



Oxalates

Oxalates are compounds that can bind with minerals such as sodium, potassium, calcium, iron, and magnesium. Your body produces some oxalates and some come from eating oxalate-rich plant foods. Once an oxalate molecule binds with a mineral, it forms a salt that cannot dissolve in water (think about that white buildup around a faucet). Dietary oxalates have been considered beneficial because they can bind toxic heavy metals and help eliminate them from the body. On the flip side, oxalates have also been considered detrimental because they bind necessary minerals and contribute to the development of kidney stones.

REDUCE OXALATES

- boil
- steam
- soak
- pressure cook
- consume with high-calcium foods

TO EAT OR NOT TO EAT?

HIGH-OXALATE FOODS

- wheat bran
- cornmeal
- millet
- quinoa
- parsley
- spinach
- arugula
- beet greens
- swiss chard
- potatoes
- sweet potatoes
- beets
- okra
- rhubarb
- soy
- peanuts
- almonds
- beans & lentils
- cacao
- black tea

So should you eliminate high-oxalate foods from your diet to prevent kidney stones? Maybe not so fast. Oxalates can be reduced through proper preparation methods, especially in the presence of water. Additionally, research shows that adequate intake of minerals like potassium, magnesium, and calcium has more of an influence on kidney stone development than oxalate intake.

For most people, oxalates are not something to worry about. For individuals with compromised gut health (or autism spectrum

disorder), dietary oxalates seem to be more of an issue. This may be related to dysbiosis or intestinal hyperpermeability.

While more research is needed, individuals who need gut healing can benefit from a low-oxalate diet.

Oxalic acid has 2 electrons that it wants to share, attracting & binding it to mineral ions.

