

Oxalate Diet for Pelvic Pain and Vulvodynia

Can Diet Modification Be Helpful?

Women with CPP and vulvodynia may benefit from a low oxalate diet. These women have been shown to have higher levels of calcium oxalate in their urine that peaks in relation to intensity of pain along with symptoms of urgency, frequency, muscle and joint pain and rectal itching and burning.

What Is Oxalate?

Oxalate is a chemical substance found in foods of plant origin. The most problematic foods are nuts; citrus fruits; wheat products; tea; cocoa products; spices such as ginger, pepper, and cinnamon; soy and peanut products; and tomatoes.

Is Elimination Of Oxalate The Only Answer?

A low-oxalate diet may not be sufficient to effect a reduction in symptoms, although several women who tried a low-oxalate diet as their first course of action experienced significant pain reduction. It is recommended that you limit foods in the moderate oxalate list to 3 times a week. It is best to combine the diet with additional treatment.

Oxalate Content of Certain Foods

FOODS	LITTLE OR NO OXALATE <2 Oxalate/Serving; Eat as desired	MODERATE OXALATE: CONTENT 2-10 Oxalate/Serving; Limit: 2 (1/2 Cups) servings/ day	RICH OXALATE: > 1 Oxalate/Serving; Avoid completely
Fats and Oils	Bacon Mayonnaise Salad dressing Vegetable oils		Nuts: Peanuts Pecans
Meat Group	Eggs, Cheese, cheddar Lamb, beef or pork Poultry Seafood	Sardines	Baked beans Peanut butter Soybean curd - (Tofu)
Milk	Buttermilk Low-fat milk, skim milk Low-fat yogurt with allowed fruits		
Miscellaneous	Jelly or Preserves (made with allowed fruits) Lemons Salt, pepper (1tsp/day) Soups with allowed ingredients	Chicken noodle soup Dehydrated	Chocolate, cocoa Pepper (in excess of 1 tsp/day) Vegetable soup Tomato soup
Bread/ Starch	Cornflakes Macaroni/Spaghetti Noodle Oatmeal Rice White bread	Cornbread Sponge cake Spaghetti, canned in tomato sauce	Fruit cake Grits, white corn Soybean crackers Wheat Germ