

Food	Oxalate Content	GFCF Status	SCD Status	Salicylate Content	Category
Acorn Squash	VL	Y	Y	-	Vegetable
Alfalfa Sprouts	L	Y	N	-	Grain/Grain Alt.
Allspice	-	Y	Y	VH	Herb, Spice, Flavoring
Almonds	VH	Y	Y	VH	Legume, Nut, Seed
Aloe Vera Juice	VL	Y	N	-	Supplement
Amaranth	H	Y	N	-	Grain/Grain Alt.
Anchovies	-	Y	Y	-	Meat
Apple Cider	-	Y	Y	-	Beverage
Apple Cider Vinegar	VL	Y	Y	-	Condiment
Apple Juice	VL	Y	N	M	Beverage
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
Artichokes (French)	M	Y	Y	H	Vegetable
Asiago cheese	-	N	Y	Neg	Dairy
Asparagus	L	Y	Y	M	Vegetable
Aspartame	VL	Y	Y	-	Sweetener
Avocado Oil	-	Y	Y	-	Fat
Avocados	VL	Y	Y	H	Fruit
Bacon	Neg	Y^	Y*	-	Meat
Baker's Yeast	M	Y	N	-	Baking Ingredient
Baking Powder	VL	Y	N	-	Baking Ingredient
Baking Soda	Neg	Y	Y	-	Baking Ingredient
Bamboo Shoots	-	Y	N	Neg	Vegetable
Bananas	M	Y	Y	Neg	Fruit
Barley	L	N	N	Neg	Grain/Grain Alt.
Basil	M	Y	Y	VH	Herb, Spice, Flavoring
Bay Leaf	-	Y	Y	VH	Herb, Spice, Flavoring
Bean Flour	Varies	Y	N	VL	Legume, Nut, Seed
Bean Sprouts	-	Y	N	L	Legume, Nut, Seed
Beef	Neg	Y	Y	Neg	Meat
Beer	Varies	Y^	N	Varies	Alcoholic Bev.
Beets	VH	Y	Y	M	Vegetable
Bhindi	-	Y	N	-	Vegetable
Bitter Gourd	-	Y	N	-	Vegetable
Black Beans	VH	Y	Y	Neg	Legume, Nut, Seed
Black Radish	-	Y	Y	-	Vegetable
Black-Eyed Peas	L	Y	N	Neg	Legume, Nut, Seed
Blackberries	VH	Y	Y	VH	Fruit
Blue Cheese	-	N	Y	-	Dairy
Blueberries	-	Y	Y	VH	Fruit
Bok Choy	VL	Y	Y	-	Vegetable
Bourbon	-	N	Y	-	Alcoholic Bev.
Brandy	-	Y	N	H	Alcoholic Bev.
Brazil Nuts	-	Y	Y	H	Legume, Nut, Seed
Brick cheese	-	N	Y	Neg	Dairy
Brie Cheese	-	N	Y	Neg	Dairy

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
Buckwheat	VH	Y	N	Neg	Grain/Grain Alt.
Bulgur	-	N	N	-	Grain/Grain Alt.
