, Sweet, Red Bell (capsicum annum var. grossum), raw, Tot 11mg/100g (54% Sol); 2 wt-oz (57g=6mg)
	RUAN13 Pepper, Sweet, Red Bell (capsicum annum var. grossum L. var. grossum (L.) Sendt), raw, Tot 2mg/100g (--- Sol); 2 wt-oz (57g=1mg)
E-022(2):	Rhubarb, *steamed*
	VP05CK Rhubarb, steamed, Tot 500mg/100g (--- Sol); 1/2 C (120g=610mg)
	CL05AF Rhubarb, stalk, steamed, Tot 500mg/100g (42% Sol); 1/2 C (120g=610mg)
E-023(17):	Bread, Whole Wheat, *Whole*
	VP0831 Bread, wheat, Whole Grain 100% Whole Wheat, Orowheat, Tot 40mg/100g (38% Sol); 1 slice (38g=15mg)
	VP0831 Bread, wheat, whole, Hearty 100% Whole Wheat with Honey, Sara Lee, Tot 45mg/100g (32% Sol); 1 slice (38g=17mg)
	OKOM10 Bread, wheat, Sara Lee Country, made with whole grain white, Tot 25mg/100g (32% Sol); 1 slice (38g=10mg)
	OKOM10 Bread, wheat, whole, Whole Grain 100% Whole Wheat, Orowheat, Tot 40mg/100g (38% Sol); 1 slice (38g=15mg)
	OKOM10 Bread, wheat, Arnold 100% Natural, whole wheat, Tot 35mg/100g (36% Sol); 1 slice (38g=13mg)
	OKOM10 bread, wheat, whole, Arnold Country Oatmeal, Tot 40mg/100g (41% Sol); 1 slice (38g=16mg)
	OKOM10 Bread, wheat, Farmhouse (made with whole grain white), Pepperidge Farm, Tot 25mg/100g (35% Sol); 1 slice (38g=10mg)
	VP2151 Bread, wheat, Hawaiian Sweet, King's Hawaiian Brand, Tot 15mg/100g (41% Sol); 1 slice (38g=6mg)
	OKOM10 bread, wheat, whole, Sara Lee Hearty Whole Wheat with Honey, Tot 45mg/100g (32% Sol); 1 slice (38g=17mg)
	OKOM10 Bread, wheat, Whole Grain White, Wonder, Tot 30mg/100g (36% Sol); 1 slice (38g=12mg)
	VP05CK Bread, wheat, whole, variety unspecified, Tot 25mg/100g (--- Sol); 1 slice (38g=10mg)
	VP0831 Bread, wheat, whole, Very Thin Sliced (made with 100% whole wheat), Pepperidge Farm, Tot 35mg/100g (38% Sol); 1 slice (38g=14mg)
	OKOM10 bread, wheat, whole, Organic Harvest Oats and Honey, Organics, Tot 30mg/100g (60% Sol); 1 slice (38g=12mg)
	OKOM10 bread, wheat, whole, Sara Lee 100% Multi-Grain, Tot 40mg/100g (41% Sol); 1 slice (38g=16mg)
	OKOM10 bread, wheat, whole, Pepperidge Farm Stone Ground 100% Whole Wheat, Tot 35mg/100g (36% Sol); 1 slice (38g=14mg)
	OKOM10 bread, wheat, whole, Pepperidge Farm 100% Whole Wheat, Tot 35mg/100g (38% Sol); 1 slice (38g=14mg)
	SIE06B Bread, Wheat, Wholemeal, "Toast", Tot 40mg/100g (66% Sol); 1 slice (38g=14mg)
E-024(4):	Buns, *Hamburger, white*
	AOPTLO Bun, Hamburger, Udi's, Tot 16mg/100g (33% Sol); 1 bun (80g=13mg)
	VP05CK Bun, Hamburger, Rainbo, Tot 22mg/100g (--- Sol); 1 bun (80g=18mg)
	VP2151 Bun, wheat, slider, Hawaiian Sweet, King's Hawaiian Brand, Tot 14mg/100g (55% Sol); 1 bun (80g=11mg)
	VP1136 Bun, Hamburger, White, Wonder, Tot 20mg/100g (41% Sol); 1 bun (80g=16mg)

E-025(4): Egg Noodles,, *cooked*

VP0627 Egg Noodles, Whole Wheat Blend, Extra Wide Style, Ronzoni Healthy Harvest, cooked 10 min, Tot 30mg/100g (22% Sol); 1 C (74g=20mg)
VP0627 Egg Noodles, Medium, Albertsons, cooked 7 min, Tot 23mg/100g (39% Sol); 1 C (76g=18mg)
VP05CK Egg Noodles, Chow Mein, boiled, Tot 1mg/100g (--- Sol); 1 C (160g=2mg)
LIEB09 Egg Noodles, boiled per package directions and drained, Tot 25mg/100g (42% Sol); 1 C (140g=35mg)

