

Oxalate Food List.

Food Group	Food Item	Serving size	Oxalate Category	Oxalate Value
Fruits				
Whole Fruits	Avocados	1 fruit	Very High	19mg
	Dates	1 date	Very High	24mg
	Grapefruit	1/2 fruit	Very High	12mg
	Kiwi	1 fruit	Very High	16mg
	Orange	1 fruit	Very High	29mg
	Raspberries	1 cup	Very High	48mg
	Tangerine	1 fruit	High	10mg
	Figs	1 medium fig	Moderate	9mg
	Apple Sauce	1 cup	Low	2mg
	Banana	1 fruit	Low	3mg
	Blackberries	1/2 cup	Low	2mg
	Blueberries	1/2 cup	Low	2mg
	Cherries	1 cup	Low	3mg
	Limes	1/2 fruit	Low	3mg
	Pears	1 fruit	Low	2mg
	Pineapple	1 cup	Low	4mg
	Raisins	1 oz or 1 small snack box	Low	3mg
	Strawberries	1/2 cup	Low	2mg
	Apples	1 fruit	Little or None	1mg
	Apricots	1 fruit	Little or None	0mg
Cantaloupe	1/4 melon	Little or None	1mg	
Grapes	1/2 cup or 16 seedless grapes	Little or None	1mg	
Honeydew Melon	1 cup	Little or None	1mg	

Lemons	1 wedge	Little or None	1mg
Mango	1 fruit	Little or None	1mg
Nectarine	1 fruit	Little or None	0mg
Papaya	1 medium fruit	Little or None	1mg
Peaches	1 fruit	Little or None	0mg
Plaintain	1 medium	Little or None	1mg
Plums	1 fruit	Little or None	0mg
Watermelon	1 slice	Little or None	1mg

Canned Fruits

Canned Pineapple	1/2 cup	Very High	24mg
Canned Cherries	1/2 cup	Moderate	7mg
Cranberry Sauce	1/2 cup	Low	2mg

Canned Pears	1/2 cup	Little or None	1mg
Canned Peaches	1/2 cup	Little or None	1mg
Fruit Cocktail	1/2 cup	Little or None	1mg

Dried Fruits

Dried Figs	5 pieces/fruits	Very High	24mg
Dried Pineapples	1/2 cup	Very High	30mg
Dried Prunes	1/4 cup or 5 prunes	High	11mg
Dried Apples	1 cup or 13 rings	Low	2mg
Dried Apricots	1 cup of halves	Low	3mg
Dried Cranberries	1/2 cup	Little or None	1mg

Vegetables

Bamboo Shoots	1 cup	Very High	35mg
Beets	1/2 cup	Very High	76mg
Fava Beans	1/2 cup	Very High	20mg

Navy Beans	1/2 cup	Very High	76mg
Okra	1/2 cup	Very High	57mg
Olives	approx 10 olives	Very High	18mg
Parsnip	1/2 cup	Very High	15mg
Red Kidney Beans	1/2 cup	Very High	15mg
Refried Beans	1/2 cup	Very High	16mg
Rhubarb	1/2 cup	Very High	541mg
Rutabaga	1/2 cup mashed	Very High	31mg
Spinach, cooked	1/2 cup	Very High	755mg
Spinach, raw	1 cup	Very High	656mg
Tomato Sauce	1/2 cup	Very High	17mg
Turnip	1/2 cup mashed	Very High	30mg
Yams	1/2 cup, cubed	Very High	40mg

Carrots, raw	1/2 lg carrot	High	10mg
Celery, Cooked	1 cup	High	10mg
Collards	1 cup	High	10mg

Artichokes	1 small bud	Moderate	5mg
Asparagus	4 spears	Moderate	6mg
Carrots, cooked	1/2 cup sliced	Moderate	7mg
Hot Chili Peppers	1/2 cup	Moderate	5mg
Mixed Vegetables, frozen	1/2 cup	Moderate	5mg
Oriental Vegetables, frozen	1/2 cup	Moderate	6mg
Soybeans	1 cup	Moderate	7mg
String Beans	1/2 cup	Moderate	9mg
Tomato	1 med whole	Moderate	7mg

