

Category	Food	Oxalate Content	GFCF Status	SCD Status	Salicylate Content
Alcoholic Bev.	Beer	Varies	Y^	N	Varies
Alcoholic Bev.	Bourbon	-	N	Y	-
Alcoholic Bev.	Brandy	-	Y	N	H
Alcoholic Bev.	Gin	-	Y	Y	Neg
Alcoholic Bev.	Mead	-	Y^	Y*	-
Alcoholic Bev.	Port Wine	Neg	Y	N	VH
Alcoholic Bev.	Sake	-	Y	N	-
Alcoholic Bev.	Scotch Whisky	VL	Y	Y	Neg
Alcoholic Bev.	Sherry	Neg	Y	N	M
Alcoholic Bev.	Vodka	-	Y	Y	Neg
Alcoholic Bev.	Wine	Varies	Y^	Y*	Varies
Baking Ingredient	Baker's Yeast	M	Y	N	-
Baking Ingredient	Baking Powder	VL	Y	N	-
Baking Ingredient	Baking Soda	Neg	Y	Y	-
Baking Ingredient	Chocolate	VH	Y	N	Neg
Baking Ingredient	Cocoa Powder	VH	Y	N	M
Baking Ingredient	Cream of Tartar	VL	Y	N	-
Baking Ingredient	Gelatin (Unflavored)	VL	Y	Y	-
Baking Ingredient	Guar Gum	-	Y	N	-
Baking Ingredient	Vinegar	L	Y^	Y*	-
Baking Ingredient	Xanthum Gum	-	Y	N	-
Beverage	Apple Cider	-	Y	Y	-
Beverage	Apple Juice	VL	Y	N	M
Beverage	Buttermilk	VL	N	N	Neg
Beverage	Cherry Juice	L	Y	Y*	-
Beverage	Chocolate Milk	H	N	N	Neg
Beverage	Club Soda	Neg	Y	Y	-
Beverage	Coconut Milk	-	Y	Y*	-
Beverage	Coffee	VL	Y	Y	Varies
Beverage	Coffee (Instant)	VL	Y	N	Varies
Beverage	Cranberry Juice	VL	Y	Y*	VH
Beverage	Decaffeinated Products	Varies	Y^	N	Varies
Beverage	Grape Juice-Purple	-	Y	Y	H
Beverage	Grape Juice-Red	M	Y	Y	H
Beverage	Grape Juice-White	L	Y	Y	M
Beverage	Grapefruit Juice	VL	Y	Y*	H
Beverage	Green Tea	M to H	Y	Y	VH
Beverage	Lactaid Milk	L	N	N	Neg
Beverage	Lactose Hydrolyzed Milk	L	N	N	Neg
Beverage	Milk	VL	N	N	Neg
Beverage	Noni Juice	-	Y	N	-
Beverage	Orange Juice-Fresh	VL	Y	Y	M
Beverage	Orange Juice-Frozen	VL	Y	N	M
Beverage	Peppermint Tea		Y	Y	VH
Beverage	Pineapple Juice	VL	Y	Y*	M
Beverage	Pomegranate Concentrate	-	Y	N	-
Beverage	Postum	-	N	N	-
Beverage	Soybean Milk	VH	Y	N	Neg
Beverage	Spearmint Tea	VL	Y	Y	VH

Beverage	Tea	Varies	^	*	Varies
Beverage	Tomato juice (canned)	M	Y	Y	M
Beverage	V8 Juice	H	Y	N	VH
Condiment	Apple Cider Vinegar	VL	Y	Y	-
Condiment	Horseradish Sauce	-	Y^	Y*	M
Condiment	Ketchup	VL	Y^	Y*	VH
Condiment	Mayonnaise	L	Y^	Y*	-
Condiment	Soy Sauce	-	Y^	N	Neg
