

# UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY

*Adult and Pediatric Urology*

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## FOODS HIGH IN OXALATES

Green Beans

Wax Beans

Beets

Beet Greens

Chard

Endive

Okra

Spinach

Chocolate

Cocoa

Tea

Sweet Potato

Currants

Figs

Gooseberries

Concord Grapes

Plums

Rhubarb

Raspberries

Almonds

Cashews

\*\* These are the foods to be avoided.