

Table 20-24. Selected human foods with minimal calcium or oxalate content.

Food items	Low-calcium foods	Low-oxalate foods
Meats and eggs	Eggs Poultry	Beef Eggs Fish and shellfish* Lamb Pork Poultry
Vegetables		Cabbage Cauliflower Mushrooms Peas, green Radishes Potatoes, white Cheese* Milk* Yogurt*
Milk and dairy products		Apple Avocado Banana Bing cherries Grapefruit Grapes, green Mangos Melons Cantaloupe Casaba Honeydew Watermelon Plums, green or yellow
Fruits		Bread, white Macaroni Noodles Rice Spaghetti
Breads, grains, nuts	Almonds Macaroni Pretzels Rice Spaghetti Walnuts Popcorn	Jellies Preserves Soups with allowed ingredients
Miscellaneous		

*Low in oxalate, but not low in calcium content.