Condiment	Tabasco Sauce	-	Y^	Y*	-
Condiment	Tamari	-	Y^	N	Neg
Dairy	Asiago cheese	-	N	Y	Neg
Dairy	Blue Cheese	-	N	Y	-
Dairy	Brick cheese	-	N	Y	Neg
Dairy	Brie Cheese	-	N	Y	Neg
Dairy	Camembert Cheese	-	N	Y	Neg
Dairy	Cheddar Cheese	VL	N	Y	Neg
Dairy	Chevre	-	N	N	Neg
Dairy	Colby Cheese	-	N	Y	Neg
Dairy	Cottage Cheese	-	N	N	-
Dairy	Cream	-	N	N	Neg
Dairy	Cream Cheese	-	N	N	Neg
Dairy	Dry Curd Cottage Cheese	-	N	Y	Neg
Dairy	Edam cheese	-	N	Y	Neg
Dairy	Feta Cheese	-	N	N	Neg
Dairy	Ghee	VL	Y	Y	Neg
Dairy	Gjetost Cheese	-	N	N	Neg
Dairy	Gorgonzola Cheese	-	N	Y	Neg
Dairy	Gouda Cheese	-	N	Y	Neg
Dairy	Gruyere Cheese	-	N	Y	Neg
Dairy	Havarti Cheese	-	N	Y	Neg
Dairy	Kefir	-	N	Y*	Neg
Dairy	Limburger Cheese	-	N	Y	Neg
Dairy	Manchego Cheese	-	N	Y	Neg
Dairy	Monterey Jack Cheese	-	N	Y	Neg
Dairy	Mozzarella Cheese	-	N	N	Neg
Dairy	Muenster Cheese	-	N	Y	Neg
Dairy	Neufchatel Cheese	-	N	N	Neg
Dairy	Parmesan Cheese	L	N	Y	Neg
Dairy	Port du Salut Cheese	-	N	Y	Neg
Dairy	Primo Cheese	-	N	N	Neg
Dairy	Provolone Cheese	-	N	Y	Neg
Dairy	Ricotta Cheese	-	N	N	Neg
Dairy	Romano Cheese	-	N	Y	Neg
Dairy	Roquefort Cheese	-	N	Y	Neg
Dairy	Sour Cream	-	N	N	Neg
Dairy	Stilton Cheese	-	N	Y	Neg
Dairy	Swiss Cheese	L	N	Y	Neg
Dairy	Yogurt (Commercial)	VL	N	N	Neg
Dairy	Yogurt (Homemade)	-	N	Y	Neg
Fat	Avocado Oil	-	Y	Y	-
Fat	Butter	VL	N	Y	Neg

Fat	Canola Oil	L	Y	Y*	Neg
Fat	Coconut Oil	-	Y	Y	H
Fat	Corn Oil	-	Y	Y	M
Fat	Lecithin (soy)	VL	Y	N	Neg
Fat	Macadamia Oil	-	Y	Y	-
Fat	Margarine	-	Y^	N	Neg
Fat	Olive Oil	L	Y	Y	H
Fat	Peanut Oil	-	Y	Y	M
Fat	Safflower Oil	-	Y	Y	Neg
Fat	Sesame Oil	VH	Y	Y	M
Fat	Soy Lecithin	VL	Y	N	Neg
Fat	Soybean Oil	VL	Y	Y	Neg
Fat	Sunflower Oil	-	Y	Y	Neg
Fat	Walnut oil	-	Y	Y	M
Fruit	Apples-Golden Delicious	L	Y	Y	L
Fruit	Apples-Granny Smith	L	Y	Y	H
Fruit	Apples-Jonathan	L	Y	Y	H
Fruit	Apples-Red Delicious	L	Y	Y	M
Fruit	Apricots-Fresh	VL	Y	Y	VH
Fruit	Avocados	VL	Y	Y	H
Fruit	Bananas	M	Y	Y	Neg
Fruit	Blackberries	VH	Y	Y	VH
Fruit	Blueberries	-	Y	Y	VH
Fruit	Canned Fruits	Varies	Y^	Y*	Varies
Fruit	Cantaloupe	-	Y	Y	VH
Fruit	Casaba (Melon)	L	Y	Y	-
