

Oxalates

Oxalic Acid

Oxalate is an acid found in plants that can bind to minerals in the body.

Patient should avoid:

- Rhubarb
- Spinach
- Chard
- Green Tea
- Beets
- Potatoes
- Okra
- Raspberries
- Almonds
- Chocolate
- Miso
 - For more severe sensitivities, additional restrictions may be necessary.