

UROLOGICAL MEDICAL GROUP OF NORTH ORANGE COUNTY
Adult and Pediatric Urology

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FOODS HIGH IN OXALATES

Green Beans	Sweet Potato
Wax Beans	Currants
Beets	Figs
Beet Greens	Gooseberries
Chard	Concord grapes
Endive	Plums
Okra	Rhubarb
Spinach	Raspberries
Chocolate	Almonds
Cocoa	Cashews
Tea	

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