

## The Oxalate Content of Food

The oxalate content of food can vary considerably between plants of the same species, due to differences in climate, soil quality, state of ripeness, or even which part of the plant is analyzed. Variations also may be caused by the different methods used for measuring oxalate in food. Published values for some foods can vary from negligible amounts to moderately high, so the foods have been grouped into broad ranges based on the higher values reported for each food. These food tables were compiled using the most up to date information available as of November 2007. In using these tables, it is very important to pay attention to the serving sizes listed.

A low oxalate diet is usually defined as less than 80mg oxalate per day. However, dietary oxalate restrictions will vary depending on the underlying condition causing high oxalate levels. The following suggested oxalate restrictions should be used only as a guide. Please check with your health provider to determine the appropriate level of oxalate restriction for you.

- **Group 1 - Very high oxalate foods:** all patients with calcium oxalate kidney stones, including those with Primary Hyperoxaluria are advised to avoid these foods.
- **Group 2 - High oxalate foods:** people with calcium oxalate kidney stones and high urine oxalate levels (hyperoxaluria), except those with Primary Hyperoxaluria are advised to avoid these foods. People with Primary Hyperoxaluria may not benefit from restricting these foods, as this will only limit their intake of other important nutrients without improving the hyperoxaluria.
- **Group 3 - Moderate oxalate foods:** Patients with Enteric Hyperoxaluria, should avoid these foods and all foods in Group 1 and 2. They should also follow a low fat diet with a high daily fluid intake. It may not be necessary for others with kidney stones and hyperoxaluria to restrict these foods, provided they consume adequate calcium at each meal (equivalent of 2/3 cup milk or 1 oz cheese or approximately 200mg calcium) & drink plenty of fluids.
- **Group 4 - Low oxalate foods:** These foods should be safe for most people with calcium oxalate stones regardless of the underlying cause, provided they eat adequate calcium at each meal & drink plenty of fluids.

### Group 1 - VERY HIGH OXALATE FOODS

All patients with calcium oxalate kidney stones, including those with Primary Hyperoxaluria should avoid these foods in any amount.

|   |   |   |
|---|---|---|
| All Bran ®  | Chocolate soy milk  | Rhubarb, cooked or raw  |
| Almonds   | Miso  | Sesame seeds, whole, dried  |
| Buckwheat flour, whole-grout  | Mixed nuts without peanuts  | Spinach, raw or cooked  |
| Beets, cooked, pickled and raw  | Tahini  | Swiss chard, red or green, raw & cooked                                 |
|   |   |   |
| <b>Group 2 - HIGH</b>   | <b>Group 3 - MODERATE</b>   | <b>Group 4 - LOW</b>  |
| <b>26 - 99mg per serving</b>  | <b>10 - 25mg per serving</b>  | <b>5-10mg per serving</b>   |
| <b>*Less than 5mg per serving</b>                                       |   |   |
| <b>NUTS &amp; SEEDS - ¼ cup serving</b><br>(unless indicated otherwise) | <b>NUTS &amp; SEEDS - ¼ cup serving</b><br>(unless indicated otherwise) | <b>NUTS &amp; SEEDS - ¼ cup serving</b><br>(unless indicated otherwise) |
| Cashew nuts, raw  | Macadamia nuts, raw   | Coconut meat, dried *   |
| Hazelnuts or filberts   | Peanut Butter, JIF™ (1 T)   | Coconut Meat, raw *   |
| Mixed nuts, with peanuts  | Pistachio nuts, raw   | Flax seed *   |
| Peanut butter, generic (2T)   | Walnuts, English  | Pumpkin and squash seeds, dried   |
| Peanuts   |   | Sunflower seeds   |
| Pecans  |   |   |

