# The Low-Oxalate Shopping Guide

**Items in Green are recommended.**

**Items in Orange are in Moderation.**

**Items in Red are to be avoided.**

## Proteins
- Beef
- Turkey
- Venison
- Moose
- Organ Meats
- Eggs
- 100% grass-fed cheese
- Cream
- Yogurt
- Tofu
- Tuna Fish

## Fruits
- Cantaloupe
- Plums
- Honeydew melon
- Mango
- Nectarines
- Grapes
- Apples
- Watermelon
- Apricots
- Blackberries
- Blueberries
- Pineapple
- Cherries
- Pears
- Banana
- Figs
- Raspberries
- Oranges
- Kiwi
- Grapefruit
- Dates
- Avocado
- Tangerines

## Vegetables
- Broccoli
- Cabbage
- Scallions
- Onions
- Mushrooms
- Iceberg lettuce
- Bok choy
- Alfalfa sprouts
- Romaine lettuce
- Radish
- Yellow squash
- Zucchini
- Water chestnuts
- Cucumbers
- Kale
- Mustard greens
- Brussel sprouts
- Raw celery

## Fats
- Oils including:
  - coconut and
  - olive oil, grass-fed butters
- Tomatoes
- Rutabaga
- Olives
- Carrots
- Collards
- Cooked celery
- Asparagus
- Artichokes
- All potato varieties

## Nuts & Seeds
- Flaxseed
- Pumpkin seeds
- Pine nuts
- All Nut varieties including:
  - almonds,
  - cashews, peanuts,
  - pecans, and walnuts
  - as well as nut butters

## Seasonings
- Chives
- Honey
- Garlic
- Nutmeg
- Ginger
- Sage
- Basil
- Yellow mustard
- Cilantro
- Turmeric
- Fennel seed
- Clove
- Cinnamon
- Cumin
- Coriander

## Fermented Foods
- Sauerkraut
- Apple cider vinegar
- Grass-fed yogurts
- Kombucha

## Recommended Foods
- All wild caught and sustainably farmed fish except tuna

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Incorporate these into your diet to reduce oxalate levels and support optimal health.