

Oxalate Problem Solving Guide

This guide offers a path to follow for solving health issues related to oxalates. We will be explaining the role oxalates have on the body, and offer suggestions of what foods to eat, what foods to avoid, and a list of low oxalate recipes.

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Welcome to the Oxalate Problem Solving Guide

This guide offers a path to follow for solving health issues related to oxalates. We will be explaining the role oxalates have on the body, and offer suggestions of what foods to eat, what foods to avoid, and a list of low oxalate recipes.

If you are having oxalate related health issues, changing your diet is the best way to normalize your oxalate levels. We made this guide so you have an easy resource to follow that will help you stay on the right track. You are likely to experience a swift change in your gut health when you start eating less oxalates, especially if you have been consuming high oxalate meals for a long time.

In addition to this guide, make sure you jump onto the www.mthfrgenesupport.com website portal to access the other oxalate resources.

Happy shopping and eating.

Regards Carolyn

Introduction

Oxalates cause a variety of problems for your body. An abundance of oxalates within cells leads to inflammation and less mitochondrial function. Oxalates can combine with calcium inside the body and begin forming what is known as 'calcium oxalate crystals'. These crystals can grow to the point where they can get stuck in places you do NOT want them — think kidney stones, joint and arthritic pain, thyroid issues.

Oxalates cause inflammation primarily by binding with calcium to form calcium oxalate crystals that travel around the body causing inflammation.

High oxalate levels interfere with your body's most powerful and abundant antioxidant: glutathione. When your body is unable to fight back against free radicals because it cannot gain access to glutathione, or runs out of it, your body turns to using vitamin B6 (which quickly depletes). At the end of this chain of antioxidant depletion your body begins to make its own intracellular oxalate.

Intracellular oxalate produces 3 main problems.

1. It leads to excessive urinary excretion of oxalates. This is known as hyperoxaluria and can cause the formation of kidney stones.
2. Intracellular oxalates are extremely pro-oxidant (have the opposite effect as antioxidants) and create a bunch of new free radicals within your cells.
3. Intracellular oxalates are readily taken into the mitochondria through the same pathway glutathione takes — lowering the ability of the mitochondria to produce energy.

Your mitochondria are responsible for making ATP (what you use for energy). They make ATP by taking the energy you get from food and converting it to energy your body can easily use through a series of steps along their electron transport chain (ETC). The ETC consists of a series of proteins and enzymes that are embedded within the cell membrane of mitochondria. The ETC takes in food energy (glucose) and takes it through several steps to finally be made into ATP. High levels of oxalates within cells reduces the function of the ETC found within mitochondria by up to 30%! This is due to excessive amounts of intracellular oxalates being present that throw off the chemical balance between the inside and outside environments of the mitochondria.

So what causes a higher than usual oxalate level? Firstly there are genetic tendencies. Primary hyperoxaluria is a genetic condition that interferes with the breakdown of oxalates. Yeast infections can also cause a higher oxalate level. But the primary source is diet.

So what can you do to prevent the problems caused by oxalates? The best thing you can do is be mindful of what you eat by staying away from foods with high oxalate content. Interestingly if you cut out foods too quickly you can have adverse reactions like high levels of crystals being sent out of the body. So go slow and just start by avoiding the very high oxalate foods first.

Please note you don't have to do this forever. Usually a few months is sufficient to take the pressure off the gut and help with pain. Some people may need to go longer.

Below is a list of foods that you can eat freely, eat occasionally, and which foods to avoid altogether.

What To Eat and What to Avoid

This is an extensive list. You should take a quick glance through once to get a stronger sense of what foods are low and what foods are high in oxalates. If you are wondering if an ingredient is high or low in oxalates try using "control/command-f" to find the ingredient you are looking for

The background of the page is a photograph of two glasses of juice on a reflective surface. In the foreground, a glass of light-colored juice with a thick white foam head is partially visible. Behind it, a taller glass of bright yellow juice is shown. Two thin slices of green apple, each with a small stem, are balanced on the rims of the glasses. The background is softly blurred, showing hints of a kitchen setting.

Foods to Eat Freely

Foods To Eat Freely

NB: The foods highlighted in **Blue** are for those people who are on a low histamine and low oxalate diet.