Burdock Root	-	Y	N	-	Vegetable
Butter	VL	N	Y	Neg	Fat
Butter Beans	-	Y	N	-	Legume, Nut, Seed
Buttermilk	VL	N	N	Neg	Beverage
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
Camembert Cheese	-	N	Y	Neg	Dairy
Canellini Beans	-	Y	N	Neg	Legume, Nut, Seed
Canned Fish	-	Y^	Y*	-	Meat
Canned Fruits	Varies	Y^	Y*	Varies	Fruit
Canned Vegetables	Varies	Y^	N	Varies	Vegetable
Canola Oil	L	Y	Y*	Neg	Fat
Cantaloupe	-	Y	Y	VH	Fruit
Capers	-	Y	Y	-	Vegetable
Carob	VH	Y	N	Neg	Herb, Spice, Flavoring
Carrots-Boiled	M	Y	Y	H	Vegetable
Carrots-Raw	VH	Y	Y	H	Vegetable
Carrots-Steamed	VH	Y	Y	H	Vegetable
Casaba (Melon)	L	Y	Y	-	Fruit
Cashews	VH	Y	Y	L	Legume, Nut, Seed
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
Cheddar Cheese	VL	N	Y	Neg	Dairy
Cherimoya	-	Y	Y	-	Fruit
Cherries-Fresh	VL	Y	Y	H	Fruit
Cherry Juice	L	Y	Y*	-	Beverage
Chestnut Flour	-	Y	N	-	Legume, Nut, Seed
Chestnuts	VL	Y	Y*	-	Legume, Nut, Seed
Chevre	-	N	N	Neg	Dairy
Chick Peas	M	Y	N	Neg	Legume, Nut, Seed
Food	Oxalate Content	GFCF Status	SCD Status	Salicylate Content	Category
Chickory Root	-	Y	N	VH	Vegetable
Chili Peppers	H	Y	Y	H	Vegetable

Chives	VL	Y	Y	L	Herb, Spice, Flavoring
Chlorella	-	Y	N	-	Supplement
Chocolate	VH	Y	N	Neg	Baking Ingredient
Chocolate Milk	H	N	N	Neg	Beverage
Cilantro	VL	Y	Y	-	Herb, Spice, Flavoring
Cinnamon	H	Y	Y	VH	Herb, Spice, Flavoring
Club Soda	Neg	Y	Y	-	Beverage
Cocoa Powder	VH	Y	N	M	Baking Ingredient
Coconut	VL	Y	Y	M	Legume, Nut, Seed
Coconut Flour	-	Y	Y	-	Legume, Nut, Seed
Coconut Milk	-	Y	Y*	-	Beverage
Coconut Oil	-	Y	Y	H	Fat
Coffee	VL	Y	Y	Varies	Beverage
Coffee (Instant)	VL	Y	N	Varies	Beverage
Colby Cheese	-	N	Y	Neg	Dairy
Collard Greens-Boiled	M	Y	Y	-	Vegetable
Collard Greens-Raw	L	Y	Y	-	Vegetable
Collard Greens-Steamed	H	Y	Y	-	Vegetable
Corn	L	Y	N	M	Grain/Grain Alt.
Corn Oil	-	Y	Y	M	Fat
Corn Syrup	VL	Y	N	-	Sweetener
Cornstarch	M	Y	N	-	Grain/Grain Alt.
Cottage Cheese	-	N	N	-	Dairy
Courgette (Zucchini)	VL	Y	Y	VH	Vegetable
Cranberry Juice	VL	Y	Y*	VH	Beverage
Cream	-	N	N	Neg	Dairy
Cream Cheese	-	N	N	Neg	Dairy
Cream of Tartar	VL	Y	N	-	Baking Ingredient
Cucumbers	VL	Y	Y	H	Vegetable
Curcumin	-	Y	Y	-	Herb, Spice, Flavoring
Currants-Black	H	Y	Y	VH	Fruit
Currants-Red	H	Y	Y	VH	Fruit
Custard Apple	-	Y	Y	-	Fruit
Cyclamate	-	Y	Y	-	Sweetener
Dandelion Greens	H	Y	Y	-	Vegetable
Date Sugar	H	Y	N	VH	Sweetener
Dates	H	Y	Y*	VH	Fruit
Decaffeinated Products	Varies	Y^	N	Varies	Beverage
Dewberries	H	Y	Y	VH	Fruit
Dry Curd Cottage Cheese	-	N	Y	Neg	Dairy
Durum Flour	VH	N	N	Neg	Grain/Grain Alt.
Echinacea	VL	Y	Y	-	Supplement
Edam cheese	-	N	Y	Neg	Dairy
Eggplant	M	Y	Y	H	Vegetable
Eggs	Neg	Y	Y	Neg	Meat
Evaporated Cane Juice	VL	Y	N	L	Sweetener
Food	Oxalate Content	GFCF Status	SCD Status	Salicylate Content	Category
Ezekiel Bread	-	N	N	-	Grain/Grain Alt.
Faba Beans	-	Y	N	Neg	Legume, Nut, Seed
Fenugreek	-	Y	N	-	Herb, Spice, Flavoring

Feta Cheese	-	N	N	Neg	Dairy
Figs-Dried	VH	Y	Y	H	Fruit
Figs-Fresh	VH	Y	Y	M	Fruit
Filberts (Hazelnuts)	VH	Y	Y	L	Legume, Nut, Seed
Fish	Neg	Y	Y	Neg	Meat
Flax Seed	L	Y	N	-	Legume, Nut, Seed
Flaxseed Oil	-	Y	Y	-	Supplement
Flour (Wheat)	VH	N	N	Neg	Grain/Grain Alt.