Brussel Sprouts	1/2 cup frozen	Low	2mg
Celery, raw	1 stalk	Low	3mg
Kale	1 cup chopped	Low	2mg
Mung Beans	1/2 cup	Low	3mg

Mustard Greens	1 cup chopped	Low	4mg
Sea Vegetables	1 cup	Low	3mg

Alfalfa Sprouts	1/2 cup	Little or None	0mg
Bok Choy (Chinese Cabbage)	1 cup, raw	Little or None	1mg
Broccoli	1/2 cup chopped	Little or None	1mg
Cabbage	1/2 cup	Little or None	1mg
Cauliflower	1/2 cup cooked	Little or None	1mg
Chives	1 tsp	Little or None	0mg
Corn	1/2 cup	Little or None	1mg
Cucumber	1/4 cucumber	Little or None	1mg
Endive	1/2 cup	Little or None	0mg
Green Pepper	1 ring	Little or None	1mg
Iceberg Lettuce	1 cup	Little or None	0mg
Mushrooms	1 mushroom	Little or None	0mg
Onions	1 small onion	Little or None	0mg
Peas	1/2 cup	Little or None	1mg
Pickles	1 pickle	Little or None	0mg
Radish	10 count	Little or None	0mg
Romaine Lettuce	1 cup	Little or None	0mg
Scallions	1/2 cup	Little or None	1mg
Sauerkraut	1/2 cup	Little or None	1mg
Waterchestnuts	4 waterchestnuts	Little or None	0mg
Yellow Squash	1/2 cup	Little or None	1mg
Zucchini	1/2 cup	Little or None	1mg

Potatoes

French Fries (homemade or fast food)	4 oz or 1/2 cup	Very High	51mg
Baked Potato with Skin	1 medium	Very High	97mg
Mashed Potatoes	1 cup	Very High	29mg
Potato Chips	1 oz	Very High	21mg
Potato Salad	1/3 cup	Very High	17mg

Sweet Potatoes	1 cup	Very High	28mg
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Dairy

Cream Products

Homemade Cream Sauce	1 cup	Low	3mg
Coffee Creamer	1 Tbs	Little or None	0mg
Non-Dairy Creamer	1 Tbs	Little or None	0mg
Sour Cream	1 Tbs	Little or None	0mg

Ice Creams

Ice Cream (Vanilla)	1/2 cup	Little or None	0mg
Ice Cream Light	1/2 cup	Little or None	0mg
Non Fat Ice Cream	1/2 cup	Little or None	0mg

Yogurt Products

Plain Yogurt	1 cup	Low	2mg
Yogurt with Fruit	8 oz	Little or None	1mg
Non Fat Yogurt with Fruit	8 oz	Little or None	1mg
Frozen Yogurt	1/2 cup	Little or None	1mg
Lowfat Frozen Yogurt	1/2 cup	Little or None	1mg

Cheese Products

American Cheese	1 slice	Little or None	0mg
Cheddar Cheese	1 slice	Little or None	0mg
Low Fat Cheese	1 slice	Little or None	0mg
Cottage Cheese	1/2 cup	Little or None	0mg
Low Fat Cottage Cheese	1 cup	Little or None	0mg
Cottage Cheese Fat Free	1/2 cup	Little or None	1mg
Mozzarella Cheese	1 oz	Little or None	0mg

Eggs

Eggs	1 medium	Little or None	0mg
Egg Beaters	4 oz	Little or None	0mg

Dairy Spreads

Cream Cheese	1 oz	Little or None	0mg
Cream Cheese Fat Free	1 oz	Little or None	1mg
Low Fat Cream Cheese	1 oz	Little or None	1mg
Butter, Salted	1 pat	Little or None	0mg

Milk

Chocolate Milk	1 cup	Moderate	7mg
Powered Milk	1 envelope	Low	3mg
Fat Free Milk	1 cup	Little or None	1mg
1% Milk	1 cup	Little or None	1mg
2% Milk	1 cup	Little or None	1mg
Whole Milk	1 cup	Little or None	1mg
Buttermilk	1 cup	Little or None	1mg