The foods highlighted in **blue** are high in histamine so will need to be avoided.

Beverages

• **Alcoholic**

- Amaretto
- Brown Ale
- Cider, Apple
- Draught Ale
- Gin
- Ginger Ale
- Pale Ale
- Stouts
- Whiskey
- Wine

• **Tea**

◦ **Below Teas Tested For Oxalate Levels**

- Orange And Spice (Herbal)
- Berri Good (Herbal)
- Blueberry Harvest (Herbal)
- Chamomile Mango (Herbal)
- Chamomile Citrus (Herbal)
- Cranberry Apple (Herbal)
- Egyptian Mint (Herbal)
- Fruit And Almond (Herbal)
- Red Raspberry (Herbal)
- Taste Of The Tropics (Herbal)
- Tasty Tangerine (Herbal)
- Spiced Chai Decaf (Black)
- Plantation Mint Decaf (Green)
- Cozy Chamomile (Herbal)
- Cinnamon Spice (Herbal)
- Ginger Snappish (Herbal)
- Hibiscus Rose (Herbal)
- I love Lemon (Herbal)
- Mint Medley (Herbal)
- Peppermint (Herbal)
- Perfect Peach (Herbal)
- Pomegranate (Herbal)
- Sweet Dreams (Herbal)



Peppermint Tea

Foods to Eat Freely

- Cherry Berry (Black)
- Dandelion (Herbal)
- Ginseng (Herbal)
- Hibiscus (Herbal)
- Honeybush (Herbal)
- Horsetail Grass (Herbal)
- Kukicha Green Tea (Green)
- Lemongrass (Herbal)
- Licorice Root (Herbal)
- Makaibari Green Darjeeling Tea (Green)
- Matula
- Passion Flower (Herbal)
- Pau D'Arco (Herbal)
- Peppermint (Herbal)
- Red Bush (Herbal)
- Rooibos (Herbal)
- Rosehip (Herbal)
- Senna (herbal)
- Stinging Nettle (Herbal)
- Tulsi (Herbal)
- Valerian Root (Herbal)
- Vanilla (Herbal)
- Apple Juice
- Black Currant Juice
- Cherry Juice
- Coffee
- Crabapple Juice
- Cranberry Juice
- Currant Juice
- Grapefruit Juice
- Green Grape Juice
- Kombucha
- Lemon Juice
- Lime Juice
- Noni Juice
- Orange juice
- Pineapple Juice



Pineapple Juice

Foods to Eat Freely

Dairy Products

- Blue Cheese
- Cheddar Cheese
- Cow's Milk
- Cream Cheese
- Evaporated Milk
- Fontina Cheese
- Goat Cheese -
note unripened is ok but soft
type and ripened are high in histamine.
- Goat Milk
- Gorgonzola Cheese
- Gruyere Cheese
- Half and Half Milk
- Heavy Cream
- Monterey Jack Cheese
- Mozzarella Cheese
- Parmesan Cheese
- Pecorino Cheese
- Ricotta Cheese
- Romano Cheese
- Sour Cream
- Swiss Cheese
- Yoghurt- Yoghurt made with pasturized milk is safe but contamination with
spoons can lead to higher histamine levels. Buy small tubs of unsweetened
unflavoured and this should be ok as far as histamine goes.



Swiss Cheese

Fats and Oils

- Butter
- Canola Oil
- Cocoa Butter
- Coconut Oil
- Extra Virgin Olive Oil
- Macadamia Nut Oil
- Palm Oil
- Peanut Oil
- Pumpkin Seed Oil
- Red Palm Oil
- Safflower Oil
- Soybean Oil
- Vegetable Shortening

Foods to Eat Freely

Fruits

- Apples
 - Apple Sauce
 - Bramleys Apples
 - Cox Kent Apples
 - Fuji Apples
 - Gala Apples
 - Golden Apples
 - Granny Smith Apples
 - Green Apples
 - Pink Lady Apples
 - Red Apples
- Avocado- may be fine for those with a histamine issue after a few weeks off it. The riper they are the higher the histamine levels.
- Blueberries
- Cantaloupe/Rockmelon
- Casaba Melon
- Cherries
- Cranberries
- Dates
- Figs
- Grapes
 - Concord
 - Red
 - Green
- Honeydew melon
- Kumquat
- Lemon
- Lychee
- Mango - histamine liberator
- Muskmelon
- Nectarines
- Papaya
- Passionfruit- no histamine but is a strong DAO inhibitor
- Peach
- Pear
- Pineapple
- Plum
- Strawberries
- Watermelon



