

3.5 oz or 100 mg (oxalate)		3.5 oz or 100 mg (oxalate)		3.5 oz or 100 mg (oxalate)	
Flours & Mills	mg.	Fruits	mg.	Leafy veg.	mg.
Wheat germ	269	Rhubarb	800	Parsley, raw	1,700
Buckwheat flour	269	Lime peel	110	Chives, raw	1,480
Soy flour	183	Green goose berries	88	Purslane, raw	1,310
Wheat flour (whole)	67	Lemon peel	83	Amaranth leaves	1,090
Barley flour	56	Bitter melon, raw	71	Spinach, raw	970
Corn meal	54	Black raspberries	55	Beet leaves, raw	610
Brown rice flour 1 cup	65	Concord grapes	25	Collards, raw	450
Millet (cooked) 1 cup	62	Dried Pineapple 1/2 cup	30	Brussel sprouts, raw	360
Rye flour	51	Dried figs x 5	24	Lettuce, raw	330
Semolina flour	48	Dates 1 date	24	Watercress, raw	310
White wheat flour unbleached	40	Blackberries	19	Chicory, raw	210
Brown rice (cooked) 1 cup	24	Currants	19	Endive, raw	110
Couscous 1 cup	15	Avocado 1 fruit	19	Green Cabbage, raw	100
		Olives x 10	18	Leek	89
		Kiwi	16	Green turnips, raw	50
Nuts		Blueberries	15	Chinese kale, raw	23
Almonds, roasted	469	Red raspberries	15	Kale, raw	20
Soy nuts --1oz--	392	Strawberries	15	Kale cooked (1/2 cup)	125
Cashews, roasted	262	Dried prunes x5	11	Coriander, raw	10
Hazelnuts, raw	222	Tangerine	10	Chinese cabbage, raw	6
Pine nuts, raw	198	Papaya raw	5		
Peanuts, raw	142				
Pine nuts, roasted	140	Seed containing veg.		Tuber & root veg	
Walnuts , raw	74	Snap beans, raw	360	Cassava root, raw	1,260
Pecan, raw	64	Eggplant, raw	190	Beetroot, boiled	675
Pistachio nuts, roasted	49	Eggplant, green long rw	55	Radish, raw	480
Macadamia nuts, raw	42	Okra, raw	50	Sweet potato, raw	240
		Tomato, raw	50	Turnip , raw	210
Legumes (beans & peas)		Pepper, raw	40	Potato, raw	50
Anasazi beans, boiled	80	Yard Long beans,green,	38	Parsnip, raw	40
White beans, small boiled	78	Squash, raw	20	Rutabaga, raw	30
Pink beans, boiled	75	Cucumber, raw	20	Carrot, 1 large	20
Great northern beans, boi	75			Celery 1 cup	10
Black beans, boiled	72	Stem & stalk Veg.		Collards 1 cup	10
Navy beans, boiled	57	Celery, raw	190		
Soybeans, boiled	56	Broccoli , raw	190	Other veg.	
Peas, raw	50	Cauliflower, raw	150	Raw garlic	360
Red beans, boiled	35	Asparagus raw	130	Raw onion	50
Pinto beans, boiled	27	Brussel sprouts cooked	37	Sweet corn raw	10
Azuki beans, boiled	25	(6 to 8 medium size)	623		
Kidney beans red, cooked	16	Miscellaneous Foods	496		
Garbanzo beans, boiled	9	Cocoa powder	419		
Lentils, boiled	8	Soy protein	275		
Lima beans, large, boiled	8	Black pepper	207		
Split Green peas, boiled	6	Tofu	117		
Yellow split peas, boiled	5	Soybean cracker	113		
Blackeye peas , boiled	4	Chocolate	72		
		Soy yogurt			
		Indian tea 1 cup			

Boiling reduces soluble oxalate
30- 87% don't drink the water
More effective than steaming

If you need to reduce oxalates
To minimise 'dumping' have
no more than 50mg. a day

Insoluble oxalate is reduced
by boiling 0- 74%