

Food	Cal/Phos Ratio	Oxalate concentration
Papaya	4.8-1	N/A
Figs	2.5-1	N/A
Pineapple	2-1	Moderate
Raspberries	1.8-1	High
Blackberries	1.5-1	High
Grapes	1.4-1	Low
Apples	1-1	Moderate
Pear	1-1	Moderate
Mango	.9-1	Low
Kiwi	.7-1	N/A
Strawberries	.7-1	Moderate
Melons	.6-1	Low
Plum	.4-1	Moderate
Collard Greens	14.5-1	High
Cactus pads and fruit	10-1	Moderate
Turnip Greens	4.5-1	Moderate
Dandelion Greens	2.8-1	Low
Loose Leaf Lettuce	2.7-1	Moderate
Kale	2.4-1	High
Hibiscus leaves and flowers	2-1	N/A
Chicory (Escarole and Radicchio)	2-1	Low
Watercress	2-1	Moderate
Endive	1.9-1	Low
Butternut Squash	1.5-1	N/A
Okra	1.3-1	High
Romaine Lettuce	.8-1	Moderate
Mushrooms	.05-1	Low