Fruit	Cherimoya	-	Y	Y	-
Fruit	Cherries-Fresh	VL	Y	Y	H
Fruit	Currants-Black	H	Y	Y	VH
Fruit	Currants-Red	H	Y	Y	VH
Fruit	Custard Apple	-	Y	Y	-
Fruit	Dates	H	Y	Y*	VH
Fruit	Dewberries	H	Y	Y	VH
Fruit	Figs-Dried	VH	Y	Y	H
Fruit	Figs-Fresh	VH	Y	Y	M
Fruit	Gooseberries	H	Y	Y	VH
Fruit	Grapefruit	-	Y	Y	H
Fruit	Grapes-Green	VL	Y	Y	VH
Fruit	Grapes-Red	L	Y	Y	H
Fruit	Honeydew	VL	Y	Y	-
Fruit	Huckleberries	L	Y	Y	VH
Fruit	Jicama	-	Y	N	-
Fruit	Kiwi fruit	VH	Y	Y	H
Fruit	Kumquats	VL	Y	Y	-
Fruit	Lemons	VL	Y	Y	M
Fruit	Lemon Juice	L	Y	Y	-
Fruit	Lemon Peel	H	Y	Y	-
Fruit	Limes	M	Y	Y	L
Fruit	Lime Juice	L	Y	Y	-
Fruit	Lime Peel	H	Y	Y	-
Fruit	Lychees	L	Y	Y	-

Fruit	Mandarin Oranges	M	Y	Y	-
Fruit	Mangos	L	Y	Y	M
Fruit	Nectarines	-	Y	Y	H
Fruit	Oranges	H	Y	Y	VH
Fruit	Orange Peel	H	Y	Y	-
Fruit	Papayas	M	Y	Y	L
Fruit	Passion Fruit	VL	Y	Y	M
Fruit	Peaches	VL	Y	Y	H
Fruit	Pears-Peeled	L	Y	Y	Neg
Fruit	Pears-Unpeeled	M	Y	Y	H
Fruit	Persimmons	H	Y	Y	M
Fruit	Pineapple	L	Y	Y	VH
Fruit	Plantains	-	Y	N	-
Fruit	Plums	L	Y	Y	M
Fruit	Prunes	-	Y	Y	VH
Fruit	Raisins	L	Y	Y	VH
Fruit	Raspberries-Black	VH	Y	Y	VH
Fruit	Raspberries-Red	H	Y	Y	VH
Fruit	Sharifa	-	Y	Y	-
Fruit	Star Fruit	VH	Y	Y	-
Fruit	Tamarind	-	Y	N	-
Fruit	Tangerines	-	Y	Y	VH
Fruit	Watermelon	VL	Y	Y	H
Grain/Grain Alt.	Alfalfa Sprouts	L	Y	N	-
Grain/Grain Alt.	Amaranth	H	Y	N	-
Grain/Grain Alt.	Barley	L	N	N	Neg
Grain/Grain Alt.	Buckwheat	VH	Y	N	Neg
Grain/Grain Alt.	Bulgur	-	N	N	-
Grain/Grain Alt.	Corn	L	Y	N	M
Grain/Grain Alt.	Cornstarch	M	Y	N	-
Grain/Grain Alt.	Durum Flour	VH	N	N	Neg
Grain/Grain Alt.	Ezekiel Bread	-	N	N	-
Grain/Grain Alt.	Flour (Wheat)	VH	N	N	Neg
Grain/Grain Alt.	Kamut	H	N	N	-
Grain/Grain Alt.	Millet	VH	Y	N	Neg
Grain/Grain Alt.	Oats	M	N	N	Neg
Grain/Grain Alt.	Pappadum	Varies	Y^	N	Varies
Grain/Grain Alt.	Pasta	Varies	Y^	N	Varies
Grain/Grain Alt.	Quinoa	-	Y	N	-
Grain/Grain Alt.	Rice Flour	-	Y	N	-
Grain/Grain Alt.	Rice-Brown	M	Y	N	Neg
Grain/Grain Alt.	Rice-White	VL	Y	N	Neg
Grain/Grain Alt.	Rye	VH	N	N	Neg
Grain/Grain Alt.	Sorghum Flour	-	Y	N	-
Grain/Grain Alt.	Spelt	-	N	N	-
Grain/Grain Alt.	Sprouted Grain Bread	-	N	N	-