Garbanzo Beans	M	Y	N	Neg	Legume, Nut, Seed
Garfava Flour	-	Y	N	-	Legume, Nut, Seed
Garlic	-	Y	Y	L	Vegetable
Gelatin (Unflavored)	VL	Y	Y	-	Baking Ingredient
Ghee	VL	Y	Y	Neg	Dairy
Gin	-	Y	Y	Neg	Alcoholic Bev.
Ginger	L	Y	Y	M	Herb, Spice, Flavoring
Gjetost Cheese	-	N	N	Neg	Dairy
Glycerin	-	Y	Y	-	Sweetener
Glycerol	-	Y	Y	-	Sweetener
Gooseberries	<b>H</b>	Y	Y	VH	Fruit
Gorgonzola Cheese	-	N	Y	Neg	Dairy
Gouda Cheese	-	N	Y	Neg	Dairy
Granulated Glucose	-	Y	N	-	Sweetener
Grape Juice-Purple	-	Y	Y	H	Beverage
Grape Juice-Red	M	Y	Y	H	Beverage
Grape Juice-White	L	Y	Y	M	Beverage
Grapefruit	-	Y	Y	H	Fruit
Grapefruit Juice	VL	Y	Y*	H	Beverage
Grapes-Green	VL	Y	Y	VH	Fruit
Grapes-Red	L	Y	Y	H	Fruit
Green Beans	VL	Y	Y	M	Vegetable
Green Tea	M to H	Y	Y	VH	Beverage
Gruyere Cheese	-	N	Y	Neg	Dairy
Guar Gum	-	Y	N	-	Baking Ingredient
Ham	Neg	Y^	Y*	Neg	Meat
Haricot Beans	-	Y	Y	M	Vegetable
Havarti Cheese	-	N	Y	Neg	Dairy
Hazelnuts (Filberts)	VH	Y	Y	L	Legume, Nut, Seed
Honey	VL	Y	Y	VH	Sweetener
Honeydew	VL	Y	Y	-	Fruit
Horseradish Sauce	-	Y^	Y*	M	Condiment
Hot Dogs	-	Y^	N	-	Meat
Huckleberries	<b>L</b>	Y	Y	VH	Fruit
Isoglucose	-	N	N	-	Sweetener
Jaggery (Gur)	-	Y	N	-	Vegetable
Jalapenos	-	Y	Y	VH	Vegetable
Jicama	-	Y	N	-	Fruit
Kale	-	Y	Y	-	Vegetable
Kamut	<b>H</b>	N	N	-	Grain/Grain Alt.
Kefir	-	N	Y*	Neg	Dairy
Ketchup	VL	Y^	Y*	VH	Condiment
Kidney Beans	H	Y	Y	Neg	Legume, Nut, Seed

Kimchi	-	Y	Y	-	Vegetable
Kiwi fruit	VH	Y	Y	H	Fruit
Kohlrabi	VL	Y	Y	-	Vegetable
Kudzu (or Kuzu)	-	Y	N	-	Vegetable
Kumquats	VL	Y	Y	-	Fruit
Lactaid Milk	L	N	N	Neg	Beverage
Lactose Hydrolyzed Milk	L	N	N	Neg	Beverage
Lamb	Neg	Y	Y	Neg	Meat
Lecithin (soy)	VL	Y	N	Neg	Fat
Leek	M	Y	Y	Neg	Vegetable
Lemon Juice	L	Y	Y	-	Fruit
Lemon Peel	H	Y	Y	-	Fruit
Lemons	VL	Y	Y	M	Fruit
Lentils -Boiled	M	Y	Y	Neg	Legume, Nut, Seed
Lettuce	VL	Y	Y	Neg	Vegetable
Lima Beans	M	Y	Y	Neg	Legume, Nut, Seed
Limburger Cheese	-	N	Y	Neg	Dairy
Lime Juice	L	Y	Y	-	Fruit
Lime Peel	H	Y	Y	-	Fruit
Limes	M	Y	Y	L	Fruit
Lychees	L	Y	Y	-	Fruit
Macadamia Nuts	VH	Y	Y	H	Legume, Nut, Seed
Macadamia Oil	-	Y	Y	-	Fat
Maltitol	-	Y	N	-	Sweetener
Manchego Cheese	-	N	Y	Neg	Dairy
Mandarin Oranges	M	Y	Y	-	Fruit
Mangos	L	Y	Y	M	Fruit
Mannitol	-	Y	N	-	Sweetener
Maple Syrup	VL	Y	N	Neg	Sweetener
Margarine	-	Y^	N	Neg	Fat
Mayonnaise	L	Y^	Y*	-	Condiment
Mead	-	Y^	Y*	-	Alcoholic Bev.
