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Oxalates are organic acids, found in most vegetables and fruits, which hinder the absorption of calcium. A low-oxalate diet can therefore help people who suffer from osteoporosis and kidney stones to manage their condition. Oxalates may also be a contributing factor in the pain of fibromyalgia, and again a low-oxalate diet may help.

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The Low-Oxalate Cookbook is a delicious introduction to a low-oxalate diet. With details of which foods to embrace and what to avoid, you are sure to find a new favourite meal within its pages. Oxalates are organic acids, found in most vegetables and fruits, which hinder the absorption of calcium.

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