| Group 2 - HIGH<br>26 - 99mg per serving                    | Group 3 - MODERATE<br>10 - 25mg per serving                | Group 4 - LOW<br>5-10mg per serving<br>*Less than 5mg per serving |
|--|--|---|
| VEGETABLES - ½ cup serving<br>(unless indicated otherwise) | VEGETABLES - ½ cup serving<br>(unless indicated otherwise) | VEGETABLES - ½ cup serving<br>(unless indicated otherwise)        |
| Okra, cooked   | Beans, baked   | Artichokes, boiled  |
| Collard greens, cooked                                     | Beans, kidney, cooked                                      | Asparagus, cooked *   |
| Greens, mustard  | Beans, pinto, cooked                                       | Avocado, fresh *  |
| Potato, French fries (medium - 4oz)                        | Carrots, cooked  | Beans, lima, cooked   |
| Potatoes, fried  | Carrots, raw   | Broccoli, raw or cooked   |
| Sweet potatoes, baked                                      | Celery, raw  | Brussel sprouts, cooked *   |
| Sweet potatoes, canned                                     | French fries   | Cabbage, raw or cooked *  |
| Tomato, canned, paste                                      | Green beans, fresh, cooked                                 | Cauliflower, raw or cooked *                                      |
|  | Potato salad with mayo                                     | Chili Peppers, hot, green, raw                                    |
|  | Potato, boiled, w/o skin (1 medium)                        | Chives, raw *   |
|  | Potato, mashed w/ milk and fat                             | Coleslaw, with mayo dress *                                       |
|  | Refried beans, cnd, reg or fat-free                        | Corn, fresh or canned *   |
|  | Summer squash, cooked                                      | Cucumber *  |
|  | Tomato sauce, no salt added                                | Garlic, cooked *  |
|  | Tomatoes, raw (1 medium)                                   | Green pepper, raw & cooked (¼ cup)                                |
|  | Tomatoes, red, ripe, canned                                | Guacamole   |
|  | V-8 Juice  | Hominy *  |
|  | Winter squash  | Lettuce, iceberg or romaine *                                     |
|  |  | Mung beans, sprouted, canned *                                    |
|  |  | Mushrooms, cooked, boiled *                                       |
|  |  | Onions, cooked *  |
|  |  | Onions, green, raw *  |
|  |  | Peas, fresh, boiled or canned *                                   |
|  |  | Peppers, red, raw or cooked *                                     |
|  |  | Pickles, Crunchy *  |
|  |  | Pumpkin, canned *   |
|  |  | Sauerkraut *  |
|  |  | Squash, zucchini *  |
|  |  | String beans, canned  |
|  |  | Tomato juice  |
|  |  | V-8 Splash ® *  |
|  |  | Water chestnuts, canned *   |
|  |  |   |
| LEGUMES - ½ cup serving<br>(unless indicated otherwise)    | LEGUMES - ½ cup serving<br>(unless indicated otherwise)    | LEGUMES - ½ cup serving<br>(unless indicated otherwise)           |
| Beans, chili, cooked                                       | Beans, adzuki, boiled (¼ cup)                              | Black-eyed peas, cooked *   |
| Beans, black, boiled (¼ cup)                               | Beans, baked, canned, plain                                | Garbanzo beans, cooked (¼ cup)                                    |
| Beans, white, small, boiled (¼ cup)                        | Kidney beans, boiled                                       | Lentils, boiled   |
| Great northern beans, boiled (¼ cup)                       | Pinto beans, raw (¼ cup)                                   | Lentil, dried (¼ cup)   |
| Navy beans, boiled (¼ cup)                                 | Refried beans (Pink beans) (¼ cup)                         | Lima beans, boiled  |
| Pink beans, raw (¼ cup)                                    |  | Peas, split, boiled   |
|  |  | Refried beans (Pinto beans) (¼ cup)                               |

