

Low Oxalate Kitchen

Vegetable List

Low Oxalate

- Alfalfa Sprouts
- Arugula
- Bok Choy
- Bottle Gourd/Calabash
- Broccoli Sprouts
- Cabbage (Green, Napa, Savoy)
- Cauliflower
- Creasy Greens
- Cucumber
- Escarole
- Kale (dino/lacinato variety)
- Kohlrabi
- Lettuce (Romaine, Bibb, Boston, Iceberg, Looseleaf Green/Red)
- Mushrooms (Porcini, Button, Portabella, Shiitake, Cremini)
- Onion (white, yellow)
- Pea Greens
- Peppers (Sweet Red, Habanero, Banana, Tabasco)
- Radish (red, white)
- Radish Greens
- Rutabaga/Swede
- Shallot
- Squash (Acorn, Butternut, Carnival, Delicata, Kabocha, Spaghetti, Summer/Yellow, Zucchini)
- Turnip
- Watercress (NOT Chinese watercress)
- Water Chestnut

Low to Medium Oxalate*

- Asparagus
- Broccoli
- Broccoli Rabe/Rapini
- Broccolini
- Brussel Sprouts
- Cabbage (Purple)
- Carrots (boiled and drained only)
- Celery Root
- Collard Greens
- Daikon
- Dandelion Greens
- Endive
- Fennel
- Green Beans
- Jicama
- Leek
- Mustard Greens
- Mung Bean Sprouts
- Onion (Green, Red)
- Parsnips
- Pepper (Sweet Green/Orange/Yellow, Cayenne, Jalapeno, Serrano)
- Seaweed
- Squash (Chayote, Hubbard)
- Turnip Green
- Tomatoes (Fresh)

*The vegetables 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.