Passion Fruit

Foods to Eat Freely

Grains and Grain Products

- Cellophane Noodles
- Corn (non GMO)
- Cornstarch
- Egg Noodles
- Flaxseed Flour/M Meal
- Thai Rice Noodles
- White Rice
- White Jasmine Rice
- Whole Grain Brown Rice

Herbs, Spices and Condiments

- Allspice
- Basil
- Bay Leaves
- Black Pepper
- [Caesar Dressing](#)
- Chives
- Cilantro/coriander
- [Dijon Mustard](#) - mustard is a histamine liberator
- Dill
- [Franks Red Hot](#)
- Garlic
- Ginger
- [Green Chillies](#)
- Horseradish
- [Ketchup](#)
- Lavender Flowers
- [Mayonnaise](#) - is a histamine liberator. Usually reactions due to the egg white so you can make your own without the egg white.
- Parsley
- Peppermint
- [Ranch](#)
- [Red Pepper Flakes/Paprika/chilli](#)
- [Relish](#)
- Rosemary
- Saffron
- Sage
- [Soy Sauce](#)
- [Tabasco](#)
- Tarragon



Garlic

Foods to Eat Freely

- Thyme
- Vinegar
 - Apple Cider
 - [Balsamic](#)
 - White
- Wasabi paste
- [Worcestershire Sauce](#)
- [Yellow Mustard](#)- mustard is a histamine liberator

Legumes

- [Black-eyed Peas](#)- histamine liberator
- [Garbanzo Beans](#)
- Mung Beans
- [Split Peas](#)

Meats, Poultry, Fish And Seafood

- Fish
 - [Anchovies](#)
 - Flounder
 - [Haddock](#)
 - Plaice
 - [Salmon](#)
 - [Sardines](#)
 - [Tuna](#)
- Meats
 - Bacon
 - Beef
 - [Kidney](#)
 - [Corned Beef](#)
 - [Ground](#)
 - Fresh grass fed
 - Ham- freshly cooked ham off the bone is usually fine but [cured ham](#) is not.
 - Lamb
 - Mutton
 - Pork
- Poultry
 - Chicken
 - Eggs
 - Turkey
- Seafood
 - [Crab](#)
 - Scallops
 - [Shrimp/prawn](#)



Apple Cider Vinegar

Foods to Eat Freely

Non-Dairy Milk Products

- Coconut Cream
- Coconut Milk
- Coconut Milk Yoghurt
- Flax Milk
- Rice Milk
- Sunflower Drink
- Tofutti

Nuts and Seeds

- Alfalfa
- Broccoli Seeds
- Coconut
- Chestnuts
- Mustard Seeds
- Palms
- [Pea Butter](#)
- Pumpkin Seeds
- Pumpkin Seed Butter
- Sunflower Seeds
- Sunflower Seed Butter

Vegetables

- Arugula/Rocket
- Asparagus
- Artichoke
- Bok Choy
- Beans
 - Lima
 - Snap
- Brussel Sprouts
- Cabbage
 - Green
 - Napa
 - Purple
 - Savoy
- Cauliflower
- Collard Greens
- Cucumber
- Dandelion greens



Coconut Milk

Foods to Eat Freely

Eggplant

- Endive
- Fennel
- Garlic
- Grape Leaves
- Kale
- [Kimchi](#)
- Kohlrabi
- Lettuce
 - Bibb
 - Boston
 - Iceberg
 - Looseleaf
 - Romaine
- Mushrooms
 - Button
 - Porcini
 - Shiitake
 - Portabella
- Mung Bean Sprouts
- Mustard Greens
- Onion
 - Red
 - Sweet
 - White
- Parsnips
- Peppers
 - Jalapeno
 - Serrano
 - Sweet Green
 - Sweet Orange
 - Sweet Yellow
 - [Cayenne](#)
 - [Habanero](#)
 - Sweet Red / Capsicum
- [Pickles](#)
- Pumpkin
- Radish
- Rutabaga
- [Sauerkraut](#)
- Seaweed
 - Alfalfa
 - Nori