Breads & Grains

Breads

French Toast	2 slices	Very High	13mg
English Muffin Whole Wheat	1 muffin	High	12mg
Pancakes (Homemade)	4 cakes	High	11mg
Pancakes (mix)	4 cakes	High	10mg
Blueberry Muffins	1 muffin	High	9mg
Biscuits (plain or buttermilk)	1 biscuit	Moderate	6mg
Bran Muffins	1 muffin	Moderate	5mg
Bran Muffin Low fat	1 muffin	Moderate	5mg
Cracked Wheat Bread	1 slice	Moderate	5mg
English Muffin	1 muffin	Moderate	8mg
English Muffin Multi-Grain	1 muffin	Moderate	8mg
English Muffin Wheat	1 muffin	Moderate	7mg
Low Fat Muffins	1 muffin	Moderate	5mg

Rye Bread	1 slice	Moderate	7mg
Tortillas, Corn	1 tortilla	Moderate	7mg
Tortillas, flour	1 tortilla	Moderate	8mg
White Bread	1 slice	Moderate	5mg
Wheat Bran Bread	1 slice	Moderate	7mg
Whole Oat Bread	1 slice	Moderate	5mg
Whole Wheat Bread	1 slice	Moderate	6mg
Corn Bread	1 piece	Low	4mg
Oatmeal Bread	1 piece	Low	4mg
Oat Bran Muffin	1 small muffin	Low	4mg
Oat Bran Bread	1 slice	Low	4mg

Pastas, Rice & Grains

All-Purpose Flour	1 cup	Very High	17mg
Brown Rice, cooked	1 cup	Very High	24mg
Brown Rice Flour	1 cup	Very High	65mg
Buckwheat Groats	1 cup cooked	Very High	133mg
Bulgur, cooked	1 cup	Very High	86mg
Corn Grits	1 cup	Very High	97mg
Cornmeal	1 cup	Very High	64mg
Couscous	1 cup	Very High	15mg
Lasagna	1 serving	Very High	23mg
Millet, cooked	1 cup	Very High	62mg
Miso	1 cup	Very High	40mg
Rice Bran	1 cup	Very High	281mg
Soy Flour	1 cup	Very High	94mg
Wheat Berries	1 cup cooked	Very High	98mg
Wheat Flour, Whole Grain	1 cup	Very High	29mg
Spaghetti	1 cup cooked	High	11mg
White Rice Flour	1 cup	High	11mg

Corn Flour	1 cup	Low	3mg
Hummus	1 Tbs	Low	4mg
Macaroni & Cheese	1 cup	Low	4mg
White Rice, cooked	1 cup	Low	4mg
Barley Malt Flour	1 cup	Little or None	0mg
Corn Bran	1 cup	Little or None	0mg
Flaxseed	1 Tbs	Little or None	0mg
Oat Bran, raw	1/3 cup	Little or None	0mg

Meats & Fish

Meat & Meat Alternatives

Tofu	3.5oz	Very High	13mg
Veggie Burger	1 pattie	Very High	24mg
Soy Burger	3.5oz	High	12mg
Chicken Nuggets	6 nuggets	Low	3mg
Meatballs	2 meatballs	Low	2mg
Turkey Dogs	1 dog	Low	3mg
Antelope	3 oz	Little or None	0mg
Bacon	2 slices	Little or None	0mg
Bologna	1 slice	Little or None	0mg
Buffalo	3 oz	Little or None	0mg
Chicken Dog	1 dog	Little or None	1mg
Chicken Liver	3 oz	Little or None	0mg
Chicken	3 oz	Little or None	0mg
Hot Dogs	1 dog	Little or None	1mg
Ham	3 oz	Little or None	0mg
Ground Beef	3 oz	Little or None	0mg

Lean Hamburg (85%)	3 oz	Little or None	0mg
Lean Hamburg (75%)	3 oz	Little or None	0mg
Lean Hamburg (90%)	3 oz	Little or None	1mg
Liver	3.5oz	Little or None	0mg
Moose	3oz	Little or None	0mg
Pork	5 oz	Little or None	0mg
Turkey	5 oz	Little or None	0mg
Venison	3 oz	Little or None	0mg
Wild Game Meat	3 oz	Little or None	1mg

