



# Oxalate Content of Plant-Based Milk

*Nutrition Information of Plant-Based and Dairy Milks Listed in Descending Order of the Measured Oxalate Content*

	Sodium (mg/cup)	Calcium (mg/cup)	Potassium (mg/cup)	Mean Oxalate (mg/cup)
Silk Almond Milk Original	150	30%	0	27.1 ± 0.49
Forager Cashew Milk	10	2%	94	17.2 ± 0.96
Pacific Foods Hazelnut Milk	115	10%	NS*	11.3 ± 0.52
Silk Soy Milk Original	90	30%	380	9.6 ± 0.39
Pacific Foods Hemp Milk	130	20%	145	4.5 ± 0.08
Oatly Oat Milk	100	25%	390	3.5 ± 0.05
Milkadamia Macadamia Milk	115	35%	10	1.1 ± 0.13
Rice Dream Enriched Rice Milk	100	30%	NR†	0.71 ± 0.08
Barber's Dairy Pure Whole Milk	120	30%	380	0.54 ± 0.14
Barber's Dairy Pure Fat Free	130	30%	410	0.50 ± 0.03
Good Karma Flax Milk	190	25%	20	<0.43‡
So Delicious Coconut Milk	25	10%	0	<0.43‡

RDA, Recommended Dietary Allowance.

The Calcium content was reported by manufacturers as a percentage of RDA; absolute values of calcium were not available for all products.

\*Not a significant source of potassium.

†Not reported; the USDA reports the potassium content of rice milks as 65 mg.

‡Oxalate content below the limits of detection.

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*Plant-Based Milk Alternatives and Risk Factors for Kidney Stones and Chronic Kidney Disease*

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