Grain/Grain Alt.	Tapioca	-	Y	N	-
Grain/Grain Alt.	Tapioca Flour	-	Y	N	-
Grain/Grain Alt.	Triticale	-	N	N	-
Grain/Grain Alt.	Wheat	VH	N	N	Neg
Grain/Grain Alt.	Wheat Germ	-	N	N	Neg

Herb, Spice, Flavoring	Allspice	-	Y	Y	VH
Herb, Spice, Flavoring	Basil	M	Y	Y	VH
Herb, Spice, Flavoring	Bay Leaf	-	Y	Y	VH
Herb, Spice, Flavoring	Carob	VH	Y	N	Neg
Herb, Spice, Flavoring	Chives	VL	Y	Y	L
Herb, Spice, Flavoring	Cilantro	VL	Y	Y	-
Herb, Spice, Flavoring	Cinnamon	H	Y	Y	VH
Herb, Spice, Flavoring	Curcumin	-	Y	Y	-
Herb, Spice, Flavoring	Fenugreek	-	Y	N	-
Herb, Spice, Flavoring	Ginger	L	Y	Y	M
Herb, Spice, Flavoring	Mustard (Spice)	VL	Y	Y	VH
Herb, Spice, Flavoring	Nutmeg	VL	Y	Y	VH
Herb, Spice, Flavoring	Oregano	H	Y	Y	VH
Herb, Spice, Flavoring	Paprika	-	Y	Y	VH
Herb, Spice, Flavoring	Parsley	L	Y	Y	L
Herb, Spice, Flavoring	Pepper, Black (spice)	H	Y	Y	VH
Herb, Spice, Flavoring	Pepper, White (spice)	VL	Y	Y	VH
Herb, Spice, Flavoring	Peppercorn	H	Y	Y	-
Herb, Spice, Flavoring	Rosemary	L	Y	Y	VH
Herb, Spice, Flavoring	Sage	L	Y	Y	VH
Herb, Spice, Flavoring	Salt	-	Y	Y	Neg
Herb, Spice, Flavoring	Tarragon	VL	Y	Y	VH
Herb, Spice, Flavoring	Thyme	L	Y	Y	VH
Herb, Spice, Flavoring	Turmeric	VH	Y	Y	VH
Herb, Spice, Flavoring	Vanilla	VL	Y	Y	VH
Herb, Spice, Flavoring	Vanillin	VL	Y	Y	-
Herb, Spice, Flavoring	Wasabi	-	Y^	N	-
Legume, Nut, Seed	Almonds	VH	Y	Y	VH
Legume, Nut, Seed	Bean Flour	Varies	Y	N	VL
Legume, Nut, Seed	Bean Sprouts	-	Y	N	L
Legume, Nut, Seed	Black Beans	VH	Y	Y	Neg
Legume, Nut, Seed	Black-Eyed Peas	L	Y	N	Neg
Legume, Nut, Seed	Brazil Nuts	-	Y	Y	H
Legume, Nut, Seed	Butter Beans	-	Y	N	-
Legume, Nut, Seed	Canellini Beans	-	Y	N	Neg
Legume, Nut, Seed	Cashews	VH	Y	Y	L
Legume, Nut, Seed	Chestnut Flour	-	Y	N	-
Legume, Nut, Seed	Chestnuts	VL	Y	Y*	-
Legume, Nut, Seed	Chick Peas	M	Y	N	Neg
Legume, Nut, Seed	Coconut	VL	Y	Y	M
Legume, Nut, Seed	Coconut Flour	-	Y	Y	-
Legume, Nut, Seed	Faba Beans	-	Y	N	Neg
Legume, Nut, Seed	Filberts (Hazelnuts)	VH	Y	Y	L
Legume, Nut, Seed	Flax Seed	L	Y	N	-
Legume, Nut, Seed	Garbanzo Beans	M	Y	N	Neg