Fish

Tuna Salad	1 cup	Moderate	6mg
Frozen Fish Sticks	2 sticks	Low	3mg
Alaskan King Crab	3 oz or 1/2 leg	Little or None	0mg
Bluefish	1 fillet	Little or None	1mg
Clams, raw	3 oz	Little or None	0mg
Cod, pacific	3 oz or 1 fillet	Little or None	0mg
Cod Liver Fish Oil	1 tsp	Little or None	0mg
Flounder	3 oz	Little or None	0mg
Haddock	3 oz	Little or None	0mg
Halibut	3 oz	Little or None	0mg
Herring (Atlantic & Pacific)	3 oz	Little or None	1mg
Mackerel	3 oz	Little or None	0mg
Oysters	3 oz	Little or None	0mg
Pollock	3 oz	Little or None	0mg
Salmon (all types)	4 oz	Little or None	0mg
Sardines	1 can or 3.75oz	Little or None	0mg
Shrimp	3 oz	Little or None	0mg
Swordfish	1 piece	Little or None	0mg
Tuna Fish (in oil)	3.5 oz	Little or None	0mg
Tuna Fish (in water)	3.5oz	Little or None	0mg

Whiting	3 oz	Little or None	0mg
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Nuts and Seeds			
Almonds	1 oz or 22 kernels	Very High	122mg
Candies with Nuts (ex Snickers)	2 oz	Very High	38mg
Cashews	1 oz or 18 kernels	Very High	49mg
Peanuts	1 oz	Very High	27mg
Pistachios	1 oz or 48 kernels	Very High	14mg
Mixed Nuts (with Peanuts)	1 oz	Very High	39mg
Pumpkin Seeds	1 cup, cooked	Very High	17mg
Trail Mix	1 oz	Very High	15mg
Walnuts	1 cup or 7 nuts	Very High	31mg
Pecans	1 oz or 15 halves	High	10mg
Sunflower Seeds	1 cup	High	12mg
Flaxseed	1 Tbs	Little or None	0mg

Cakes, Candies, Cookies & Pudding Snacks			
Brownies	1 oz or 1/2 brownie	Very High	31mg
Cake (store brand)	1 piece	Very High	15mg
Cake (Homemade)	1 piece	Very High	16mg
Candies with Nuts (ex Snickers)	2 oz	Very High	38mg
Chocolate Syrup	2 Tbs	Very High	38mg
Fudge Sauce	2 Tbs	Very High	28mg
Cake (<i>Low Fat Only</i>)	1 piece	High	11mg
Chocolate Chip Cookies (store brand)	1 cookie	High	10mg
Chocolate Chip Cookies (<i>Low Fat Only</i>)	1 cookie	Moderate	7mg

Milk Chocolate Candies	1 oz	Moderate	5mg
Pies (homemade)	1 piece or 1/8th of pie	Moderate	5mg
Apple Pie	1 piece or 1/8th of pie	Moderate	5mg
Pudding Popsicle	1 pop	Moderate	5mg

Fig Bars	1 cookie	Low	4mg
Chocolate Pudding, Instant	1/4 box or 1 oz	Low	4mg
Oatmeal Cookies (store)	1 cookie	Low	4mg
Oatmeal Cookie (homemade)	1 cookie	Low	2mg
Rice Cake	1 cake	Low	4mg
Rice Pudding	1/2 cup	Low	2mg
Snack Cakes- crème filled	1 cake	Low	3mg

Custard	1 cup	Little or None	1mg
Jello	1 cup	Little or None	1mg
Popsicle	1 stick	Little or None	0mg
Rice Krispy Treat	1 bar	Little or None	1mg
Sherbert	1/2 cup	Little or None	0mg
Tapioca Pudding	1/2 cup	Little or None	0mg
Vanilla Pudding	1 cup	Little or None	1mg