| <b>Group 2 - HIGH</b><br>26 - 99mg per serving                | <b>Group 3 -MODERATE</b><br>10 - 25mg per serving               | <b>Group 4 - LOW</b><br>5-10mg per serving<br>*Less than 5mg per serving |
|---|---|--|
| FRUIT & JUICE - ½ cup serving<br>(unless indicated otherwise) | FRUIT & JUICE - ½ cup serving<br>(unless indicated otherwise)   | FRUIT & JUICE - ½ cup serving<br>(unless indicated otherwise)            |
| Apricots, dried   | Blackberries, fresh   | Apple juice *  |
| Figs, canned or stewed  | Blueberries, fresh and frozen                                   | Apples, fresh, with skin   |
| Figs, raw or dried (1 medium)                                 | Fruit cocktail  | Applesauce *   |
| Kiwi fruit, raw (1 item)                                      | Lemon peel, raw (1 tsp)   | Apricots, fresh and canned (1 item)                                      |
|   | Mandarin Oranges  | Avocados, raw *  |
|   | Mango, fresh (1 medium)   | Banana, fresh (1 medium)   |
|   | Orange peel, raw (1 tsp)  | Cantaloupe *   |
|   | Oranges, fresh (small-2 <sup>3</sup> / <sub>8</sub> " diameter) | Cherries, sweet, fresh and canned *                                      |
|   | Prunes, dried   | Coconut (fresh) *  |
|   | Strawberries, frozen  | Cranberries, dried, sweetened *  |
|   |   | Cranberry Juice Cocktail *   |
|   |   | Cranberry sauce, fresh or canned *                                       |
|   |   | Grapefruit juice *   |
|   |   | Grapefruit, fresh (½ medium)   |
|   |   | Grapes, red or green, raw *  |
|   |   | Grape juice (red and white) *  |
|   |   | Lemon and lime juice *   |
|   |   | Lemons, raw, without peel *  |
|   |   | Litchi (Lychee)  |
|   |   | Melons (all types) *   |
|   |   | Nectarine, fresh *   |
|   |   | Olives, ripe, canned *   |
|   |   | Orange juice *   |
|   |   | Oranges, fresh (1 medium - 2 <sup>5</sup> / <sub>8</sub> " )             |
|   |   | Papaya *   |
|   |   | Passion fruit *  |
|   |   | Peaches, fresh or canned *   |
|   |   | Pear, fresh (1 medium)   |
|   |   | Pears, canned *  |
|   |   | Pineapple Juice *  |
|   |   | Pineapple, fresh or canned *   |
|   |   | Plums, green or yellow, fresh *  |
|   |   | Prune Juice *  |
|   |   | Raisins *  |
|   |   | Raspberries, fresh   |
|   |   | Strawberries, fresh  |
|   |   | Tangerines, fresh (2 medium)   |
|   |   | Tomato juice (1 can - 6 fl.oz)   |
|   |   | Watermelon *   |
|   |   |  |
|   |   |  |
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|   |   |  |



