Responding to Oxalate Fear-Mongering (spinach, almonds...and kale?) Transcript

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Debunking claims about kale and oxalates

That isn't true. Kale is actually a low oxalate green, so he's getting off to a bad start here. While almonds and spinach are higher in oxaloids, note how he didn't cite any evidence to support that they'll poke holes in your gut.

And although there's a relative lack of research on spinach and gut health, we do have some research of almonds.

Almonds, spinach, and gut health evidence

And this review of randomized controlled trials suggests that almond consumption has a relatively neutral to positive impact on gut health parameters, at least in the majority of studies.

Inflammation, cardiovascular markers, and weight effects

So they're gonna get joint pain, they are going to get post-nasal drip by eating those foods, you're going get inflammation by those food, so you are gonna gain weight by these foods.

Once again, no research cited. And upon a quick review, neither almonds nor spinach appear to raise inflammatory markers and there might even be some improvements in that regard.

And almonds actually significantly improve important cardiovascular risk factors like ApoB. And despite their high calorie density, if anything, almond consumption tends to lead to fat loss and a reduction in waist circumference, not weight gain as he claimed.

So I can't see this as anything other than baseless fear-mongering over healthy foods.