Table 3.1: Worst Offenders

Item / Preparation	Serving Size	Mg Oxalate per Serving (total)
Beverages		
Beet juice	⅔ cup (160 ml)	95
Black tea, brewed	1 teabag (~1.7 g)	20
Green tea, brewed	1 teabag (~1.25 g)	15
Milk with 2 Tbs. chocolate syrup	1 cup (240 ml)	18
Hot cocoa, made with 1 Tbs. cocoa powder	6 g cocoa powder	40
Starbucks Latte Dark Chocolate Mocha, tall	1½ cups (360 ml)	75
Desserts		
Carob powder	2 Tbs. (12 g)	55
Chocolate, 70% dark	1.75 oz. (50 g)	110
Chocolate, 85% dark	1.75 oz. (50 g)	140
Cocoa powder	2 Tbs. (11 g)	80

(table continues)

Item / Preparation	Serving Size	Mg Oxalate per Serving (total)
Fruits and Berries		
Apricots, dried	¼ cup (35 g)	30
Blackberries, fresh	4 oz (113 g)	60
Clementine, peeled	1 (75 g)	20
Figs, mission, small, dried	6 (60 g)	50
Kiwifruit, fresh	1 (75 g)	30
Pomegranate, seeds and juice	½ cup (85 g)	30
Star fruit	1 (90 g)	270
Grains and Pseudo-Grains		
All-Bran cereal	½ cup (30 g)	75
Amaranth, raw	¼ cup (50 g)	75
Brown rice, cooked	1 cup (195 g)	24
Buckwheat, cooked	1 cup (180 g)	230
Quinoa, boiled 30 minutes	1 cup (180 g)	110
Shredded wheat cereal	2 biscuits (50 g)	40
Soba noodles (buckwheat)	1 cup (110 g)	30
Teff (flour)	⅓ cup (45 g)	100
Wheat germ	½ cup (55 g)	25
Whole-grain bread	2 slices (75 g)	30

(table continues)

Item / Preparation	Serving Size	Mg Oxalate per Serving (total)
Green Vegetables		
Beet greens *or* red-stemmed chard, raw	1 cup (40 g)	380
Beet greens *or* red-stemmed chard, boiled 6 minutes	½ cup (90 g)	400
Cactus (nopal), boiled 30 minutes	½ cup (75 g)	260
Chard, white-stemmed, boiled 6 minutes	½ cup (90 g)	270
Mixed salad greens/mesclun, raw (typical)	1½ cups (45g)	75
Rhubarb, cooked	½ cup (120 g)	370
Sorrel, boiled 15 minutes	½ cup (90 g)	520
Spinach, raw	1½ cups (45g)	450
Spinach, boiled	½ cup (90 g)	450
Herbs and Spices		
Black pepper	½ tsp. (1 g)	8
Slippery elm	½ tsp. (0.75 g)	18
Turmeric	½ tsp. (1.1 g)	25
Legumes		
Black beans, boiled	½ cup (90 g)	65
Great Northern beans, boiled	½ cup (90 g)	70
Navy beans, boiled	½ cup (90 g)	50
Peanuts, roasted	28 nuts (28 g)	45
Pinto beans, boiled	½ cup (90 g)	40
Soybeans, boiled	½ cup (90 g)	50

(table continues)

Item / Preparation	Serving Size	Mg Oxalate per Serving (total)
Nuts		
Almonds, whole, with skins	24 nuts (28 g)	120
Cashews	24 nuts (28 g)	75
Pecans, halved	17 halves (28 g)	18
Pine nuts (pignoli), raw	3 Tbs. (28 g)	60
Walnuts, halved	14 halves (28 g)	16
Root Vegetables and Starches		
Beets, boiled	½ cup (85 g)	45
Plantain, fresh, cooked in oil	½ cup (85 g)	95
Potatoes, russet, baked, flesh only	1 medium (170 g)	85
Sweet potatoes, baked, flesh only	½ cup (110 g)	120
Seeds		
Chia seeds	¼ cup (40 g)	260
Hemp hearts	¼ cup (40 g)	22
Poppy seeds	1 Tbs. (8 g)	180
Sesame seeds, hulled	¼ cup (30 g)	45