Tangerines

Foods to Eat Freely

- Wakame
- Dulse
- Shallots
- Squash
 - Acorn
 - Butternut
 - Kabocha
 - Spaghetti
 - Yellow
 - Zucchini
- Tomatoes
- Turnips
- Water Chestnuts

Fruits

- Apples
 - Braeburn Apples
 - Macintosh Apples
- Bananas
- Currants
 - Black
 - Red
- Dates
- Figs
- Gooseberries
- Grapefruit
- Grapes (Black)
- Lime
- Mango
- Nectarines
- Peaches
- Pears
- Pineapple
- Papaya
- Persimmon
- Prunes
- Tangerines

Herbs, Spices and Condiments

- Basil



Hemp Milk

Foods to Eat Freely

- Cardamom
- Ginger
- Marjoram
- Nutmeg
- [Orange Peel](#)
- Oregano
- [Paprika](#)
- Parsley
- Sage
- [Sumac](#)
- Thyme

Legumes

- Chickpeas
- [Green peas](#)
- Lima Beans
- Red Kidney Beans
- [Tofu](#)
- Snow Peas

Milk and Milk Products

- Yoghurt- made with pasturised milk and plain or greek fine.

Non-Dairy Milk Products

- Hemp Milk
- Oat Milk
- Rice Milk
- [Soy Yoghurt](#)
- Thai Coconut Milk

Nuts and Seeds

- Chestnuts
- Hemp Hearts
- Pumpkin Seeds
- Sunflower Seeds
- Tiger Nuts

*Tomatoes*

Foods to Eat Freely



Foods to Avoid

Beverages

- Tea
 - Bigelow Teas Tested For Oxalate Levels
 - Darjeeling Blend (Black)
 - English Breakfast (Black)
 - Kenilworth Ceylon (Black)
 - Plantation Mint (Black)
 - Sapphire Earl Gray (Black)
 - Spiced Chai (Black)
 - Dragonwell (Green)
 - American Classic (Black)
 - Constant Comment (Black)
 - Earl Gray (Black)
 - Lemon Lift (Black)
 - Raspberry Royal (Black)
 - Pai Mu Tan (White)
 - Indian Black Tea
 - Sencha Green Tea
- Carrot Juice
- Grape Juice
- Pomegranate Juice

Fruits

- Apricots
- Blackberries
- Dewberries
- Figs
- Gooseberries
- Grapefruit
- Guava
- Kiwi
- Mulberries
- Nopal Cactus
- Oranges



Figs

Foods to AVOID

- Clementine
- Mandarin
- Navel
- Papaya
- Pear
- Persimmon
- Pomegranate
- Olives
 - Black
 - Green
- Star Fruit
- Tangelo

Grains and Grain Products

- All Purpose Flour
- Almond Meal
- Amaranth Flour
- Barley Flour
- Kamut Flour
- Potato Flour
- Quinoa
- Quinoa Flour
- Rice Bran Flour
- Soy Flour
- Tapioca Starch
- Teff Flour
- Wheat Bran Flour
- Wheat Germ
- Wheat Bran

Herbs, Spices, and Condiments

- Allspice
- Anise
- Cayenne Pepper
- Celery Seeds
- Cinnamon
- Cloves
- Coriander Seed
- Cumin
- Curry powder
- Fennel Seeds
- Ground Ginger



Ground Ginger

Foods to AVOID

- Lemon Myrtle
- Onion Powder
- Oregano
- Tahini
- Turmeric

Legumes

- Adzuki Beans
- Anasazi Beans
- Brown Lentils
- Cannellini Beans
- Edamame
- Fava Beans
- Great Northern Beans
- Lentils
 - French
 - Green
 - White
- Navy Beans
- October Beans
- Red Beans
- Pink Beans
- Pinto Beans
- Soy Beans
- Sugar Snap Peas
- White Beans

