

Low Oxalate Kitchen

Fruit List

Low Oxalate

- Apples (Gala, Granny Smith, Cox, Fuji, Pink Lady)
- Blueberries (up to ½ cup or ~100 grams)
- Grapes (Green, Red)
- Honeydew
- Kumquat
- Lychee
- Passion Fruit
- Tamarind
- Watermelon

Low to Medium Oxalate*

- Apple (Braeburn, Macintosh)
- Avocado (Hass, very ripe)
- Banana
- Cantaloupe
- Cherries
- Cranberries
- Dates
- Grapes (Black)
- Jackfruit
- Mango
- Nectarine
- Pineapple
- Pear (Bartlett/Williams)
- Peach
- Plum
- Strawberries

*The fruits listed under “Low to Medium Oxalate” can still be eaten. They have been put into a separate category because if they are eaten in larger amounts, they can move into the medium oxalate category. I still use them, but just make sure not to overdo it.