Meats	Neg	Y	Y	Neg	Meat
Meats (Canned)	-	Y^	N	-	Meat
Meats (Processed)	-	Y^	N	-	Meat
Milk	VL	N	N	Neg	Beverage
Milk Thistle	VH	Y	Y	-	Supplement
Millet	VH	Y	N	Neg	Grain/Grain Alt.
Miso	-	Y	N	-	Legume, Nut, Seed
Molasses	-	Y	N	M	Sweetener
Monterey Jack Cheese	-	N	Y	Neg	Dairy
Mozzarella Cheese	-	N	N	Neg	Dairy
Muenster Cheese	-	N	Y	Neg	Dairy
Mung Bean Sprouts	L	Y	N	L	Legume, Nut, Seed
Mung Beans	M	Y	N	Neg	Legume, Nut, Seed
Mushrooms	VL	Y	Y	M	Vegetable
Mustard (Spice)	VL	Y	Y	VH	Herb, Spice, Flavoring
Navy Beans	VH	Y	Y	Neg	Legume, Nut, Seed
Nectarines	-	Y	Y	H	Fruit
Neufchatel Cheese	-	N	N	Neg	Dairy
Noni Juice	-	Y	N	-	Beverage

Nutmeg	VL	Y	Y	VH	Herb, Spice, Flavoring
Oats	M	N	N	Neg	Grain/Grain Alt.
Okra	VH	Y	N	H	Vegetable
Olive Oil	L	Y	Y	H	Fat
Olives, Black	VH	Y	Y	M	Vegetable
Olives, Green	VH	Y	Y	H	Vegetable
Onions	L	Y	Y	L	Vegetable
Orange Juice-Fresh	VL	Y	Y	M	Beverage
Orange Juice-Frozen	VL	Y	N	M	Beverage
Orange Peel	H	Y	Y	-	Fruit
Oranges	H	Y	Y	VH	Fruit
Oregano	H	Y	Y	VH	Herb, Spice, Flavoring
Papayas	M	Y	Y	L	Fruit
Pappadum	Varies	Y^	N	Varies	Grain/Grain Alt.
Paprika	-	Y	Y	VH	Herb, Spice, Flavoring
Parmesan Cheese	L	N	Y	Neg	Dairy
Parsley	L	Y	Y	L	Herb, Spice, Flavoring
Parsnips	-	Y	N	H	Vegetable
Passion Fruit	VL	Y	Y	M	Fruit
Pasta	Varies	Y^	N	Varies	Grain/Grain Alt.
Pea Flour	-	Y	N	-	Legume, Nut, Seed
Peaches	VL	Y	Y	H	Fruit
Peanut Butter	VH	Y	Y*	M	Legume, Nut, Seed
Peanut Oil	-	Y	Y	M	Fat
Peanuts	VH	Y	Y	VH	Legume, Nut, Seed
Pears-Peeled	L	Y	Y	Neg	Fruit
Pears-Unpeeled	M	Y	Y	H	Fruit
Peas-Boiled	VL	Y	Y	L	Legume, Nut, Seed
Pecans	VH	Y	Y	L	Legume, Nut, Seed
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
Peppermint Tea		Y	Y	VH	Beverage
Peppers, Green	M	Y	Y	VH	Vegetable
Peppers, Red	VL	Y	Y	H	Vegetable
Persimmons	H	Y	Y	M	Fruit
Pickles (Dill)	VL	Y^	Y*	VH	Vegetable
Pine Nuts	VH	Y	Y	H	Legume, Nut, Seed
Pineapple	L	Y	Y	VH	Fruit
Pineapple Juice	VL	Y	Y*	M	Beverage
Pinto Beans	VH	Y	N	Neg	Legume, Nut, Seed
Pistachio Nuts	H	Y	Y	H	Legume, Nut, Seed
Plantains	-	Y	N	-	Fruit
Plums	L	Y	Y	M	Fruit
Pomegranate Concentrate	-	Y	N	-	Beverage
Pork	Neg	Y	Y	Neg	Meat
Port du Salut Cheese	-	N	Y	Neg	Dairy
Port Wine	Neg	Y	N	VH	Alcoholic Bev.