Crackers, Chips & Miscellaneous

Potato Chips	1 oz	Very High	21mg
Tortilla Corn Chips	1 oz	Moderate	7mg
Popcorn, oil-popped	1 cup	Moderate	5mg
Pretzels, Hard & Salted	1 oz	Moderate	5mg
Fruit Roll-Ups	1 roll	Low	2mg
Graham Crackers	1 large rectangle	Low	2mg
Popcorn, air-popped	1 cup	Low	4mg
Ritz Crackers	5 crackers	Low	3mg

Saltines	1 cracker	Little or None	1mg
Triscuits	1 cracker	Little or None	1mg
Wheat Crackers	1 cracker	Little or None	1mg
Wheat Thins, Reduced Fat	1 cracker	Little or None	1mg

Beverages			
Carrot Juice	1 cup	Very High	27mg
Hot Chocolate (homemade)	1 cup	Very High	65mg
Lemonade (frozen from concentrate)	8 oz	Very High	15mg
Rice Dream	1 cup	Very High	13mg
Tea, Brewed	1 cup	Very High	14mg
Tomato Juice	1 cup	Very High	14mg
V8 Juice	1 cup	Very High	18mg
Prune Juice	1 cup	Moderate	7mg

Apple Juice	6 oz	Low	2mg
Apricot Juice	1 cup	Low	2mg
Coffee Decaff	1 cup	Low	2mg
Orange Juice	1 cup	Low	2mg
Pineapple Juice	8 oz	Low	3mg
Postum (coffee Substitute)	1 serving	Low	2mg

Coffee			
1 cup		Little or None	
Gatorade	1 cup	Little or None	0mg
Grape Juice	8 oz	Little or None	1mg
Grapefruit Juice	8 oz	Little or None	0mg
Kool-Aid	1 cup	Little or None	1mg
Lemonade (diet)	8 oz	Little or None	1mg
Mango Juice	8 oz	Little or None	1mg
Sodas (all types)	8 oz	Little or None	0mg

Sweetened Instant Iced Tea	1 cup	Little or None	0mg
Water	8 oz	Little or None	0mg

Dairy Beverages

Chocolate Milk	1 cup	Moderate	7mg
Powdered Milk	1 envelope	Low	3mg
Soy Milk	1 cup	Low	4mg
Fat Free Milk	1 cup	Little or none	1mg
1% Milk	1 cup	Little or none	1mg
2% Milk	1 cup	Little or none	1mg
Whole Milk	1 cup	Little or none	1mg

Alcoholic Beverages

Beer (Regular)	1 can	Low	4mg
Beer (Light)	1 can	Low	3mg
Red Wine	4 oz	Little or None	1mg
White Wine	4 oz	Little or None	0mg
Liquor (80 proof)	1 jigger	Little or None	0mg

Spreads, Sauces & Toppings

Chocolate Syrup	2 Tbs	Very High	38mg
Fudge Sauce	2 Tbs	Very High	28mg
Miso	1 cup	Very High	40mg
Peanut Butter	1 Tbs	Very High	13mg
Peanut Butter Reduced Fat	1 Tbs	Very High	16mg
Stuffing	1 cup	Very High	36mg
Tahini	1 Tbs	Very High	16mg
Cream Sauce, Homemade	1 cup	Low	3mg
Gravy	1 cup	Low	4mg

Olive Oil & Vinegar		Low	2mg
Soy Sauce	1 Tbs	Low	3mg
Apple Butter	1 Tbs	Little or None	0mg
Butter	1 Pat	Little or None	0mg
Catsup/Ketchup	1 packet	Little or None	1mg
Cream Cheese	1 oz	Little or None	0mg
Cream Cheese Low Fat	1 oz	Little or None	1mg
Cream Cheese Fat Free	1 oz	Little or None	1mg
Horseradish	1 Tbs	Little or None	0mg
Jam/Jelly	1 Tbs	Little or None	1mg
Italian Salad Dressing	1 Tbs	Little or None	0mg
Mayonnaise	1 Tbs	Little or None	0mg
Mustard, yellow	1 tsp or packet	Little or None	1mg
Pancake Syrup	3/4 Tbs	Little or None	0mg
Salsa	1 Tbs	Little or None	1mg
Whipped Cream	2 Tbs	Little or None	0mg
Whipped Topping	2 Tbs	Little or None	0mg