Legume, Nut, Seed	Garfava Flour	-	Y	N	-
Legume, Nut, Seed	Hazelnuts (Filberts)	VH	Y	Y	L
Legume, Nut, Seed	Kidney Beans	H	Y	Y	Neg
Legume, Nut, Seed	Lentils -Boiled	M	Y	Y	Neg
Legume, Nut, Seed	Lima Beans	M	Y	Y	Neg
Legume, Nut, Seed	Macadamia Nuts	VH	Y	Y	H

Legume, Nut, Seed	Miso	-	Y	N	-
Legume, Nut, Seed	Mung Bean Sprouts	L	Y	N	L
Legume, Nut, Seed	Mung Beans	M	Y	N	Neg
Legume, Nut, Seed	Navy Beans	VH	Y	Y	Neg
Legume, Nut, Seed	Pea Flour	-	Y	N	-
Legume, Nut, Seed	Peanut Butter	VH	Y	Y*	M
Legume, Nut, Seed	Peanuts	VH	Y	Y	VH
Legume, Nut, Seed	Peas-Boiled	VL	Y	Y	L
Legume, Nut, Seed	Pecans	VH	Y	Y	L
Legume, Nut, Seed	Pine Nuts	VH	Y	Y	H
Legume, Nut, Seed	Pinto Beans	VH	Y	N	Neg
Legume, Nut, Seed	Pistachio Nuts	H	Y	Y	H
Legume, Nut, Seed	Pumpkin Seeds	M	Y	Y	-
Legume, Nut, Seed	Seed Butters	Varies	Y	N*	Varies
Legume, Nut, Seed	Seed Flour	Varies	Y	N*	Varies
Legume, Nut, Seed	Sesame Seeds	VH	Y	Y	H
Legume, Nut, Seed	Soy	VH	Y	N	Neg
Legume, Nut, Seed	Soybeans	VH	Y	N	Neg
Legume, Nut, Seed	Split Peas-Green	M	Y	Y	Neg
Legume, Nut, Seed	Split Peas-Yellow	L	Y	Y	L
Legume, Nut, Seed	Tahini	VH	Y	Y	H
Legume, Nut, Seed	Tofu	M	Y	N	Neg
Legume, Nut, Seed	Tofutti Cheese	-	Y	N	-
Legume, Nut, Seed	Walnuts	VH	Y	Y	H
Meat	Anchovies	-	Y	Y	-
Meat	Bacon	Neg	Y^	Y*	-
Meat	Beef	Neg	Y	Y	Neg
Meat	Canned Fish	-	Y^	Y*	-
Meat	Eggs	Neg	Y	Y	Neg
Meat	Fish	Neg	Y	Y	Neg
Meat	Ham	Neg	Y^	Y*	Neg
Meat	Hot Dogs	-	Y^	N	-
Meat	Lamb	Neg	Y	Y	Neg
Meat	Meats	Neg	Y	Y	Neg
Meat	Meats (Canned)	-	Y^	N	-
Meat	Meats (Processed)	-	Y^	N	-
Meat	Pork	Neg	Y	Y	Neg
Meat	Poultry	Neg	Y	Y	Neg
Meat	Sashimi	-	Y	Y	-
Meat	Shellfish	Neg	Y	Y	Neg
Meat	Smoked Meats	-	Y^	N*	-
Supplement	Aloe Vera Juice	VL	Y	N	-
Supplement	Chlorella	-	Y	N	-
Supplement	Echinacea	VL	Y	Y	-
Supplement	Flaxseed Oil	-	Y	Y	-
Supplement	Milk Thistle	VH	Y	Y	-
Supplement	Spirulina	VL	Y	N	-
Sweetener	Aspartame	VL	Y	Y	-
Sweetener	Corn Syrup	VL	Y	N	-
Sweetener	Cyclamate	-	Y	Y	-
Sweetener	Date Sugar	H	Y	N	VH

Sweetener	Evaporated Cane Juice	VL	Y	N	L
Sweetener	Glycerin	-	Y	Y	-
Sweetener	Glycerol	-	Y	Y	-
Sweetener	Granulated Glucose	-	Y	N	-
