



urological surgical associates

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Low Calcium Diet

FOODS ALLOWED

Fresh, canned or cooked fruit or juice. Melons, bananas, berries

Cooked and refined cereals.

Broths, Vegetable soups made from allowed vegetables.

8oz. daily of any meat, fish or fowl excluding clams, oysters, and shrimp. Not more than 1 egg daily, including those used in cooking. Crab, lobster and scallops.

White and sweet potatoes. Asparagus, beets. Brussels sprouts, corn, onions, eggplant, mushrooms, peppers, squash, tomatoes, green beans & lettuce. Vegetables should be prepared without cream sauce.

White & light rye bread. Crackers & biscuits.

FOODS TO AVOID

FRUITS

Dried fruits, Rhubarb

CEREALS

Chocolate flavored cereals. Oatmeal and whole grain cereals.

SOUPS

Bean or pea soup. Cream or milk soup.

MEATS, FISH, POULTRY, EGGS and CHEESE

Clams, canned salmon, oysters, shrimp. Cheese

VEGETABLES

Dried beans and peas. Broccoli, spinach, water-cress, green cabbage, celery, greens, parsley, parsnips, okra, rutabaga, & chard.

BREADS

Whole grain & soy bean bread.



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Carbonated beverages, coffee & tea.

Cake, cookies, pudding, sherbet (all without choc. milk, nuts, & egg yolk).
Gelatin desserts.

Butter, cream, French dressing.
Macaroni, noodles. Honey & jelly.
Gravy w/out milk, corn syrup, candy w/out choc. Popcorn, pickles & vinegar.

BEVERAGES

Milk, malted milk, cereal beverages, choc. flavored drinks.

DESSERTS

Ice cream & choc. flavored desserts. All other Desserts except those listed opposite.

MISCELLANEOUS

Maple syrup, molasses. not a lot of cream.
Mayonnaise, cocoa,
Choc., milk, gravy, nuts
olives & white sauce.