

Oxalate-Aware Food Guide

Oxalates are natural compounds found in many healthy plant foods. While they can offer benefits, excessive intake can lead to health challenges such as kidney stones, joint pain, and inflammation. Some individuals also experience a detox-like reaction known as 'oxalate dumping' when reducing these foods.

Balance Is Key

Enjoy oxalate-rich foods in moderation and rotate your intake. Incorporate calcium-rich foods to help bind oxalates in the gut.

"All things are lawful," but not all things are helpful. "All things are lawful," but not all things build up.

(1 Corinthians 10:23)

So whether you eat or drink or whatever you do, do it all for the glory of God.

(1 Corinthians 10:31)

Recipe: Beef Tips with Broccoli & Carrots over Basmati Rice

- 1 lb beef tips
- 2 cups broccoli florets
- 1 cup sliced carrots
- 1 tbsp olive oil
- Garlic, sea salt, black pepper to taste
- 2 cups cooked basmati rice

Sauté beef tips in olive oil with garlic and seasoning. Add carrots and cook until tender. Add broccoli and sauté lightly to retain crunch. Serve over warm basmati rice.

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Oxalate Intake & Symptom Tracker

Date	Meals / Snacks	High-Oxalate Foods	Symptoms Noticed	Water Intake	Notes

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