Sweetener	Honey	VL	Y	Y	VH
Sweetener	Isoglucose	-	N	N	-
Sweetener	Maltitol	-	Y	N	-
Sweetener	Mannitol	-	Y	N	-
Sweetener	Maple Syrup	VL	Y	N	Neg
Sweetener	Molasses	-	Y	N	M
Sweetener	Saccharine	VL	Y	Y	-
Sweetener	Sorbitol	-	Y	N	-
Sweetener	Splenda	VL	Y	N	-
Sweetener	Stevia	VH	Y	Y	-
Sweetener	Succanat	-	Y	N	-
Sweetener	Sucralose	VL	Y	N	-
Sweetener	Sugar	VL	Y	N	Neg
Sweetener	Tagatose	-	Y	N	-
Sweetener	Turbinado Sugar	VL	Y	N	L
Sweetener	Xylitol	-	Y	N	-
Vegetable	Acorn Squash	VL	Y	Y	-
Vegetable	Artichokes (French)	M	Y	Y	H
Vegetable	Asparagus	L	Y	Y	M
Vegetable	Bamboo Shoots	-	Y	N	Neg
Vegetable	Beets	VH	Y	Y	M
Vegetable	Bhindi	-	Y	N	-
Vegetable	Bitter Gourd	-	Y	N	-
Vegetable	Black Radish	-	Y	Y	-
Vegetable	Bok Choy	VL	Y	Y	-
Vegetable	Broccoli Tips-Boiled	L	Y	Y	H
Vegetable	Broccoli-Boiled	L	Y	Y	H
Vegetable	Broccoli-Raw	M	Y	Y	H
Vegetable	Broccoli-Steamed	H	Y	Y	H
Vegetable	Brussell Sprouts-Boiled	L	Y	Y	L
Vegetable	Brussell Sprouts-Raw	M	Y	Y	L
Vegetable	Brussell Sprouts-Steamed	H	Y	Y	L
Vegetable	Burdock Root	-	Y	N	-
Vegetable	Butternut Squash	-	Y	Y	-
Vegetable	Cabbage, Green-Boiled	L	Y	Y	L
Vegetable	Cabbage, Green-Raw	L	Y	Y	L
Vegetable	Cabbage, Green-Steamed	M	Y	Y	L
Vegetable	Cabbage, Red	-	Y	Y	Neg
Vegetable	Canned Vegetables	Varies	Y^	N	Varies
Vegetable	Capers	-	Y	Y	-
Vegetable	Carrots-Boiled	M	Y	Y	H
Vegetable	Carrots-Raw	VH	Y	Y	H
Vegetable	Carrots-Steamed	VH	Y	Y	H
Vegetable	Cauliflower-Boiled	VL	Y	Y	M
Vegetable	Cauliflower-Raw	L	Y	Y	M
Vegetable	Cauliflower-Steamed	L	Y	Y	M
Vegetable	Celeriac	-	Y	Y	-

Vegetable	Celeriac-Canned	M	Y	N	-
Vegetable	Celery-Raw	VH	Y	Y	Neg
Vegetable	Chard	VH	Y	Y	-
Vegetable	Chickory Root	-	Y	N	VH
Vegetable	Chili Peppers	H	Y	Y	H
Vegetable	Collard Greens-Boiled	M	Y	Y	-
Vegetable	Collard Greens-Raw	L	Y	Y	-
Vegetable	Collard Greens-Steamed	H	Y	Y	-
Vegetable	Courgette (Zucchini)	VL	Y	Y	VH
Vegetable	Cucumbers	VL	Y	Y	H
Vegetable	Dandelion Greens	H	Y	Y	-
Vegetable	Eggplant	M	Y	Y	H
Vegetable	Garlic	-	Y	Y	L
Vegetable	Green Beans	VL	Y	Y	M
Vegetable	Haricot Beans	-	Y	Y	M
Vegetable	Jaggery (Gur)	-	Y	N	-
