Oxalate Consumption Report

Personal Dietary Tracking Summary

Report Period: **October 3, 2026 – November 2, 2026**
Generated: November 2, 2026

DISCLAIMER: This report is generated from self-reported dietary data and is for informational purposes only. It does not constitute medical advice, diagnosis, or treatment. Oxalate values are estimates based on published reference data.

4	22	11	6/30
Avg Daily Oxalate (mg)	Total Oxalate (mg)	Foods Logged	Days Tracked

DAILY INTAKE SUMMARY

Average Daily Oxalate	**3 mg**
Median Daily Oxalate	**2 mg**
Highest Single Day	**10 mg (Oct 25)**
Lowest Single Day	**0 mg (Oct 26)**
Days Within 100 mg/day	**6 of 6 (100%)**
Days Over 100 mg/day	**0 of 6 (0%)**

TOP OXALATE CONTRIBUTORS

RANK	FOOD	TOTAL (mg)	% OF TOTAL	TIMES LOGGED	AVG/SERVING
1	Feijoa, fresh	**5**	**26%**	**1**	5 mg
2	Coconut Macaroons	**3**	**17%**	**1**	3 mg
3	Pork Chops with Apples and Onions	**2**	**11%**	**1**	2 mg
4	Baked Apples	**1**	**8%**	**1**	1 mg
5	Garlic-Butter Sirloin Steak with Mush…	**1**	**7%**	**1**	1 mg

Top 5 foods account for 71% of total oxalate intake over this period.

OXALATE LEVEL DISTRIBUTION

LEVEL	RANGE	COUNT	PERCENT
Very Low	0–2 mg	**8**	**72%**
Low	2–5 mg	**2**	**18%**
Moderate	5–10 mg	**1**	**9%**
High	10–15 mg	**0**	**0%**
Very High	≥15 mg	**0**	**0%**

100% of logged foods were in the Moderate range or below.

Levels group milligrams per serving as eaten. They describe the food, not what is safe for you.

TIMING & PATTERNS

Weekday Average	**2 mg/day**
Weekend Average	**10 mg/day**
Weekend Difference	**+365% vs weekday**
Highest Intake Day of Week	**Sunday (avg 10 mg)**
Lowest Intake Day of Week	**Monday (avg 1 mg)**
Current Logging Streak	**1 consecutive days**

DAILY LOG (MOST RECENT 14 DAYS)

DATE	TOTAL (mg)	ENTRIES	HIGHEST FOOD	STATUS
Mon, Nov 2	**2**	**2**	Baked Apples	Within target
Mon, Oct 26	**1**	**1**	Yogurt, plain, lowfat	Within target
Sun, Oct 25	**11**	**4**	Feijoa, fresh	Within target
Fri, Oct 23	**3**	**2**	Garlic-Butter Sirloin Stea…	Within target
Wed, Oct 7	**4**	**1**	Coconut Macaroons	Within target
Mon, Oct 5	**2**	**1**	COFFEE, BREWED	Within target

ABOUT THIS DATA

Dietary oxalate intake has been self-tracked using Low Ox Life. Oxalate values are sourced from the Harvard T.H. Chan School of Public Health reference database, from published studies and lists cited food by food for common cooking staples, and/or from any other references provided by individual users of the Low Ox Life app. Individual absorption may vary based on gut health, calcium intake, cooking methods, and other dietary factors.

The 100 mg/day target in this report is the one the patient set in the app. Actual dietary targets vary by individual and should be determined in consultation with a qualified professional.

Data completeness: 6 of 30 days tracked (20%); 6 had every food tested. Averages, medians, highs, lows and trends use only those fully tested days. A day with an untested food is shown with ≥ (at least) or ?, because its true total is unknown. Associations are shown only with at least 14 qualifying days; they are observations, not a statistical test.

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