Non-Dairy Milk Products

- Almond Milk
- Rice Milk
- Soy Milk

Nuts and Seeds

- Almonds
- Brazil Nuts
- Caraway Seeds
- Cashews
- Chia Seeds
- Hazelnut
- Macadamia Nuts
- Peanuts
- Pecans



Rice Milk

Foods to AVOID

- Pili Nuts
- Pine Nuts
- Pistachio
- Soy nuts
- Spanish peanuts
- Sunflower Seeds
- Walnuts

Supplements

- Hemp Powder
- Marshmallow Root
- Milk Thistle
- Pau D'arco
- Olive Leaf Extract

Slippery Elm Bark

Flours

- Soy Flour
- Teff Flour
- Wheat Bran
- Wheat Bran Flour
- Wheat Germ
- Wheat/Barley/Alfalfa Grass Powder
- Yucca Powder

Vegetables

- Artichoke Hearts
- Baby Spinach
- Beetroot
- Burdock Root
- Carrots
- Celery
- Gold Beets
- Fiddleheads
- Green Beans
- Hearts of Palm
- Kale
- Okra
- Pickled Beets
- Pokeweed
- Pole Beans
- Potato
- Plantain
- Purslane Leaves
- Rhubarb
- Sweet Potato
- Swiss Chard
- White Eggplant
- Yam



Beetroot

Foods to AVOID



Recipes For (Low) Oxalate Friendly Meals

Creamy Pea Soup

Ingredients

1 quart homemade chicken stock (1 litre/4 cups)
8oz (220 gms) cauliflower (chopped into florets)
8oz (220 gms) frozen green peas
1 cup chopped cooked chicken
½ chopped onion
salt to taste

Directions

1. Boil peas until soft.
2. Drain.
3. Saute onions until soft. Add cauliflower florets and stir.
4. Add stock and bring to the boil, simmer until cauliflower is soft (approx 20 minutes). Puree cauliflower, onion, cooking water and 2 cups chicken broth until smooth.
5. Add cooked peas and chicken to cauliflower stock, add salt to taste and simmer on low for 10-15 minutes.

Serves 4



Creamy Pea Soup

Avocado Smoothie

Ingredients

1/2 cup crushed ice

1/2 avocado

1/2 cup water

Lemon juice

Honey



Avocado Smoothie

Directions

1. In food processor with steel blade, crush ice until it is a powder.
2. Blend avocado with the crushed ice.
3. Keep processor running and add about 1/2 cup water slowly until you like the consistency.
4. With the processor still running, add honey and lemon juice.

Coconut Milk

Ingredients

1/2 cup unsweetened coconut flakes
1 cup filtered water

Directions

1. Blend together until coconut is finely ground.
2. Strain through a fine sieve or a piece of clean muslin.
3. Squeeze to extract all the liquid.
4. Makes about 1/2 cup.



Coconut Milk

Chestnut Stuffing

Ingredients

500g chestnuts (tinned)
Small onion - chopped
1/4 cup frozen cranberries -chopped
1 tablespoon olive oil
1/2 cup "Orgran" white rice bread crumbs
1 tablespoon water



Chestnut Stuffing

Directions

1. Soften onion - either sauté in pan or in microwave.
2. Drain the chestnuts and place in blender / liquidizer to chop them up.
3. Place all ingredients in a bowl & mix.
4. Add water to give the consistency of a stuffing mixture (about 1/2 cup)
5. Spoon into glass dish (approx 20x20cm) - no need to grease it.
6. Bake 200C (400F) for approx 40-45 mins (until browned / a little crispy on top)
7. Cut into 4 portions

Spiced Chicken

Ingredients

100g coconut flour
1 tablespoon dried or fresh parsley, thyme and rosemary
4-5 chicken breasts or thighs cut into strips
Pinch white pepper
Salt to taste
Tablespoon coconut oil (optional) or olive oil.



Spiced Chicken

Directions

1. Preheat oven to 200 degrees C (400 degrees F).
2. Mix the coconut flour with all the dried ingredients and place in a shallow bowl or plate.
3. Beat the eggs together in a large bowl .
4. Put the chicken strips into the egg and then into the coconut flour.
5. Put the strips on an oiled/lined baking tray.
6. Drizzle with a bit more oil and cook in a hot oven until browned and crisp. Approximately 30-40 minutes. Turn over halfway through cooking.

