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{ Urogynecology

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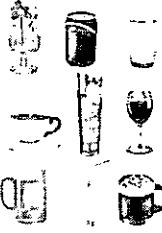



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Low Oxalate Diet




It has been recommended that you maintain a Low Oxalate Diet. So you ask: What is an oxalate? Most oxalates are a waste product made by the body and have no function in humans. The most common type of kidney stone is made of 80% calcium and oxalate. Other sources of oxalate may include eating foods high in oxalate which are listed on the next page.

It is very important that patients maintaining a low oxalate diet try to start the diet with a low oxalate quantity and then start adding food one by one in moderation, in an effort to try and note which foods may be causing you to experience bladder irritation, urinary frequency/urgency or discomfort with urination. For example, if you are going to have a high oxalate food, such as spinach salad, just limit the amount of spinach you are having. Also, remember to flush out the extra oxalate you are eating with a glass of water before and after your meal.



We realize that it is not reasonable to cut out everything at once from your diet. Please try not to become overwhelmed by the information provided, this list is meant to be a helpful guide to our recommendations.

	Bladder Friendly	Try It!	Caution
<p>Beverages</p> 	<p>Water- Test to find one that works for you. Juice- blueberry, pear Milk- almond, rice, Lactaid Milkshake (vanilla) Tea- Chamomile, peppermint Non-Dairy Creamers Eggnog (non alcoholic)</p>	<p>Juice- low acid orange, grape, apple Tea- Alfalfa Soda- root beer with ice (decaffeinated, not diet) Sports drinks- blue gatorade</p>	<p>Alcohol- not only irritating to the bladder but also contraindicated with many IC medications. Water- carbonated, vitamin, flavored Juice- cranberry, orange, acai, prune Milk- chocolate, soy Coffee- regular & decaf Teas- regular, green, herbal, iced (ex. lipton) Sodas- colas, citrus, orange, diet, rootbeer, sprite, 7-up, Ginger Ale Drink powders- Kool-aid, lemonade, orange, powdered tea/sport drinks.</p>
<p>Grains</p> 	<p>Breads- cornbread, oat bread, pita, potato bread, white bread, italian sweet bread, whole wheat bread (i.e Ezekiel) Cereals- Oat cereal, rice cereal (hot or cold) Crackers- matzo Grains- Couscous, gits, millet, quinoa, spelt FLOURS- buckwheat, wheat pasta Rice</p>	<p>Breads- rye, sourdough, Crackers Grain- amaranth</p>	<p>Breads- made with unsafe ingredients and/or heavily processed Cereals- heavily preserved, sweetened, flavored Flour- soy Pasta- prepared or boxed pasta dishes Rice- boxed dishes</p>
<p>Fats & Nuts</p> 	<p>Nuts- almonds, cashew, peanuts Butter- almond, peanut Oils- canola, coconut, corn, olive, sesame, peanut, soy Shortening Lard</p>	<p>Nuts- macadamia, pecans, walnuts, mayonnaise Tahini Seeds- sunflower seeds Shortening- butter flavored</p>	<p>Nuts- filberts, hazelnuts, pecans, pistachios Oils- check label Salad dressing- most</p> <p>If you have nut or other food allergies, talk with your healthcare provider about your special needs diet.</p>
<p>Eggs, Meat, Fish & Poultry</p> 	<p>Eggs Poultry Fish Beef Seafood- clams, crabmeat (not canned), lobster, shrimp Lamb Pork</p>	<p>Garden/Veggie burgers- without soy products Beef- corned beef Sandwich meats- Liverwurst, ham (fresh or boiled, without heavy preservatives or flavourings) Bacon Anchovies Caviar</p>	<p>Cured meats- bologna, pepperoni, salami, pastrami, corned beef, Canned crab meat Hot dogs Sausage- most Smoked fish Soy products- soy veggie</p>

