

# Low-Oxalate Food Swap Chart

Reduce oxalate load without giving up nutrition. Focus on rotation and balance — not restriction.

## Greens & Vegetables

Instead of (High Oxalate)	Choose This (Lower Oxalate)
Spinach	Arugula, romaine, butter lettuce
Swiss chard	Bok choy, napa cabbage
Beet greens	Turnip greens
Beets	Carrots, parsnips
Sweet potatoes	White potatoes (peeled), squash
Eggplant	Zucchini

## Nuts, Seeds & Flours

Instead of	Swap With
Almonds / almond flour	Macadamia nuts, coconut flour
Cashews	Walnuts, pecans
Peanuts	Pumpkin seeds
Heavy sesame use	Sunflower seeds (rotate)

## Chocolate, Drinks & Fruit

Instead of	Swap With
Dark chocolate / cocoa	Carob, vanilla, cinnamon
Black or iced tea	Herbal tea, rooibos
Raspberries / blackberries	Blueberries, strawberries
Figs / kiwi	Apples, pears

**Helpful Tips:** Cook high-oxalate vegetables when possible, pair oxalate foods with calcium-rich foods, hydrate well, and reduce oxalates gradually — especially if sensitive.