



# Low-Oxalate Grocery List

## Bread

- CORN TORTILLAS
- CORN BREAD (WHEAT FREE)
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## Flour

- OAT
- WHITE RICE
- COCONUT
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## Dairy

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## Vegetables

- ARTICHOKE
- ASPARAGUS
- BELL PEPPERS  
(RED, YELLOW, ORANGE)
- BROCCOLI
- BRUSSEL SPROUTS
- CABBAGE: GREEN, PURPLE
- CAULIFLOWER
- CUCUMBER
- LETTUCE  
(ICEBERG, ROMAINE, BUTTER)
- MUSHROOMS
- ONIONS
- SPAGHETTI SQUASH
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## Fruit

- APPLES
- APRICOTS
- AVOCADO
- BANANAS
- GRAPEFRUIT
- GRAPES
- LEMONS
- MANGO
- NECTARINES
- PINEAPPLE
- PEACHES
- PEARS
- TOMATOES
- WATERMELON
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## Other

- WHITE CHOCOLATE
- SUNFLOWER SEEDS
- SUNFLOWER SEED BUTTER
- GREEN TEA
- HONEY
- RED PEPPER FLAKES
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## Meat

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