

Foods and Drinks containing Calcium and Oxalate

Persons prone to forming calcium oxalate stones may be asked by their doctor to cut back on certain foods on this list. You should not give up or avoid eating these types of foods without talking to your physician first. In most cases, these foods can be eaten in limited amounts.

Apples
Asparagus
Beer
Beets
Berries (various; ex. Cranberries, strawberries)
Black pepper
Broccoli
Cheese
Chocolate
Cocoa
Coffee
Cola drinks
Collards
Figs
Grapes
Ice Cream
Milk
Oranges
Parsley
Peanut butter
Pineapples
Spinach
Swiss chard
Rhubarb
Tea
Turnips
Vitamin C
Yogurt