| Group 2 - HIGH<br>26 - 99mg per serving    | Group 3 - MODERATE<br>10 - 25mg per serving | Group 4 - LOW<br>5-10mg per serving<br>*Less than 5mg per serving |
|--|---|---|
| BREAKFAST CEREALS<br>(note serving size)   | BREAKFAST CEREALS<br>(note serving size)    | BREAKFAST CEREALS<br>(note serving size)                          |
| 40% bran ( $\frac{3}{4}$ cup)              | Oatmeal, cooked (1 cup)                     | Apple Jacks® *  |
| Cream of wheat (1 cup)                     | Cocoa Krispies (1cup)                       | Cheerios ®  |
| Granola ( $\frac{1}{3}$ cup)               | Oats, raw ( $\frac{1}{2}$ cup)              | Corn Flakes, ® *  |
| Grits, cooked ( $\frac{1}{2}$ cup)         |   | Frosted Flakes® *   |
| Raisin Bran ( $\frac{3}{4}$ cup)           |   | Rice Krispies® *  |
| Shredded Wheat ( $\frac{3}{4}$ cup)        |   | Special K ®   |
|  |   | Total Cereal® *   |
|  |   | Wheat Chex ®  |
|  |   |   |
|  |   |   |
| SOY PRODUCTS<br>(note serving sizes)       | SOY PRODUCTS<br>(note serving sizes)        | SOY PRODUCTS<br>(note serving sizes)                              |
| Chili, meatless made with TVP (1 cup)      | Edamame ( $\frac{1}{2}$ cup)                | Imitation bacon bits (1 T)  |
| Ground meat substitute (3 ounces)          | Latte or cappuccino - soy milk (1 cup)      | Natto (fermented soybeans) (1 T) *                                |
| Hot chocolate - with soy milk (1 cup)      | Soy cheese (1 oz)                           | Soy bacon (1 oz) *  |
| Mocha made with soy milk (1 cup)           | Soy crackers (6 medium)                     | Soy cream cheese (1 T) *  |
| Soy burger - 1 item ( $2\frac{1}{2}$ oz)   | Soy ice cream ( $\frac{1}{2}$ cup)          | Soy flour, defatted (1 T)   |
| Soy hot dog or sausage (1 item)            | Soy ice cream bar (1 item)                  | Soy sauce (1 T)   |
| Soy nuts, roasted ( $\frac{1}{4}$ cup)     | Tofu, cheese (1 oz)                         | Teriyaki sauce (1 T) *  |
| Soy protein concentrate (1 oz)             | Tofu, firm ( $\frac{1}{4}$ cup)             |   |
| Soy Yogurt (1 cup)                         |   |   |
| Soybeans, boiled ( $\frac{1}{2}$ cup)      |   |   |
| Soybeans, dry roasted ( $\frac{1}{4}$ cup) |   |   |
|  |   |   |
|  |   |   |
| FATS & OILS (any amount)                   | FATS & OILS (any amount)                    | FATS & OILS (any amount)  |
|  |   | 1000 Island Dressing *  |
| - NONE -                                   | - NONE -                                    | Blue Cheese Dressing *  |
|  |   | Butter, regular and low fat *                                     |
|  |   | Caesar Salad Dressing *   |
|  |   | Crisco ®, Lard or other shortening *                              |
|  |   | French Dressing *   |
|  |   | Italian Dressing *  |
|  |   | Margarine *   |
|  |   | Mayonnaise or Miracle Whip ®                                      |
|  |   | Ranch Dressing *  |
|  |   | Sour Cream *  |
|  |   | Vegetable Oils - all kinds *                                      |
|  |   |   |
|  |   |   |
|  |   |   |
|  |   |   |

| Group 2 - HIGH<br>26 - 99mg per serving                      | Group 3 - MODERATE<br>10 - 25mg per serving                  | Group 4 - LOW<br>5-10mg per serving<br>*Less than 5mg per serving |
|--|--|---|
| FISH and SEAFOOD   | FISH and SEAFOOD   | FISH & SEAFOOD - any amount<br>(unless indicated otherwise)       |
|  |  | Bluefish (4 oz)   |
| - NONE -   | - NONE -   | Clam, canned *  |
|  |  | Clams *   |
|  |  | Cod, cooked *   |
|  |  | Crab, cooked *  |
|  |  | Fish (white), fried w/flour (4 oz) *                              |
|  |  | Fish (white), pre-breaded (4 oz) *                                |
|  |  | Halibut, baked *  |
|  |  | Lobster *   |
|  |  | Mackerel, baked (4 oz)  |
|  |  | Oysters *   |
|  |  | Salmon, Atlantic, cooked *  |
|  |  | Shrimp *  |
|  |  | Snapper, baked *  |
|  |  | Sole, baked *   |
|  |  | Tuna, canned in oil or water ( $\frac{1}{2}$ cup)                 |
|  |  | Tuna salad with mayo ( $\frac{1}{2}$ cup)                         |
|  |  |   |
| DAIRY & EGGS - 1 cup serving<br>(unless indicated otherwise) | DAIRY & EGGS - 1 cup serving<br>(unless indicated otherwise) | DAIRY & EGGS - 1 cup serving<br>(unless indicated otherwise)      |
| Chocolate or Carob Ice Cream                                 | Chocolate Milk   | Butter *  |
| Soy Ice cream - Vanilla                                      | Cream, nondairy, liquid                                      | Buttermilk *  |
| Soy Ice cream - Chocolate ( $\frac{1}{2}$ cup)               | Rice milk  | Cheese, American *  |
| Soy Milk   |  | Cheese, all hard types *  |
|  |  | Cheese, mozzarella *  |
|  |  | Cheese, ricotta ( $\frac{1}{2}$ cup)                              |
|  |  | Cottage cheese *  |
|  |  | Cream *   |
|  |  | Cream Cheese *  |
|  |  | Custard *   |
|  |  | Eggs or Egg Beaters *   |
|  |  | Frozen Yogurt, Vanilla *  |
|  |  | Half & Half *   |
|  |  | Ice Cream, Vanilla *  |
|  |  | Milk - all kinds *  |
|  |  | Milk Powder *   |
|  |  | Sherbet, Orange *   |
|  |  | Sherbet, Raspberry *  |
|  |  | Sour cream *  |
|  |  | Yogurt with allowed fruits *                                      |
|  |  |   |
|  |  |   |
|  |  |   |