Asian Salmon Burgers With Avocado and Hoisin Sauce

Ingredients

- 1 pound (500 gms) boneless, skinless salmon fillets, cut into 12.5cm pieces
- 1/4 cup coriander/cilantro leaves (gently packed)
- 1/4 cup chopped green onions/shallots (about 3 green onions)
- 2 tablespoons hoisin sauce
- 1 avocado, divided
- 2 teaspoons minced peeled fresh ginger (about a 1-inch piece)
- 1 garlic clove, minced
- 3/4 teaspoon salt
- 1/2 teaspoon black pepper
- 2 teaspoons toasted sesame oil/coconut oil



Beetroot

Avocado Topping

- Remaining 3/4 of avocado
- 1/4 teaspoon salt
- 1/4 teaspoon black pepper

Directions

1. Place salmon, cilantro/coriander, green onions, hoisin sauce, 2 tablespoons avocado, ginger, garlic, 3/4 teaspoon salt, and 1/2 teaspoon black pepper in a food processor. Using pulsed on/off bursts, process just briefly, until the mixture is combined and the salmon is coarsely ground to the consistency of your liking (we recommend that it's still a bit chunky and that you're careful not to turn it into a paste).
2. Shape salmon mixture into four 1/2-inch thick patties and place them on a plate.
3. Cover and refrigerate a minimum of one hour, or overnight at most. (Also wrap and refrigerate remaining avocado.) This helps the delicate salmon patties to adhere together and makes them easier to work with and less likely to fall apart during cooking.
4. Preheat a large non-stick pan over medium heat. Add sesame oil/coconut oil, swirling to coat

5. Cook salmon patties in sesame oil, covered, for about 4 minutes on the first side. Gently flip the patties and cook about 3 minutes more, until salmon is cooked through but is not dried out and is still very tender and juicy.

6. Meanwhile, as salmon cooks, mash remaining avocado with salt and 1 black pepper.

7. Serve salmon burgers immediately on gluten free (allowed grains) buns, with mashed avocado mixture, tomato slices, lettuce, and additional hoisin sauce. For a gluten-free option, serve salmon patties on lettuce leaves, as a lettuce wrap (also be sure to purchase gluten-free hoisin sauce).

Smoked Salmon Crust-less Frittata

Ingredients

4 ounces (120 gms) chopped smoked salmon
200gms soft goats cheese or halloumi cut into chunks
3 leeks sliced (510 gms)
3 teaspoons mint
Zest of one lemon
2 red onions diced (300gms)
2 zucchinis grated
3 ounces (85 gms) cream cheese cut into cubes
6 eggs (400gms)
1/4 teaspoon salt
1/4 teaspoon pepper
Coconut oil or olive oil

Directions

1. Preheat oven to 350 degrees F or 180 degrees C.
2. Heat the olive oil in a ovenproof frying pan and sweat the onions and leeks gently with the mint and lemon zest.
3. When they have wilted down, season with salt and pepper, add the zucchinis and stir for 2 minutes.
4. Take off the heat, pour in the eggs and chopped smoked salmon.
5. Top with the cheese and put in the oven for 20-30 minutes.
6. Serve with a green salad.



Smoked Salmon Frittata

Baby Back Ribs

Ingredients

1.5 kg baby back ribs
1/2 cup yellow onion
1 teaspoon salt

Sauce

2 red peppers – roasted and peeled ,
then pureed
1 medium mango or 2 fresh peaches
1/2 cup onion – chopped
2 tablespoons honey
1/2 tablespoon raw sugar
1 tablespoon lemon juice
1 teaspoon salt
1/4 teaspoon white pepper

Directions

1. Boiled water enough to cover the ribs. Then add ribs, onion and salt to boil for 1/2 hour.
2. Set the heat to low and simmer for 1 hour
3. Combine all the ingredients of the sauce, and cook for about an hour.
4. Cool the ribs and pour enough sauce to cover it. Marinate for 3-4 hours.
5. Preheat the oven to 375F (180C). Put the ribs in the oven for 1.5 hours, turn every 1/2 hour.
6. You can bake, or barbecue this!



