

Foods for Healthy Detox

Detoxifying Vegetables

Brassica Family– Cruciferous

Arugula	Cabbage	Kohlrabi
Bok Choy	Cauliflower	Radishes
Broccoflower	Chard	Rutabagas
Broccoli	Daikon	Turnips
Broccoli Sprouts	Horseradish	Greens*: Collards, Kale Mustard, Spinach, Watercress
Brussels Sprouts	Kale*	

Detoxifying Leafy Greens

Bok Choy	Endive	Radicchio
Chard	Escarole	Spinach*
Cilantro	Parsley	Greens: Beet, Collard, Dandelion

Detoxifying Fruits

Phytonutrients (no sugar added)

Blackberries	Grapes*	Pomegranate
Blueberries	Papaya	Raspberries
Cherries	Pineapple	Strawberries*

Detoxifying Amino Acids

Find clean varieties free of hormones and antibiotics

Meat: Buffalo, Lamb, Venison	Sardines
Legumes: Peas, Beans, Lentils	
Poultry: Skinless Chicken, Turkey, Cornish Hen	
Protein Powder: Whey Protein Isolate, Pea Protein	

Detoxifying Starchy Vegetables

Winter Roots– Parsnips, Turnips, Beets

Liver & Kidney Support

Asparagus	Beets
Artichokes	Celery*, Celery Root

Thiols

Daikon Radish	Garlic	Onion
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Grains

Buckwheat/Kasha	Quinoa	Whole Wheat
Brown Rice	Sorghum	
Millet	Teff	

Fats and Oils

Avocado	Olives, black or green
Coconut Milk (light)	Oils: Coconut (virgin), Flax Seed (cold pressed), Grapeseed, Olive (extra virgin)

Nuts and Seeds

Almonds	Hazelnuts	Sunflower Seed Kernels
Brazil Nuts	Pecans	
Coconut (unsweetened)	Pine Nuts	Nut Butters (from nuts in this list)
Flax Seed, ground	Pumpkin Seeds	

*Buy organic when possible.