Vegetable	Jalapenos	-	Y	Y	VH
Vegetable	Kale	-	Y	Y	-
Vegetable	Kimchi	-	Y	Y	-
Vegetable	Kohlrabi	VL	Y	Y	-
Vegetable	Kudzu (or Kuzu)	-	Y	N	-
Vegetable	Leek	M	Y	Y	Neg
Vegetable	Lettuce	VL	Y	Y	Neg
Vegetable	Mushrooms	VL	Y	Y	M
Vegetable	Okra	VH	Y	N	H
Vegetable	Olives, Black	VH	Y	Y	M
Vegetable	Olives, Green	VH	Y	Y	H
Vegetable	Onions	L	Y	Y	L
Vegetable	Parsnips	-	Y	N	H
Vegetable	Peppers, Green	M	Y	Y	VH
Vegetable	Peppers, Red	VL	Y	Y	H
Vegetable	Pickles (Dill)	VL	Y^	Y*	VH
Vegetable	Potatoes, Red-Peeled	M	Y	N	-
Vegetable	Potatoes-Peeled	VH	Y	N	Neg
Vegetable	Potatoes-Unpeeled	VH	Y	N	M
Vegetable	Pumpkin-Canned	VL	Y	N	M
Vegetable	Pumpkin-Raw	Neg	Y	Y	M
Vegetable	Radishes-Red	Neg	Y	Y	VH
Vegetable	Radishes-White	VL	Y	Y	VH
Vegetable	Rhubarb	VH	Y	Y	-
Vegetable	Rutabaga	-	Y	Y	-
Vegetable	Sauerkraut	M	Y	Y	-
Vegetable	Seaweed	-	Y	N	-
Vegetable	Sorrel	H	Y	Y	-
Vegetable	Spaghetti Squash	-	Y	Y	-
Vegetable	Spinach -Fresh	VH	Y	Y	H
Vegetable	Spinach-Frozen	VH	Y	Y	M
Vegetable	String Beans	M	Y	Y	L
Vegetable	Sweet Potatoes	VH	Y	N	H
Vegetable	Taro	-	Y	N	-
Vegetable	Tomato Paste-Canned	H	Y	N	VH

Vegetable	Tomato Purée-Canned	H	Y	N	VH
Vegetable	Tomato Sauce-Canned	H	Y	N	VH
Vegetable	Tomatoes-Fresh	M	Y	Y	M
Vegetable	Turnip (Swede)	VL	Y	N	Neg
Vegetable	Water Chestnuts	VL	Y	N	VH
Vegetable	Watercress	Neg	Y	Y	H
Vegetable	Yams	-	Y	N	-
Vegetable	Yellow Dock	H		N	
Vegetable	Yucca Root	-	Y	N	-
Vegetable	Zucchini	VL	Y	Y	VH
Key For Chart:					
Oxalate Content	Salicylate Content	GFCF Status	SCD Status		
- = unknown	- = unknown				
Neg=0mg	Neg=0mg	N=No	N=No		
VL=0.1-2.9mg	L=0.01-0.09mg	Y=Yes	Y=Yes		
L=3.0-4.9mg	M=0.10-0.19mg	Y^=Check	Y*=Check		
M=5.0-9.9mg	H=0.20-0.99	gfcfdiet.com	breakingthe		
H=10.0-14.9mg	VH=1.00mg & up	for more	viciouscycle.		
VH=15.0mg & up		details	info for		
			more details		
Bold item values					
taken from	Most information from				
Consolidated	www.plantpoisonsand				
Oxalate List from	rottenstuff.info				
TLO files					
	Other websites were also				
All other values from:	consulted.				
The Low Oxalate					
Cookbook 2					