Baby-Back Ribs

Pork/Lamb Meat Balls

Ingredients

14 oz (400 gms) minced lamb or pork 2 eggs OR
2 teaspoons flaxseed meal made into a flax-goo
*see below (3mg oxalates)
4 cloves garlic
2 tablespoons chopped parsley
1 heaped teaspoon wholegrain mustard
½ teaspoon ground black pepper
½ teaspoon salt
2 tablespoons coconut oil



Pork/Lamb Meatballs

Directions

1. To make the goo put 2 tablespoons of flax into a small glass bowl, add 6 tablespoons water, & microwave for 40-60 secs. It gets a bit gooey. Leave to cool in the fridge and it gets even more gooey.
2. To make the meat balls mix together all the ingredients except the coconut oil using your hands. Shape into 16 round meatballs and fry them in the coconut oil until cooked through.

Chicken and Lettuce Wrap

Ingredients

8 oz (220 gms) minced chicken or turkey
1/2 cup water chestnuts - chopped
1/4 teaspoon fresh ginger
1 tablespoon organic chicken broth
500 gm iceberg lettuce
2 sprigs of fresh cilantro/coriander
1 tablespoon fresh basil
10 fresh mint leaves
1/4 cup pumpkin seeds
2 tablespoons olive oil
1 tablespoon fresh lemon juice
Salt and pepper to taste

Directions

1. Marinate minced chicken with ginger, salt and pepper.
2. Stir fry the minced chicken with olive oil until almost cooked.
3. Add in water chestnuts and chicken broth.
4. Stir fry for a few more minutes.
5. Wash the lettuce and pat dry.
6. Chopped cilantro/coriander, basil, mint and pumpkin seeds, and put in separate small bowls.
7. Place one lettuce leaf on plate, place some fried minced chicken and water chestnuts on top.
8. Sprinkle with cilantro/coriander, basil, mint and pumpkin seeds.
9. Splash with a few drops of lemon juice.
10. Wrap the lettuce and eat!



Chicken and Lettuce Wrap

Pumpkin Seed Cookies

Ingredients

1/4 cup brown rice flour
1/4 cup ground pumpkin seeds
4 tablespoons of ground linseed/flax
1/4 tsp cream of tartar
1/4 tsp baking soda
1/2 tsp xanthan gum
1 tablespoon olive oil
2 tablespoons honey
Water as needed

Directions

1. Combine all dry ingredients.
2. Add oil and honey.
3. Stir until texture is like breadcrumbs.
4. Add water as needed (one teaspoon at a time) until mixture sticks together to form a ball.
5. Separate into 2 balls and roll out between two sheets of baking paper and cut into shapes.
6. Bake in oven at 190 degrees C (370 degrees F) for 3 mins, check and turn for another 1-2 mins.



Pumpkin Seed Cookies

Coconut Macaroons

Ingredients

3/4 cup raw honey
2.5 cups shredded unsweetened coconut
3 egg whites
1 teaspoon vanilla extract
Pinch of salt



Coconut Macaroons

Directions

1. Preheat the oven to 350 degrees F (180 Degrees C).
2. Combine all ingredients in a large bowl.
3. Mix well with a rubber spatula or your hands.
4. Line a baking sheet (or two baking sheets) with parchment paper.
5. Wet your hands and make small piles of the mixture, each 1 or 2 tablespoons, about an inch apart.
6. Bake until light brown, about 15 minutes.
7. Remove the baking sheet and cool on a rack for at least 30 minutes before eating.
8. These keep well in a covered container for up to 3 days.

