

# Low Oxalate Kitchen

## Herb and Spice List

### Low Oxalate

- Basil (dried)<sup>1</sup>
- Bay Leaves
- Chives
- Cilantro
- Dill
- Fenugreek
- Garlic Powder
- Mace
- Mustard
- Pepper (white)
- Peppermint
- Red Pepper Flakes
- Rosemary
- Salt
- Saffron
- Tarragon

### Low to Medium Oxalate\*

- Basil (fresh)
- Cardamom
- Chili Powder
- Ginger (fresh)<sup>2</sup>
- Marjoram
- Nutmeg
- Paprika
- Parsley
- Sage
- Thyme

\*The herbs and spices listed under “Low to Medium Oxalate” can still be used. They have been put into a separate category because if they are used in larger amounts (more than a teaspoon or two) they can move into the medium oxalate category. I still use them, but just make sure not to overdo it.

<sup>1</sup>Herbs listed that do not distinguish between fresh or dried are low oxalate for both

<sup>2</sup>Dried ginger powder is high oxalate, so it is not listed