

Oxalate & Calcium

IN YOUR DIET

Your kidney stone analysis and/or UroMax24 test results may have revealed high levels of oxalate and calcium. 80% of kidney stones are made of oxalate and calcium. This flyer will answer some of your questions on how to safely reduce these levels.



WHAT IS OXALATE?

- Oxalate is a waste product made by the body and has no function in humans.
- It is a chemical found in a variety of plants.

WHY DO DIFFERENT INTERNET SITES LIST DIFFERENT LEVELS OF OXALATE CONTENT IN CERTAIN FRUITS AND VEGETABLES?

Different factors affect oxalate levels in food:

- Time of year
- Growing conditions of the plants

IF MY STONES ARE OXALATE AND CALCIUM, SHOULD I CUT BACK ON MY DAIRY INTAKE TOO?

No. Your diet should have between 800 and 1,200 milligrams of calcium per day.

- Studies have shown that, contrary to what you might think, low-calcium diets will increase calcium oxalate stone risk.
- Oxalate and calcium bind together in your intestine and leave the body together. If you reduce your calcium intake, oxalate has no partner with which to leave the body. So it absorbs back into your system—leading to higher oxalate levels in your body.

WILL LIMITING MY FAT INTAKE ALSO HELP LOWER MY OXALATE LEVEL?

Excess fat binds with calcium in food, thus leaving oxalate by itself to be reabsorbed by the colon and back into the blood stream. If too much oxalate is absorbed, it will combine with calcium in the kidney and can lead to calcium oxalate stones.

WHAT CAN I DO TO INCREASE MY DIETARY CALCIUM IF I'M LACTOSE INTOLERANT?

While dairy products are important sources of calcium, someone who is lactose intolerant can get calcium from sources other than dairy products:

Beans	Navel orange	Carrots
Dried figs	Raisins	Kelp
Orange Juice	Broccoli	Papaya
Collards	Chick peas	Molasses
Tofu	Acorn squash	
Kale	Beet greens	

ABOUT BOSTWICK LABORATORIES

Bostwick Laboratories® is a full-service reference laboratory specializing in uropathology.

Dr. David G. Bostwick and our staff of veteran pathologists are dedicated to the diagnosis, treatment and management of prostate cancer, kidney disease, cancer of the bladder and other urologic conditions.

These internationally-renowned board-certified pathologists use the most technologically advanced testing available to ensure accuracy.

Our quick turnaround on reports affords you and your doctor the time you need to choose the best course of treatment.

Pathology is Personal



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LOW-OXALATE FOODS (Eat as often as you like.)	MODERATE-OXALATE FOODS (Eat 3–5 times each week.)	HIGH-OXALATE FOODS (Avoid or eat only in small amounts. Drink plenty of water before and after eating these foods.)
Buttermilk Lemonade Milk Apricots Black currants Cherries Cranberry juice Grape juice Orange (fruit or juice) Peaches Pears Pineapple Prunes Purple Plums Jelly or jam made with these fruits Avocado Cabbage Cauliflower Mushrooms Onions Peas Potatoes Radishes Beef, lamb or pork Cheese Eggs Fish Poultry Cereals Macaroni Noodles Rice Spaghetti Bacon Butter Margarine Mayonnaise Salad Dressing Vegetable oils Salt Sugar or sweeteners	Apricots Black currants Cherries Cranberry juice Orange (fruit or juice) Peaches Pears Pineapple Prunes Purple Plums Jelly or jam made with these fruits Asparagus Broccoli Carrots Corn Green peas (canned) Lettuce Lima beans Parsnips Tomatoes Turnips Sardines Cornbread Sponge cake Spaghetti or tomato sauce	Chocolate Chocolate milk, hot cocoa Tea Berries of all kinds Currants Fruit cocktail Lemon, lime and orange peels Marmalade Purple grapes Rhubarb Tangerine Juices from these fruits Beans Beets and beet greens Celery Cucumbers Eggplant Green peppers Greens of all kinds Kale Leeks Okra Parsley Rutabagas Spinach Summer squash Swiss chard Watercress Tomato soup Vegetable soup Amaranth Fruitcake Grits Soybean products Sweet potatoes Wheat germ and bran Peanut butter Tofu Nuts Sesame seeds Carob



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