Ingredients			
All-Purpose Flour	1 cup	Very High	17mg
Brown Rice Flour	1 cup	Very High	65mg
Cocoa Powder	4 tsp	Very High	67mg
Cornmeal	1 cup	Very High	64mg
Soy Flour		Very High	94mg
Soy Protein Isolate	1 oz	Very High	27mg
Wheat Flour, Whole Grain	1 cup	Very High	29mg
White Rice Flour	1 cup	High	11mg
Chili Powder	1 tbs	Moderate	7mg
Brewer's Yeast	1 tbs	Moderate	7mg

Corn Flour	1 cup	Low	3mg
Cornstarch	1 cup	Low	3mg
Lemon Juice (canned or bottled)	1 cup	Low	4mg
Artificial Sweetner	1 packet	Very Low	1mg
Bullion Cube	1 cube	Very Low	1mg
Black Pepper	1 dash	Very Low	0mg
Barley Malt Flour	1 cup	Very Low	0mg
Brown Sugar	1 cup packed	Very Low	1mg
Butter	1 pat	Very Low	0mg
Buttermilk	1 cup	Very Low	1mg
Corn Syrup (high Fructose)	1 tbs	Very Low	1mg
Corn Syrup (Light)	1 tbs	Very Low	0mg
Cod Liver Oil	1 tsp	Very Low	0mg
Cream Substitute	1 tsp	Very Low	0mg
Cream	1 tbs	Very Low	0mg
Eggs	1 medium egg	Very Low	0mg
Eggbeaters	4 oz	Very Low	0mg
Garlic Powder	1 tsp	Very Low	0mg
Gelatin	1 tbs or 1 envelope	Very Low	0mg
Honey	1 tbs	Very Low	0mg
Lard	1 tsp	Very Low	0mg
Lemon Juice Raw (concentrate)	1 tbs	Very Low	0mg
Molasses	1 tbs	Very Low	0mg
Oat Flour	1 cup	Very Low	0mg
Salt	1 tsp	Very Low	0mg
Shortening	1 tsp	Very Low	0mg
Sugar	1 tsp	Very Low	0mg
Sweet Whey Fluid	1 cup	Very Low	1mg
Sweet Whey Dried	1 tbs	Very Low	0mg

Fast Food Items or Meals

Burritos with beans	1 burrito	Very High	17mg
Burritos with beans & meat	1 burrito	Very High	16mg
Cheeseburger with bun	1 burger & bun	Very High	13mg
Chili with Beans	1 cup	Very High	24mg
Enchilada with Cheese & beef	1 enchilada	Very High	13mg
Enchilada with Chicken	1 enchilada	Very High	13mg
French fries	4 oz	Very High	51mg
Lasagna with meat	1 serving	Very High	23mg
Nachos with Cheese	6-8 chips	Very High	13mg
Pizza with Cheese	2 slices	Very High	13mg

Grilled Cheese Sandwich	1 sandwich	High	12mg
Tacos	1 small taco	High	12mg

Doughnut	1 doughnut	Moderate	5mg
Eggroll	1 eggroll	Moderate	5mg
Hot Dog with Bun	1 dog with bun	Moderate	9mg
Onion Rings	6-8 rings	Moderate	5mg

Chicken Nuggets	6 nuggets	Low	3mg
Macaroni & Cheese	1 cup	Low	4mg

Chicken Roll	1 package	Very Low	1mg
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Clam Chowder	1 cup	Very High	13mg
Lentil Soup	1 cup	Very High	39mg
Miso Soup	1 cup	Very High	111mg

Vegetable Beef Soup	1 cup	Moderate	5mg
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Chicken Noodle Soup	1 can	Low	3mg
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Breakfast Items