E-026(3): Macaroni, *Macaroni, cooked*

LIEB09 Macaroni, boiled per package directions and drained, Tot 22mg/100g (28% Sol); 1 C (140g=30mg)
VP05CK Macaroni, Sainsbury, boiled until soft, Tot 5mg/100g (--- Sol); 1 C (140g=8mg)
VP0627 Macaroni, Salad Macaroni, Albertsons, cooked 13 min, Tot 25mg/100g (44% Sol); 1 C (112g=30mg)

E-027(6): Spaghetti, *Spaghetti, cooked*

VP0627 Spaghetti, Thin, Protein Plus, Barilla, cooked 11 min, Tot 18mg/100g (52% Sol); 1 C (132g=24mg)
VP05CK Spaghetti, Barilla, cooked 10 min, Tot 19mg/100g (--- Sol); 1 C (140g=25mg)
VP0627 Spaghetti, Thin, Mueller's, cooked 16 min, Tot 19mg/100g (22% Sol); 1 C (112g=21mg)
VP05CK Spaghetti, Sainsbury, cooked 10 min, Tot 4mg/100g (--- Sol); 1 C (250g=10mg)
VP0627 Spaghetti, Barilla, cooked 12 min, Tot 19mg/100g (71% Sol); 1 C (118g=23mg)
LIEB09 Spaghetti, boiled and drained per package directions, Tot 14mg/100g (45% Sol); 1 C (140g=20mg)

E-028(2): Oats, *Instant, dry*

VP05CK Oats, Instant, Quaker, dry, Tot 18mg/100g (--- Sol); 1/4 C (21g=4mg)
AOPTLO Instant oats, original [Quaker Oats], dry, Tot 35mg/100g (43% Sol); 1/4 C (21g=7mg)

E-029(4): Rice, Wild and Blends, *Wild, cooked [various brands]*

VP1237 Rice, Wild, brand unspecified, boiled, Tot 11mg/100g (89% Sol); 1/2 C (85g=9mg)
AOPTLO Rice, Wild, Lundberg, organic, soaked 12 hours, then cooked, Tot 6mg/100g (45% Sol); 1/2 C (82g=5mg)
AOPTLO Rice, Wild, Lundberg Quick Wild Rice, organic, boiled 20 min, Tot 17mg/100g (100% Sol); 1/2 C (82g=14mg)
VP05CK Rice, Wild, cooked, Tot 2mg/100g (--- Sol); 1/2 C (82g=1mg)

E-030(2): Tarragon, *dried*

VP1136 Tarragon, McCormick, dried leaves, Tot 140mg/100g (50% Sol); 1 tsp (2g=2mg)
VP05CK Tarragon, ground, Tot 120mg/100g (--- Sol); 1 tsp (2g=2mg)

E-031(3): Mayonnaise, *Soybean [Hellman's]*

VP1440 Mayonnaise, Hellman's, Tot trace/100g (--- Sol); 1 Tbsp (13g=trace)
VP05CK Mayonnaise, Heinz, Tot 12mg/100g (--- Sol); 1 Tbsp (14g=2mg)
VP1237 Mayonnaise, Soybean oil, Best Foods, Tot trace/100g (--- Sol); 1 Tbsp (14g=trace)

E-032(2): Salad Dressing (Commercial), *Ranch, Fat Free*

VP0830 Salad Dressing, Ranch, Fat Free, Hidden Valley, Tot 1mg/100g (85% Sol); 2 Tbsp (32g=trace)
VP05CK Salad Dressing, Ranch, No Fat, Marzettis, Tot trace/100g (--- Sol); 2 Tbsp (30g=trace)

E-033(2): Medicinal Plants, Whole / Loose, *St. Johns Wort*

ALWA12 St. Johns Wort flowers (hypericum perforatum), dried, Tot 190mg/100g (44% Sol); 1 Tbsp (3g=6mg)
VP05CK St. John's Wort, Tot 160mg/100g (--- Sol); 1 Tbsp (3g=4mg)

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Abbreviation	Citation
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AM2014	Abdel-Moemin, A. R. (2014). Oxalate Content of Egyptian Grown Fruits and Vegetables and Daily Common Herbs. *Journal of Food Research*, *3*(3), p66. https://doi.org/10.5539/jfr.v3n3p66
AOPTLO	Autism Oxalate Project. (2020). *Food Testing Results Spreadsheet* [Social Media]. Trying Low Oxalates. https://www.facebook.com/groups/TryingLowOxalates
BRNK90	Brinkley, L. J., Gregory, J., and Pak, C. Y. (1990). A further study of oxalate bioavailability in foods. *The Journal of Urology*, *144*(1), 94–96.
CH05FC	Chai, W., and Liebman, M. (2005b). Oxalate content of legumes, nuts, and grain-based flours. *Journal of Food Composition and Analysis*, *18*(7), 723–729. https://doi.org/10.1016/j.jfca.2004.07.001
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