

Why Is Oxalate Considered An Antinutrient?



Effect of oxalate on health

- Increased oxalate concentration in urine may cause kidney stone formation. It is usually a concern if a baby has a pre-existing kidney disorder.
- It may also form complexes with calcium, iron, and other minerals and reduce their absorption.

Other foods high in oxalate

- Rhubarb, beetroot, nuts, and most dry beans are high in oxalate.
- Combining one or more of these foods in one meal may increase the total oxalate intake.

Methods to reduce oxalate content of foods

- Blanching spinach
- Germinating seeds such as soybean before cooking
- Boiling in water
- Fermentation

References

1. Making Spinach with Low Oxalate Levels; USDA
2. Oxalate content of foods and its effect on humans; NHR