Postum	-	N	N	-	Beverage
Potatoes, Red-Peeled	M	Y	N	-	Vegetable
Potatoes-Peeled	VH	Y	N	Neg	Vegetable

Potatoes-Unpeeled	VH	Y	N	M	Vegetable
Poultry	Neg	Y	Y	Neg	Meat
Primost Cheese	-	N	N	Neg	Dairy
Provolone Cheese	-	N	Y	Neg	Dairy
Prunes	-	Y	Y	VH	Fruit
Pumpkin Seeds	M	Y	Y	-	Legume, Nut, Seed
Pumpkin-Canned	VL	Y	N	M	Vegetable
Pumpkin-Raw	Neg	Y	Y	M	Vegetable
Quinoa	-	Y	N	-	Grain/Grain Alt.
Radishes-Red	Neg	Y	Y	VH	Vegetable
Radishes-White	VL	Y	Y	VH	Vegetable
Raisins	L	Y	Y	VH	Fruit
Raspberries-Black	<b>VH</b>	Y	Y	VH	Fruit
Raspberries-Red	<b>H</b>	Y	Y	VH	Fruit
Rhubarb	VH	Y	Y	-	Vegetable
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.
Ricotta Cheese	-	N	N	Neg	Dairy
Romano Cheese	-	N	Y	Neg	Dairy
Roquefort Cheese	-	N	Y	Neg	Dairy
Rosemary	L	Y	Y	VH	Herb, Spice, Flavoring
Rutabaga	-	Y	Y	-	Vegetable
Rye	VH	N	N	Neg	Grain/Grain Alt.
Saccharine	VL	Y	Y	-	Sweetener
Safflower Oil	-	Y	Y	Neg	Fat
Sage	L	Y	Y	VH	Herb, Spice, Flavoring
Sake	-	Y	N	-	Alcoholic Bev.
Salt	-	Y	Y	Neg	Herb, Spice, Flavoring
Sashimi	-	Y	Y	-	Meat
Sauerkraut	M	Y	Y	-	Vegetable
Scotch Whisky	VL	Y	Y	Neg	Alcoholic Bev.
Seaweed	-	Y	N	-	Vegetable
Seed Butters	Varies	Y	N*	Varies	Legume, Nut, Seed
Seed Flour	Varies	Y	N*	Varies	Legume, Nut, Seed
Sesame Oil	VH	Y	Y	M	Fat
Sesame Seeds	VH	Y	Y	H	Legume, Nut, Seed
Sharifa	-	Y	Y	-	Fruit
Shellfish	Neg	Y	Y	Neg	Meat
Sherry	Neg	Y	N	M	Alcoholic Bev.
Smoked Meats	-	Y^	N*	-	Meat
Sorbitol	-	Y	N	-	Sweetener
Sorghum Flour	-	Y	N	-	Grain/Grain Alt.
Sorrel	<b>H</b>	Y	Y	-	Vegetable
Sour Cream	-	N	N	Neg	Dairy
Soy	VH	Y	N	Neg	Legume, Nut, Seed
Soy Lecithin	VL	Y	N	Neg	Fat
Soy Sauce	-	Y^	N	Neg	Condiment
Soybean Milk	VH	Y	N	Neg	Beverage
Soybean Oil	VL	Y	Y	Neg	Fat
Soybeans	VH	Y	N	Neg	Legume, Nut, Seed

Spaghetti Squash	-	Y	Y	-	Vegetable
Spearmint Tea	VL	Y	Y	VH	Beverage
Spelt	-	N	N	-	Grain/Grain Alt.
Spinach -Fresh	VH	Y	Y	H	Vegetable
Spinach-Frozen	VH	Y	Y	M	Vegetable
Spirulina	VL	Y	N	-	Supplement
Splenda	VL	Y	N	-	Sweetener
Split Peas-Green	M	Y	Y	Neg	Legume, Nut, Seed
Split Peas-Yellow	L	Y	Y	L	Legume, Nut, Seed
Sprouted Grain Bread	-	N	N	-	Grain/Grain Alt.
