is lower than that measured in Phaseolus mungo (0.14 mg/100 mg). The oxalate content of seeds of Cicer arietinum was 0.49 mg/100 mg fresh wt., which is comparable to that reported by Gopalan et al. (0.417 mg/100 mg fresh wt.).

The total oxalate content of seeds of khesari dal was 0.163 mg/100 mg fresh wt., which is comparable to that reported by Gopalan et al. (0.122 mg/100 mg fresh wt.).

The total oxalate content of chocolate was 0.06 mg/100 mg fresh wt., which is comparable to that measured by oxalate oxidase electrode method (0.049 mg/100 mg).

Our results have shown that Chenopodium, pumpkin, Brassica campestris, spinach and beer had high oxalate content. Hence the restricted consumption of these oxalate-rich foodstuffs can be recommended to urinary stone patients, to avoid the risk of deposition of calcium oxalate in their urinary tract.


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