Cream of Wheat	1 cup	Very High	18mg
Red River Cereal	1/4 cup	Very High	13mg
Corn Grits	1 cup	Very High	97mg
Farina Cereal	1 cup	Very High	16mg
French Toast	2 slices	Very High	13mg
Pancakes (Homemade)	4 pancakes	Very High	22mg
Pancakes (dry mix)	4 pancakes	Very High	37mg
Danish Pastry Homemade	1 pastry	Very High	14mg
Sweet Rolls Low Fat	1 pastry	Very High	13mg

English Muffins <i>Whole Wheat ONLY</i>	1 muffin	High	12mg
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Bran Muffins (store)	1 muffin	Moderate	5mg
Bran Muffin Low Fat	1 muffin	Moderate	5mg
Blueberry Muffins	1 muffin	Moderate	9mg
Doughnut	1 doughnut	Moderate	5mg
English Muffins - Reg	1 muffin	Moderate	8mg
English Muffins - Multi-Grain	1 muffin	Moderate	8mg
English Muffins - Wheat	1 muffin	Moderate	7mg
Muffins Low Fat	1 muffin	Moderate	5mg
Poptart	1 tart	Moderate	7mg

Cornbread	1 piece	Low	4mg
Danish Pastry, Fruit Filled	1 pastry	Low	4mg
Granola Bars Low Fat	1 oz uncoated	Low	2mg
Kashi Go Lean Bar	1 bar	Low	3mg

Bacon	2 slices	Very Low	0mg
Caronation Instant Breakfast	1 packet	Very Low	1mg
Eggs	1 medium egg	Very Low	0mg

Eggbaters	4 oz	Very Low	0mg
Granola Bars- Hard & Plain	1 bar	Very Low	1mg
Oatmeal Cereal	1 cup	Very Low	0mg
Pancake Syrup	3/4 tbs	Very Low	0mg

Cereals by
Manufacturer

Kellogg's			
All-Bran Original	1/2 cup	Very High	26mg
All-Bran Buds	1/2 cup	Very High	20mg
Complete Wheat Bran	3/4 cup	Very High	34mg
Cracklin' Oat Bran	3/4 cup	Very High	15mg
Frosted Mini-Wheats	1 cup	Very High	28mg
Just Right Fruit & Nut	1 cup	Very High	13mg
Low Fat Granola with Raisins	2/3 cup	Very High	16mg
Kashi Go Lean	3/4 cup	Very High	14mg
Mueslix Apple & Almond Crunch	2/3 cup	Very High	20mg
Mueslix	2/3 cup	Very High	17mg
Puffed Kashi	1 cup	Very High	13mg
Raisin Bran	1 cup	Very High	46mg
Raisin Bran Crunch	1 cup	Very High	27mg
Raisin Squares Mini-Wheats	3/4 cup	Very High	41mg
Smart Start	1 cup	Very High	15mg
All-Bran with Extra Fiber	1/2 cup	High	11mg
Cocoa Krispies	3/4 cup	High	11mg
Kashi Good Friends	3/4 cup	High	10mg
Complete Oat Bran Flakes	3/4 cup	Moderate	5mg
Kashi Heart to Heart	3/4 cup	Moderate	8mg

Healthy Choice Multi-Grain Flakes	3/4 cup	Moderate	7mg
Trout Loops	1 cup	Low	2mg
Honey Crunch Corn Flakes	3/4 cup	Low	3mg
Rice Krispies	1 1/4 cup	Low	4mg
Special K	1 cup	Low	3mg
Special K Red Berries	1 cup	Low	2mg
Snacks	3/4 cup	Low	3mg

Corn Flakes	1 cup	Very Low	1mg
Corn Pops	1 cup	Very Low	1mg
Crispix	1 cup	Very Low	1mg
Frosted Flakes	3/4 cup	Very Low	1mg
Product 19	1 cup	Very Low	1mg