Star Fruit	VH	Y	Y	-	Fruit
Stevia	VH	Y	Y	-	Sweetener
Stilton Cheese	-	N	Y	Neg	Dairy
String Beans	M	Y	Y	L	Vegetable
Succanat	-	Y	N	-	Sweetener
Sucralose	VL	Y	N	-	Sweetener
Sugar	VL	Y	N	Neg	Sweetener
Sunflower Oil	-	Y	Y	Neg	Fat
Sweet Potatoes	VH	Y	N	H	Vegetable
Swiss Cheese	L	N	Y	Neg	Dairy
Tabasco Sauce	-	Y^	Y*	-	Condiment
Tagatose	-	Y	N	-	Sweetener
Tahini	<b>VH</b>	Y	Y	H	Legume, Nut, Seed
Tamari	-	Y^	N	Neg	Condiment
Tamarind	-	Y	N	-	Fruit
Tangerines	-	Y	Y	VH	Fruit
Tapioca	-	Y	N	-	Grain/Grain Alt.
Tapioca Flour	-	Y	N	-	Grain/Grain Alt.
Taro	-	Y	N	-	Vegetable
Tarragon	VL	Y	Y	VH	Herb, Spice, Flavoring
Tea	Varies	^	*	Varies	Beverage
Thyme	L	Y	Y	VH	Herb, Spice, Flavoring
Tofu	M	Y	N	Neg	Legume, Nut, Seed
Tofutti Cheese	-	Y	N	-	Legume, Nut, Seed
Tomato juice (canned)	M	Y	Y	M	Beverage
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
Triticale	-	N	N	-	Grain/Grain Alt.
Turbinado Sugar	VL	Y	N	L	Sweetener
Turmeric	VH	Y	Y	VH	Herb, Spice, Flavoring
Turnip (Swede)	VL	Y	N	Neg	Vegetable
V8 Juice	H	Y	N	VH	Beverage
Vanilla	VL	Y	Y	VH	Herb, Spice, Flavoring
Vanillin	VL	Y	Y	-	Herb, Spice, Flavoring
Vinegar	<b>L</b>	Y^	Y*	-	Baking Ingredient
Vodka	-	Y	Y	Neg	Alcoholic Bev.
Walnut oil	-	Y	Y	M	Fat
Walnuts	VH	Y	Y	H	Legume, Nut, Seed
Wasabi	-	Y^	N	-	Herb, Spice, Flavoring



Water Chestnuts	VL	Y	N	VH	Vegetable
Watercress	Neg	Y	Y	H	Vegetable
Watermelon	VL	Y	Y	H	Fruit
Wheat	VH	N	N	Neg	Grain/Grain Alt.
Wheat Germ	-	N	N	Neg	Grain/Grain Alt.
Wine	Varies	Y^	Y*	Varies	Alcoholic Bev.
Xanthum Gum	-	Y	N	-	Baking Ingredient
Xylitol	-	Y	N	-	Sweetener
Yams	-	Y	N	-	Vegetable
Yellow Dock	<b>H</b>		N		Vegetable
Yogurt (Commercial)	VL	N	N	Neg	Dairy
Yogurt (Homemade)	-	N	Y	Neg	Dairy
Yucca Root	-	Y	N	-	Vegetable
Zucchini	VL	Y	Y	VH	Vegetable
Key For Chart:	Oxalate Content	GFCF Status	SCD Status	Salicylate Content	
	- = unknown	N=No	N=No	- = unknown	
	Negligible			Negligible	
	Neg=0mg	Y=Yes	Y=Yes	Neg=0mg	
	Very Low			Low	
	VL=0.1-2.9mg	Y^=Check	Y*=Check	L=0.01-0.09mg	
	Low	gfcfdiet.com	breakingthe	Moderate	
	L=3.0-4.9mg	for more	viciouscycle.	M=0.10-0.19mg	
	Moderate	details	info for	High	
	M=5.0-9.9mg		more details	H=0.20-0.99	
	High			Very High	
	H=10.0-14.9mg			VH=1.00mg & up	
	Very High				
	VH=15.0mg & up				
	All other values			Values from	
	from:			<a href="http://www.plantpoisons">www.plantpoisons</a>	
	The Low Oxalate			androttenstuff	
	Cookbook 2			.info	
	Bold item values				
	taken from				
	Consolidated				
	Oxalate List from				
	TLO files				