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LOW OXALATE DIET

FOODS OF ACID CONTENT (0.1% OR OVER) ARE TO BE AVOIDED.

BEETS	NUTS
BEET TOPS	PARSLEY
CHENOPODIUM	POKE
CHOCOLATE	POPPY SEEDS
COCOA	RHUBARB
GROUND PEPPER	SORREL
LAMB QUARTERS	SPINACH
LIME PEEL	SWISS CHARD

FOODS IN THE "MILK & MILK PRODUCTS" GROUP (SUCH AS MILK, CHEESE, PUDDING, ICE CREAM, ETC.) SHOULD BE AVOIDED OR EATEN SPARINGLY.

FOODS OF MODERATE ACID CONTENT (0.2% OR OVER) ARE TO BE EATEN SPARINGLY.

BEANS (GREEN OR WAX)	GOOSEBERRIES
BLACKBERRIES	LEMON PEEL
BLUEBERRIES	OKRA
CARROTS	ONIONS (GREEN)
CELERY	ORANGE PEEL
COFFEE (ROASTED)	PEPPERS (GREEN)
CONCORD GRAPES	RASPBERRIES (BLACK)
CURRANTS (RED)	STRAWBERRIES
DANDELION GREENS	SWEET POTATOES

AVOID ADDING SUPPLEMENTAL VITAMINS "C" & "D" TO YOUR DIET.

ALL OTHER FOODS MAY BE EATEN AS DESIRED. A WELL BALANCED DIET INCLUDES EACH DAY:

MEAT, FISH, OR FOWL

EGGS.....1

VEGETABLES.....2 OR MORE SERVINGS EXCEPT FOR POTATOES

.....1 GREEN OR YELLOW

FRUITS2 OR MORE SERVINGS, AT LEAST ONE RAW CITRUS FRUIT OR TOMATO

CEREAL/BREAD2 OR MORE WHOLE GRAIN

BUTTER.....2 OR MORE TABLESPOONS

FLUIDS.....2 TO 3 QUARTS DAILY, WATER AND JUICE

(over)