

Lunch & Dinner

Vegetables:
1 cup cooked
or 2 cups raw



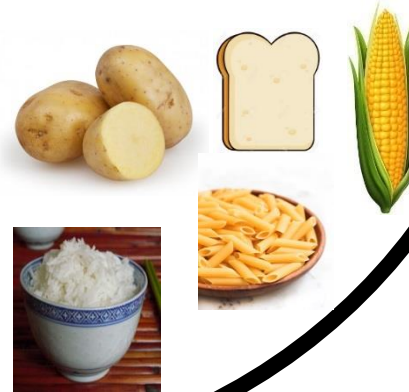
Fruit: 1-2 svgs



Protein Foods: 2-3svgs



Starches & Grains: 1-2 svgs



Your diet plan will be customized based on your urine, blood tests and medical conditions when you are followed by a nutritionist



Total fluid intake : 3L (quarts)/day



1 serving with each meal 3x/day

Plan Your Vegetarian Plate For Kidney Stones (Calcium Oxalate)

High and Low Oxalate Foods

Foods	Avoid	Recommend	Foods	Avoid	Recommend
Beverages	Draft beer Ovaltine Cocoa	Coffee Beer (bottle) Carbonated soda Distilled alcohol Lemonade Wine: red, rose, white Buttermilk, Whole, low-fat or skim milk Yogurt with allowed fruits Soy, almond and rice milk	Miscellaneous	Nuts** Peanuts, almonds, pecans, cashews Chocolate**, Cocoa**, Vegetable soup, Marmalade	Bacon Mayonnaise Salad dressing Vegetable oils Butter, margarine Coconut Jelly or preserves (made with allowed fruits) Lemon, lime juice Salt, pepper Soups with allowed ingredients, Sugar
Vegetables	Beets**: tops, roots, greens Collards Kale Leeks Mustard greens Okra Parsley** Sweet potato** Rutabagas Spinach** Swiss chard** Watercress**	Asparagus Broccoli Carrots Corn: sweet, white Cucumber, peeled Green peas, canned Lettuce Lima beans Parsnips Tomato, 1 small, juice Turnips Avocado Brussels sprouts Cauliflower Cabbage Mushrooms Onions Peas, green White potato Radish	Fruits	Currants, red Dewberries Grapes, purple Gooseberries Lemon peel** Lime peel** Orange peel** Rhubarb**	Apple Apricots Cherries, red, sour Cranberry juice Grape juice Orange, fruit and juice Peaches Pears Pineapple, plum, purple Prunes Apple juice Banana Cherries Mangos Melons, cantaloupe, cassava honeydew, watermelon Nectarines Peaches Pineapple juice Plums, green or yellow
Meat Substitutes	Peanut butter Tofu (if it is processed with Ca, it is allowed in small amount)	Eggs Cheese Beans Lentils Kefir	Starch	Fruit cake Soybean crackers** Wheat germ**	Cornbread Sponge cake Spaghetti, canned in tomato sauce Rice Quinoa All bread

** : very high oxalate Adapted from the ChooseMyPlate.gov