

LOW OXALATE DIET*

FOODS OF HIGH OXALIC ACID CONTENT (0.1% or over)	FOODS OF MODERATE OXALIC CONTENT (0.02% or over)
<p>To be avoided—</p> <ul style="list-style-type: none"> Beets Beet tops Black tea Chenopodium Chocolate Cocoa Dried figs Ground pepper Lambs quarters Lime peel Nuts Parsley Poke Poppy seeds Purslane Rhubarb Sorrel Spinach Swiss Chard 	<p>To be eaten sparingly—</p> <ul style="list-style-type: none"> Beans (green and wax) Blackberries Blueberries Carrots Celery Coffee (roasted) Concord grapes Currants (red) Dandelion greens Endive Gooseberries Lemon peel Okra Onions (green) Oranges Orange peel Peppers (green) Raspberries (black) Strawberries Sweet potatoes

All other foods may be used as desired.

A WELL BALANCED DIET includes each day:

Meat, cheese, fish, or fowl	1 or more servings
Eggs	1
Milk	2 or more glassfuls
Vegetables	2 or more servings besides potato; 1 green or yellow; "greens" often
Fruits	2 or more servings; at least 1 raw: citrus fruit or tomato often
Cereal and bread	2 or more servings; whole grain value or enriched
Butter	2 or more tablespoonfuls

Other foods to satisfy appetite and to complete growth and activity needs.

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