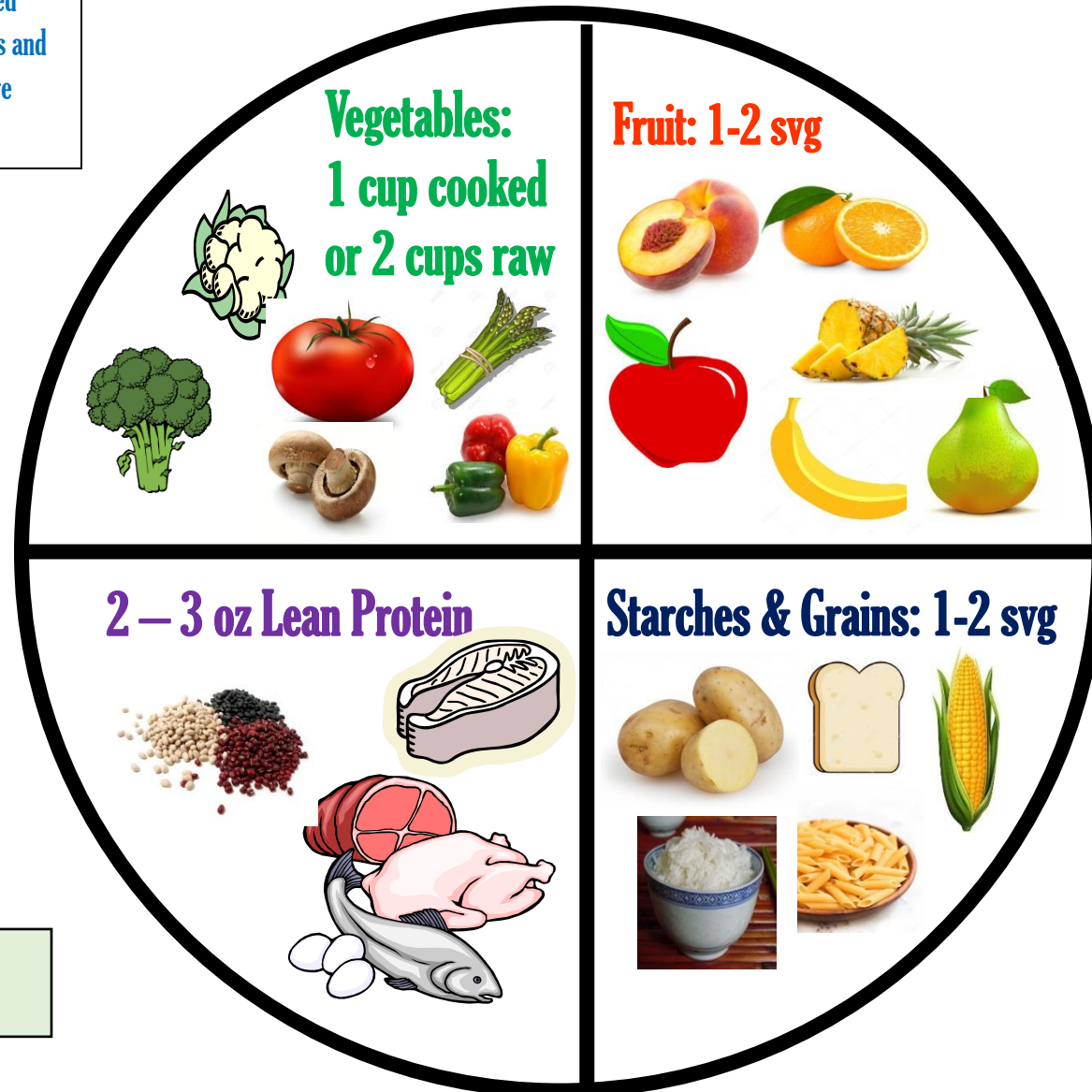


Lunch & Dinner

Your diet plan will be customized based on your urine, blood tests and medical conditions when you are followed by a nutritionist



Total fluid intake : 3L (quarts)/day



1 serving with each meal 3x/day

Plan Your Plate For Kidney Stones (Calcium Oxalate)

High and Low Oxalate Foods

Foods	Avoid	Recommend	Foods	Avoid	Recommend
Beverages	Draft beer Ovaltine Cocoa	Coffee Beer (bottle) Carbonated soda Distilled alcohol Lemonade Wine: red, rose, white Buttermilk, Whole, low-fat or skim milk Yogurt with allowed fruits Soy, almond and rice milk	Miscellaneous	Nuts** Peanuts, almonds, pecans, cashews Chocolate**, Cocoa**, Vegetable soup, Marmalade	Bacon Mayonnaise Salad dressing Vegetable oils Butter, margarine Coconut Jelly or preserves (made with allowed fruits) Lemon, lime juice Salt, pepper Soups with allowed ingredients, Sugar
	Vegetables	Beets**: tops, roots, greens Collards Kale Leeks Mustard greens Okra Parsley** Sweet potato** Rutabagas Spinach** Swiss chard** Watercress**		Asparagus Broccoli Carrots Corn: sweet, white Cucumber, peeled Green peas, canned Lettuce Lima beans Parsnips Tomato, 1 small, juice Turnips Avocado Brussels sprouts Cauliflower Cabbage Mushrooms Onions Peas, green White potato Radish	Fruits
Meat and Meat Substitutes		Peanut butter Tofu (if it is processed with Ca, it is allowed in small amount)	Eggs Cheese Beef, lamb or pork Poultry Fish and shellfish Sardines	Starch	

** : very high oxalate Adapted from the ChooseMyPlate.gov