



High-Oxalate Foods: What to Pair to Reduce Absorption

A quick-reference guide to pairing high-oxalate foods with calcium-rich foods to help minimize oxalate absorption.



The List

Food Item	Oxalate Content	Pair With to Minimize Absorption
Spinach (cooked, 1 cup)	~755 mg	Dairy (cheese, yogurt, milk) or calcium-rich food in same meal
Rhubarb (1 cup, cooked)	~540 mg	Greek yogurt, custard, or a calcium supplement with meal
Beet greens (1 cup, cooked)	~900+ mg	Feta cheese, cottage cheese
Swiss chard (1 cup, cooked)	~650 mg	Dairy or calcium-rich food in same meal
Almonds (1 oz / ~23 nuts)	~120 mg	Pair with a glass of milk or yogurt (not almond milk)
Beets (1/2 cup, cooked)	~75 mg	Goat cheese, feta, or sour cream
Cocoa powder (4 tbsp)	~170 mg	Make hot cocoa with real milk, not water
Dark chocolate (1 oz)	~50–60 mg	Have with milk or a slice of cheese
Soy products (tofu, soy milk, edamame)	~20–250 mg	Calcium-set tofu; add dairy or calcium-fortified foods
Sweet potatoes (1 medium)	~140 mg	Butter + cheese, or pair with calcium-rich greens like kale
Potatoes (1 medium, with skin)	~65–100 mg	Sour cream, cheese, or milk-based soup
Okra (1 cup)	~60 mg	Yogurt-based curry or buttermilk
Raspberries (1 cup)	~45–50 mg	Whipped cream or yogurt parfait
Tea (black, 1 cup)	~15–20 mg	Add milk (classic "milk tea" reduces oxalate absorption)
Nuts & seeds (peanuts, cashews, sesame)	~10–50 mg	Pair with dairy or calcium-rich meals
Wheat bran (1/2 cup)	~50 mg	Mix into yogurt or milk-based cereal
Legumes (navy beans, peanuts, lentils)	~10–40 mg	Cook well; add cheese or yogurt
Amaranth (1 cup, cooked)	~170 mg	Cook in milk like porridge
Quinoa (1 cup, cooked)	~30–40 mg	Serve with cheese, beans + dairy topping

Quick Rules

- **Calcium is the antidote** — oxalate binds to calcium in the gut, so always eat high-oxalate foods with a calcium source (dairy is best; calcium-set tofu and fortified foods work too).
- **Boil and drain** — boiling spinach, beet greens, or chard and discarding the water removes a large chunk of the oxalates.
- **Drink plenty of water** — dilution reduces the chance of kidney stone formation.
- **Don't avoid everything** — oxalate is only a problem if you're prone to kidney stones or have gut absorption issues. Pairing, not elimination, is the smart move.

Remember

The exact oxalate numbers vary wildly depending on the source, growing conditions, and cooking method — databases don't all agree. Treat the mg figures as relative rankings (spinach is very high, raspberries are moderate) rather than gospel. The pairing advice is the part that holds up regardless.