Coconut Bread

Ingredients

- 1 Cup coconut flour
- 2 large eggs or 4 egg whites
- 2 TBL. ghee (you could probably use coconut oil or something else)
- 1 cup honey
- 1/2 tsp. baking soda
- Dash of salt
- Enough water to bring to a paste like consistency

Directions

1. Blend the eggs, melted ghee, and honey together and add the dry ingredients. If it is too dry, add in small amounts of water to bring it to a thick moist consistency.
2. Put parchment paper on a cookie sheet and pour it onto there spreading it out to about a half inch thickness. It makes about an 8 inch square on the cookie sheet.
3. Bake at 350 degrees F (180 degrees C) for 20-25 minutes until it is golden brown. This will be a soft moist bread. It doesn't rise much.
4. To make into crackers, cut this up into small bite size pieces and dry it in a dehydrator or your oven at 150 for 4 to 5 hours. They come out crunchy like a cracker.



Chestnut Tapioca Bread

Chestnut Tapioca Bread

Ingredients

- 3/4 cup Chestnut flour (Trace mg)
- 3/4 cup tapioca flour 2 teaspoons baking powder
- 1 1/2 teaspoons xanthan gum
- 1/4 cup olive oil (approx 4 tablespoons)
- 2/3 cup of water

Directions

1. Sift flour.
2. Mix dry ingredients together then add oil and water(slowly). Use a hand blender for 2-3 mins on a low setting. Mixture needs to be soft and slowly dropping from spoon.
3. Grease 3 mini loaf tins (or small pie tins).
4. Push mixture out to edges of tins. Fill 3/4 full.
5. Put in a pre-heated oven at 190 C (370 degrees F) for approx 20 mins.
6. Leave to cool slightly before lifting from tins and then leave to cool completely before eating, cutting, freezing.

Watermelon Mint Salad

Ingredients

Lime/lemon juice (½ cup of juice for a medium sized watermelon)

8-10 mint leaves

1 cup feta cheese

Optional: salt, pepper, crushed red pepper



Watermelon Mint Salad

Directions

1. Cut watermelon in half
2. Cut the meat of the watermelon halves into cubes (You will use the halved watermelon as a bowl later on)
3. Add watermelon chunks into mixing bowl
4. Chop mint leaves and put in mixing bowl
5. Add lemon/lime juice into mixing bowl
6. Add feta
7. Mix well
8. Put the contents of the mixing bowl back into watermelon halves
9. Refrigerate 30 min
10. Serve cold and enjoy!

A close-up photograph of a passion fruit cut in half, showing its yellow-orange pulp and black seeds. The fruit is resting on a dark wooden surface. In the background, there are green leaves and another whole passion fruit.

Steps For Reducing Your Oxalate Levels

Step 1

a. Restrict oxalate levels in the diet.

b. Help to bind oxalate levels in food by taking a calcium/magnesium blend with each meal. This stops the oxalates being absorbed in the kidneys. The best product I think is the Thorne cal/mag citramate :

<https://au.iherb.com/pr/Thorne-Research-Cal-Mag-Citrate-Effervescent-Powder-7-5-oz-214-g/18437>

take one scoop with each meal.

c. B12 support - AS the gut is being affected take either B12 - hydroxy B12 or methyl B12 before breakfast.

1. <https://www.mthfrsupport.com.au/product-category/supplements/>

Take a support B - Starter B.

2. <https://www.mthfrsupport.com.au/product-category/supplements/>

Take one after breakfast each day.

Step 2

Once you have done the above for 2 weeks, test to see if you can take some additional B6.

<https://au.iherb.com/pr/Thorne-Research-Pyridoxal-5-Phosphate-180-Veggie-Caps/18472>

Take one additional one with your Starter B each morning and you can take another one at lunch. Particularly if your oxalate levels are very high. As oxalates will bind to B6 and make it unavailable.

Zinc is also a nutrient that oxalates bind to making them unavailable. If your zinc is below 14 you may need zinc support.

<https://au.iherb.com/pr/Thorne-Research-Zinc-Picolinate-15-mg-60-Vegetarian-Capsules/18476>

Depending on levels as follows take the appropriate dose:

Zinc level below 10 - take one cap 3 x day

Zinc level between 10-12 - take one cap twice a day

Zinc level between 13-14 - take one cap per day

Zinc I think is best taken at night.

Conclusion

Your low oxalate diet should be done for a minimum of one month. Evaluate your symptoms/improvements and if required, continue for another month. As your symptoms improve you will be able to add a few foods back in. Try to keep away from nuts, soy, spinach, carrot, celery, beetroot, raspberries initially.