References

1. USDA FoodData Central. United States Department of Agriculture.
2. Oxalate content of foods. Clinical Nutrition Research.
3. Oxalate Content of Foods. UCI Kidney Stone Center.
4. Oxalate list. Oxalosis & Hyperoxaluria Foundation (OHF).
5. Where Can I Find Information on the Oxalate Content of Foods? 2006.
6. How To Eat A Low Oxalate Diet. Kidney Stone Program.
7. Dietary oxalate and kidney stone formation. 2018.
8. Dietary Potassium Intake and Risk of Chronic Kidney Disease Progression in Predialysis Patients with Chronic Kidney Disease: A Systematic Review. 2020.
9. Dietary Approach to Recurrent or Chronic Hyperkalaemia in Patients with Decreased Kidney Function. 2018.
10. FSHN15-10/FS273: Chronic Kidney Disease: Phosphorus and Your Diet. UF/IFAS Electronic Data Information Source (EDIS).
11. Potassium in Your CKD Diet. National Kidney Foundation (NKF).
12. The frequency of hyperkalemia and its significance in chronic kidney disease. 2013.
13. The Burden of Hyperkalemia in Patients With Cardiovascular and Renal Disease. 2015.
14. Potassium and kidney disease: What you need to know. American Kidney Fund.
15. Acute Kidney Injury with Neurological Features: Beware of the Star Fruit and its Caramboxin. 2019.
16. Why You Should Avoid Eating Starfruit. National Kidney Foundation (NKF).
17. Why eating star fruit is prohibited for patients with chronic kidney disease?. 2015.
18. Star fruit toxicity: a cause of both acute kidney injury and chronic kidney disease: a report of two cases. 2015.
19. Therapeutic Potential of Pectin and Its Derivatives in Chronic Diseases. 2024.
20. Chronic Kidney Disease: The Gut-Kidney Connection?. 2017.
21. Cholesterol-lowering properties of different pectin types in mildly hyper-cholesterolemic men and women. 2012.
22. Effects of Tart Cherry Juice on Biomarkers of Inflammation and Oxidative Stress in Older Adults. 2019.
23. Cherry Consumption and the Risk of Recurrent Gout Attacks. 2012.
24. Uric Acid and Chronic Kidney Disease: Still More to Do. 2022.
25. Uric acid and chronic kidney disease: which is chasing which?. 2013.
26. Plum pomaces as a potential source of dietary fibre: composition and antioxidant properties. 2011.
27. The effects of plum products consumption on lipid profile in adults: A systematic review and dose–response meta-analysis. 2024.
28. Functional Food in Relation to Gastroesophageal Reflux Disease (GERD). 2023.
29. Systematic Review of Pears and Health. 2015.

30. Effects of Intake of Apples, Pears, or Their Products on Cardiometabolic Risk Factors and Clinical Outcomes: A Systematic Review and Meta-Analysis. 2019.
31. Effects of Anthocyanins on Vascular Health. 2021.
32. Antioxidant Activity of Anthocyanins and Anthocyanidins: A Critical Review. 2024.
33. Daily blueberry consumption improves blood pressure and arterial stiffness in postmenopausal women with pre- and stage 1-hypertension: a randomized, double-blind, placebo-controlled clinical trial. 2015.
34. Effects of Blueberry Consumption on Cardiovascular Health in Healthy Adults: A Cross-Over Randomised Controlled Trial. 2022.
35. Acute Consumption of Blueberries and Short-Term Blueberry Supplementation Improve Glucose Management and Insulin Levels in Sedentary Subjects. 2021.
36. Blueberry anthocyanin intake attenuates the postprandial cardiometabolic effect of an energy-dense food challenge: Results from a double blind, randomized controlled trial in metabolic syndrome participants. 2022.
37. A study of glycaemic effects following acute anthocyanin-rich blueberry supplementation in healthy young adults. 2017.