| Group 2 - HIGH<br>26 - 99mg per serving                        | Group 3 - MODERATE<br>10 - 25mg per serving                    | Group 4 - LOW<br>5-10mg per serving<br>*Less than 5mg per serving |
|--|--|---|
| MEAT & POULTRY   | MEAT & POULTRY   | MEAT & POULTRY- any amount<br>(unless indicated otherwise)        |
| - NONE -   | - NONE -   | Bacon, Ham and Pork *   |
|  |  | Beef, all kinds *   |
|  |  | Bologna *   |
|  |  | Chicken nuggets (6 nuggets)                                       |
|  |  | Chicken and Turkey, all parts *                                   |
|  |  | Hotdog wiener & Bratwurst (no bun) *                              |
|  |  | Lamb, cooked *  |
|  |  | Liver, beef, pork or chicken (4 oz)                               |
|  |  | Luncheon meat, ham or turkey *                                    |
|  |  | Meatloaf, beef (4 oz)   |
|  |  | Organ meats, other (4 oz)   |
|  |  | Sausage *   |
|  |  |   |
| SOUP, SAUCES AND GRAVIES<br>(1 cup unless indicated otherwise) | SOUP, SAUCES AND GRAVIES<br>(1 cup unless indicated otherwise) | SOUP, SAUCES AND GRAVIES<br>(1 cup unless indicated otherwise)    |
| Lentil and potato soup   | Bean (mixed) soup  | Cheese sauce (¼ cup) *  |
|  | Black bean soup  | Cheese soup   |
|  | Clam chowder   | Chicken broth, home-prepared *                                    |
|  | Cream of Mushroom  | Chicken noodle soup (1 cup) *                                     |
|  | Cream of potato soup   | Fish broth *  |
|  | Minestrone soup  | Gravy, beef, made w/drippings *                                   |
|  | Miso soup  | Gravy, turkey, made w/drippings *                                 |
|  | Ramen Noodle Soup  | Green pea soup  |
|  | Ramen noodle, any flavor, dry (½ pkt)                          | Hollandaise Sauce *   |
|  | Spaghetti /Marinara Sauce (½ cup)                              | Ketchup, regular (3 T) *  |
|  | Vegetable soup w/allowed vegetables                            | Lentil soup   |
|  |  | Mustard *   |
|  |  | Salsa (1 T) *   |
|  |  | Split pea soup  |
|  |  | Tabasco Sauce, ready-to-serve *                                   |
|  |  | Tomato soup   |
|  |  | White sauce (¼ cup) *   |
|  |  | Worcestershire sauce (1 T)  |
|  |  |   |
| SNACKS<br>(note serving sizes)                                 | SNACKS<br>(note serving sizes)                                 | SNACKS<br>(note serving sizes)                                    |
|  | Potato Chips (1 cup or small bag)                              | Cheese puffs, corn based (1 oz) *                                 |
|  | Wafer w/ P'nut Butter, Choc cover (2 oz)                       | Corn Chips (1 cup or 1 small bag)                                 |
|  |  | Fig Bar ( 1 cookie - 1/2 oz)                                      |
|  |  | Fruit Cereal Bar (1 item - 1.35 oz)                               |
|  |  | Popcorn, with or without fat (1 cup) *                            |
|  |  | Pretzels (1 oz or 1 small bag)                                    |
|  |  | Tortilla Chips (1 cup or 1 small bag)                             |

