

OXALATE

Meaning: Oxalate is a salt or ester of oxalic acid that can combine with calcium to form insoluble compounds, potentially contributing to kidney stone formation.

1. Oxalate can form insoluble salts with calcium, leading to kidney stone formation.
2. Many leafy greens, such as spinach, are high in oxalate content.
3. Reducing oxalate intake may benefit individuals prone to calcium oxalate stones.
4. Certain fruits and vegetables contain oxalate, which can affect mineral absorption.
5. Oxalate levels in the body can be influenced by diet and hydration.

Source: sentences.whatistheurl.com

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