

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 Starchy Vegetables	
Winter Roots– Parsnips, Turnips, Beets	

Liver & Kidney Support	
Asparagus	Beets
Artichokes	Celery*, Celery Root

Thiols		
Daikon Radish	Garlic	Onion

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.

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		