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|---|---|---|
| SWEETS, CANDY & DESSERTS<br>(note serving sizes)          | SWEETS, CANDY & DESSERTS<br>(note serving sizes)          | SWEETS, CANDY & DESSERTS<br>(note serving sizes)                  |
| Butterfinger Candy bar (2 oz)                             | 7 Layer Bar-chocolate & coconut (1.5oz)                   | Angel Food Cake (1½ oz) *   |
| Chocolate Chips, semisweet (¼ cup)                        | Apple Pie, double crust (⅛ of a pie)                      | Butterscotch confectioner coating *                               |
| Chocolate, dark w/peanut butter (1½ oz)                   | Cake, Chocolate (⅛ of 18oz cake)                          | Cake, white, not frosted (⅛ of 18oz cake)                         |
| Chocolate, dark with nuts (1½ oz)                         | Candy, Peanut Brittle (1 oz)                              | Cookie, Butter 1 item - 1 oz) *                                   |
| Chocolate, dark, plain (1½ oz)                            | Candy, toffee filled bars (1.5 oz)                        | Cookies, gingersnap (1 item - 1 oz) *                             |
| Cocoa, dry powder, unsweetened (1 T)                      | Cherry Pie (⅛ of a pie)                                   | Cookies, Nutter Butter ®  |
| Milk Chocolate candy, plain (1½ oz)                       | Chocolate Pudding (1/2 cup)                               | Cookies, Oatmeal (1.5 oz) *                                       |
| Milk Chocolate w/peanut butter (1½ oz)                    | Granola bar - Chocolate Chip (1.5 oz)                     | Cookies, Oatmeal Raisin (1 item - 1 oz)                           |
| Milk chocolate candy, w/nuts (1½ oz)                      |   | Cookies, Sugar (any amount) *                                     |
| Pie, chocolate cream (⅛ of a pie)                         |   | Doughnut, cake/raised, plain (1¾ oz)                              |
| Snickers ® Bar (2 oz)                                     |   | Gelatin - with or without sugar *                                 |
| 3 Musketeers ® Bar (2 oz)                                 |   | Hershey's Kisses-milk choc (1 item) *                             |
|   |   | Jelly beans * or Lifesavers ® *                                   |
|   |   | Molasses (1 T) *  |
|   |   | Rice Krispie Treat Bar ® *  |
|   |   | Sugar, powdered *   |
|   |   | Syrups, corn, light *   |
|   |   | Vanilla Pudding *   |
|   |   |   |
| BEVERAGES - 1 cup serving<br>(unless indicated otherwise) | BEVERAGES - 1 cup serving<br>(unless indicated otherwise) | BEVERAGES - any amount<br>(unless indicated otherwise)            |
| Latte and cappuccino with soy milk                        | Hot Cocoa (Hot chocolate)                                 | Alcohol, distilled *  |
| Mocha or hot chocolate with soy milk                      | Mocha made with milk                                      | Beer, regular or light (12 fl. oz) *                              |
|   | Tea - black, green or white                               | Bloody Mary (1/4 cup) *   |
|   |   | Carnation Instant Breakfast ™ *                                   |
|   |   | Coffee & Espresso *   |
|   |   | Fruit Punch, Hi-C ® & Kool-aid ®                                  |
|   |   | Herbal Tea (2 cups) *   |
|   |   | Latte and cappuccino made with milk*                              |
|   |   | Lemonade with sugar or sugar-free *                               |
|   |   | Soda - cola & non-cola (any amount) *                             |
|   |   | Wine - red, white and blush *                                     |
|   |   |   |
| MISCELLANEOUS<br>(note serving sizes)                     | MISCELLANEOUS<br>(note serving sizes)                     | MISCELLANEOUS - any amount<br>(unless indicated otherwise)        |
|   | Chocolate Syrup (1 T)                                     | Balsamic Vinegar (1 T)  |
|   |   | Sugar, brown and white *  |
|   |   | Cream of tartar *   |
|   |   | Honey *   |
|   |   | Jelly or Jam, with allowed fruits *                               |
|   |   | Pancake Syrup *   |
|   |   | Salt *  |
|   |   | Yeast, baker's, dry (1 packet - ¼ oz)                             |