Post Cereals

100% Bran	1/3 cup	Very High	25mg
40% Bran	3/4 cup	Very High	36mg
Banana Nut Crunch	1 cup	Very High	25mg
Cranberry Almond Crunch (Morning Traditions)	1 cup	Very High	35mg
Fruit & Fiber Dates, Raisins & Walnuts	1 cup	Very High	41mg
Great Grains Raisin, Dates & Pecans	2/3 cup	Very High	17mg
Great Grains Crunch Pecan	2/3 cup	Very High	18mg
Grape Nuts	1/2 cup	Very High	14mg
Original Shredded Wheat & Bran	1 1/4 cup	Very High	53mg

Blueberry Morning	1/2 cup	Moderate	8mg
Grape Nuts Flakes	3/4 cup	Moderate	7mg

Fruity Pebbles	3/4 cup	Low	2mg
Honey Bunches of Oats with Almonds	3/4 cup	Low	2mg
Honey Bunches of Oats Honey Roasted	3/4 cup	Low	3mg

Honeycomb	1 1/3 cup	Very Low	1mg
Wafflecrisp	1 cup	Very Low	1mg

General Mills

Basic 4	1 cup	Very High	17mg
Fiber One	1/2 cup	Very High	13mg
Honey Nut Clusters	1 cup	Very High	23mg
Multi-Bran Chex	1 cup	Very High	36mg
Nature Valley Cinnamon & Raisins Granola	3/4 cup	Very High	13mg
Oatmeal Crisp with Almonds	1 cup	Very High	24mg
Oatmeal Raisin Crisp	1 cup	Very High	13mg
Raisin Nut Bran	1 cup	Very High	24mg
Total Raisin Bran	1 cup	Very High	31mg

Harmony	1 1/4 cup	High	11mg
Wheaties Raisin Bran	1 cup	High	11mg

Apple Cinnamon Cheerios	3/4 cup	Moderate	5mg
Berry Burst Cheerios	1 cup	Moderate	7mg
Cheerios	1 cup	Moderate	8mg
Cinnamon Toast Crunch	3/4 cup	Moderate	5mg
Corn Chex	1 cup	Moderate	5mg
Count Chocula	1 cup	Moderate	5mg
Frosted Cheerios	1 cup	Moderate	6mg
Honey Nut Cheerios	1 cup	Moderate	7mg

Golden Grahams	3/4 cup	Moderate	9mg
Lucky Charms	1 cup	Moderate	5mg
Reese's Puffs	3/4 cup	Moderate	8mg
Team Cheerios	1 cup	Moderate	6mg
Total Corn Flakes	1 1/3 cup	Moderate	5mg
Wheat Chex	1 cup	Moderate	7mg
Wheaties	1 cup	Moderate	8mg
Whole Grain Total	3/4 cup	Moderate	8mg
Cocoa Puffs	1 cup	Low	3mg
Kix	1 1/3 cup	Low	2mg
Rice Chex	1 1/4 cup	Low	4mg
Trix	1 cup	Very Low	0mg

Quaker

Low Fat 100% Natural Granola with Raisins	3/4 cup	Very High	15mg
100% Natural Granola Oats & Honey	1/2 cup	Very High	13mg
Oat Bran	1 1/4 cup	High	10mg
Honey Nut Oats	1 oz	Moderate	7mg
Oatmeal Squares	1 cup	Moderate	5mg
Puffed Wheat	1 1/4 cup	Moderate	9mg
Toasted Oatmeal	1 oz	Moderate	6mg
Puffed Rice	1 cup	Low	2mg
Quaker Oat Cinnamon Life	3/4 cup	Low	3mg
Quaker Oat Life	3/4 cup	Low	3mg
Cap'n Crunch	3/4 cup	Very Low	0mg

Other Cereal Brands				
Bran Flakes with Raisins, Single Brand	1 cup	Very High	57mg	
Nabisco Shredded Wheat	2 biscuits	Very High	42mg	
Nabisco Honey Nut Shredded Wheat Bite Size	1 cup	Very High	47mg	
Spoonsize Shredded Wheat	1 cup	Very High	45mg	
Uncle Sam	1 cup	High	11mg	
Just Right with Crunchy Nuggets	1 cup	Moderate	5mg	
Wheetabix Whole Wheat	2 biscuits	Moderate	8mg	
Healthy Valley Oat Bran Flakes	1 cup	Very Low	0mg	