	<p>Protein powder- whey, egg whites Veal Liver- beef or chicken</p>	<p>Prosciutto Sausages- without problem ingredients</p>	<p>Patties, protein powder, tofu Spam Anchovies, sardines</p>
<p>Dairy, Cheeses, Frozen Desserts</p> 	<p>Cheeses- American, mozzarella, cheddar, feta, ricotta, string cheese, cottage, Sherbet- no citrus or chocolate flavors Rice Dream dessert- vanilla Whipped cream- Cool whip</p>	<p>Cheeses- blue cheese, brie, brick, parmesan, camembert, cheddar (sharp), edam, emmenthaler, monterey jack, Roquefort, stilton, Swiss Sour cream- accent on a baked potato or soup. Pizza- plain, chicken & garlic, veggie or made with white sauce- no pepperoni Sorbet</p>	<p>Cheeses- processed, <i>Cheez Whiz</i>, Ice cream- caution with citrus or chocolate flavors Soy products- soy milk, soy cheeses</p>
<p>Soups</p>	<p>Homemade soup & stock- from okay meats and vegetables</p>	<p>Soups-canned, low sodium, organic soups</p>	<p>Bouillon, cubes, powder Canned- most Packaged soups- most</p>
<p>Vegetables & Dried Beans</p> 	<p>Asparagus Avocado Beans- black eyed peas, fava, garbanzo, lentils, pinto, white, most dried beans. Beets Broccoli Brussels sprouts Cabbage Carrots Cauliflower Celery Chives Corn Cucumber Eggplant Green beans Greens- collard, kale, mustard greens, okra, swiss chard, spinach, bok, choy Lettuce & most salad greens Potatoes, pumpkin, radishes, squash, rutabaga</p>	<p>Beans- kidney beans, lima beans, black beans Olives- green Greens- chicory, dandelion greens, purslane, turnip greens Leeks (cooked) Onions- white, red, cooked bulb onion, raw green Tomatoes- low acid watercress</p>	<p>Chili pepper- red and green Onions- raw bulb onions Pickles Soy beans Sauerkraut Tomato- tomato sauces, tomato juice Tofu</p>

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Fruits 	Apples- gala, fuji, pink lady. Applesauce- homemade with Gala, Fuji, or pPink Lady apples. Blueberries Coconut- without preservatives Dates- without preservatives Pears Watermelon	Applesauce- commercial or baby apricots Bananas Berries- blackberries, raspberries, olallieberries Cherimoya Cherries- fresh, maraschino Citrus peels Currants Figs Mango Melon- crenshaw, honeydew Peaches Plums Raisins- brown	Berries- cranberries, most Citrus- lemons, limes, oranges, grapefruit Dried fruit- with preservatives Grapes Guava Kiwi fruit Melons- cantaloupe Nectarines Passion fruit Papaya Pineapple Starfruit Raisins- golden, pomegranates
Snacks 	Almonds Carrots Celery Chips- (plain), corn, potato Crackers- soda or soup Fruit bars- blueberry, pear Milkshake- vanilla Oatmeal bars Peanuts, Peanut butter Popcorn Pretzels- plain	Donuts- glazed, old fashioned Graham crackers Fruit & Nut bars- with safe ingredients. Licorice Pizza- plain, chicken & garlic, veggie or made with white sauce- no pepperoni	Chips- potato (seasoned, barbequed, Doritos) Dessert cakes- fast food restaurants
Desserts & Sweets 	Berries- blueberries Cake- homemade pound cake, angel food, homemade cakes Homemade frostings- vanilla, carrot, caramel Cookies- oatmeal, shortbread, sugar Muffins- carrot Cheesecake Pie- custard, cream pie, homemade apple pie, pumpkin pie Pastries- plain, almond, pear Ice cream- peppermint, vanilla.	Artificial sweeteners- splenda (sucralose) Candy- caramel Chocolate- white Ice cream- caramel, coconut, mango, peppermint, butter pecan Sorbet- coconut Pastries- blueberry, cinnamon Popsicles- some Sweetbread- banana Yogurt- frozen (with fruit)	Artificial sweeteners- acesulfame K aspartame, Nutrasweet, saccharine, Sweet- N- Low, stevia, Equal Candy- red hot-type cinnamon Chocolate Ice cream- chocolate, coffee, rocky road, strawberry Sorbets- with problem fruits Pastries- with problem fruits Pie- pecan, mincemeat Fruitcakes

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<p>Condiments, Seasoning & Flavor Enhancers</p> 	<p>Allspice Almond extract Anise Basil Caraway seed Coriander Dill Fennel Garlic Mace Marjoram Oregano Poppy seed Rosemary Sage Thyme Vanilla extract</p>	<p>Black pepper Celery seed Cilantro Cinnamon - powdered Citric Acid- in small quantities Cumin Dried parsley Dried chervil Ginger Lemon Extract Mayonnaise Malt powder Orange extract Turmeric</p>	<p>Ascorbic acid Autolyzed yeast BHA and BHT Balsamic vinegar Benzoates Ketchup Cayenne Cloves Chilli powder Hydrolyzed protein Meat tenderizers Miso Mustard Paprika Pickles Red pepper Soy sauce Tamari Vinegar</p>
<p>Fiber Supplements</p>  <p>SUPPLEMENTS</p>	<p>Acacia Fiber Benefiber Metamucil- plain psyllium Bulk psyllium fiber- not sugar free</p>	<p>Colace Metamucil- cinnamon wafers</p>	<p>Metamucil- orange, berry burst Psyllium Fiber- sugar-free due to the presence of artificial sweeteners senna</p>

Fast food: avoid Chinese, Mexican, Thai, Italian, Japanese, Middle Eastern