### The Low-Oxalate Shopping Guide

Items in **Green** are recommended.  
Items in **Orange** are in Moderation.  
Items in **Red** are to be avoided.

#### Proteins
- Organic and Grass-fed Beef
- Organic and Grass-fed Turkey
- Organic and Grass-fed Venison
- Organic and Grass-fed Moose
- Organ Meats
- Eggs
- 100% grass-fed cheese
- Cream

#### 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
- Beets
- Navy beans
- Black beans
- Okra
- Rhubarb
- Spinach (cooked or raw)
- Turnip
- Yams
- Tomato sauce
- Rutabaga
- Olives
- Carrots
- Collards
- Cooked celery
- Asparagus
- Artichokes
- All potato varieties

#### Seasonings
- Cayenne
- Tarragon
- Rosemary
- Thyme
- Parsley
- Turmeric
- Fennel seed
- Clove
- Cinnamon
- Cumin
- Oregano
- Coriander

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

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