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|---|---|---|
| SPICES & HERBS -1 tsp serving<br>(unless indicated otherwise)   | SPICES & HERBS -1 tsp serving<br>(unless indicated otherwise)   | SPICES & HERBS -1 tsp serving<br>(unless indicated otherwise)   |
| Poppy seed  | Black Pepper  | Basil, fresh (1 T) *  |
| Turmeric, ground  | Caraway seed  | Capers, canned (any amount) *   |
|   | Cloves  | Chili Powder *  |
|   | Cumin seed  | Cilantro (Coriander), raw (9 sprigs) *  |
|   | Curry powder  | Cinnamon, ground  |
|   |   | Dill weed, fresh *  |
|   |   | Garlic raw or powder (any amount) *   |
|   |   | Ginger root, raw *  |
|   |   | Horseradish, prepared *   |
|   |   | Marjoram, dried *   |
|   |   | Mustard *   |
|   |   | Nutmeg, ground *  |
|   |   | Onion powder (any amount) *   |
|   |   | Oregano, dried  |
|   |   | Parsley, fresh  |
|   |   | Pepper, white *   |
|   |   | Peppermint, fresh *   |
|   |   | Sage, ground *  |
|   |   | Savory, ground (any amount) *   |
|   |   | Thyme, dried *  |
|   |   | Vanilla extract (any amount) *  |
|   |   | Vinegar, distilled (any amount) *   |
|   |   |   |
| <b>MIXED MEALS</b><br>(1 cup unless indicated otherwise)<br>Calculated using ingredients from<br>Group 2-4 only | <b>MIXED MEALS</b><br>(1 cup unless indicated otherwise)<br>Calculated using ingredients from<br>Group 2-4 only | <b>MIXED MEALS</b><br>(1 cup unless indicated otherwise)<br>Calculated using ingredients from<br>Group 2-4 only |
| Beef Stew with potato   | Chicken casserole - creme sauce   | Bacon, Egg & Cheese Biscuit (1 item)*   |
| Burrito, bean, cheese (1 item ~ 5oz)  | Chili, homemade with beef and beans   | Enchilada or taco sauce ( $\frac{1}{4}$ cup) *  |
| Chicken, pot pie  | Chili, homemade meatless  | Fried rice with meat, poultry or fish   |
| Chili, meatless with TVP  | Chow mein, chicken  | Hamburger & Bun, plain (1 sandwich)   |
| Lasagna w/meat, wholewheat (11 oz)  | Enchilada, chicken (1 serving ~ 7oz)  | Lamb, curried (no vegetables) *   |
| Tamales with meat (1 item ~ 4 oz)   | Lasagna, homemade with meat sauce   | Meatloaf-ground beef (1 slice - 4oz)  |
| Tofu and Broccoli Stir Fry  | Macaroni and cheese, boxed  | Quesadilla (medium ~ 2oz)   |
|   | Macaroni and cheese, homemade   |   |
|   | Macaroni salad w/ mayo ( $\frac{1}{2}$ cup)   |   |
|   | Pad thai, vegetarian  |   |
|   | Pizza, Cheese ( $\frac{1}{4}$ of a 12" pizza)   |   |
|   | Pizza, meat ( $\frac{1}{4}$ of a 12" pizza)   |   |
|   | Pizza, allowed vegs ( $\frac{1}{4}$ of a 12" pizza)   |   |
|   | Quesadilla, cheese (1 item ~ 5.1oz)   |   |
|   | Taco, beef, cheese (1 item ~ 4oz)   |   |
|   | Tostada, beans & cheese (1) 6oz   |   |

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