

Foods Low in Cysteine + Sulphur

Cysteine is a sulphur containing amino acid along with methionine, which should therefore be avoided when trying to keep sulphur intake to a minimum.

Low Cysteine Containing Foods

(Based on per 100gm serving)

Fruits:

- Blueberries
- Apples
- Apricots
- Rockmelon
- Pears
- Pineapple
- Plums
- Watermelon
- Grapefruit
- Nectarines
- Oranges
- Bananas
- Cherries
- Figs

Vegetables:

- Onion
- Turnips

- Carrot
- Radishes
- Lettuce – Cos or Romaine

- Ginger (raw)
- Mushrooms
- Sweet Potato
- Parsley
- Pumpkin varieties (cooked)
- Celery
- Cucumber
- Eggplant (cooked)
- Tomato (cooked)
- Beans

Dairy:

- Butter

Others:

- Arrowroot Flour
- Flaxseed oil
- Miso
- Molasses + Maple Syrup
- Olive, Rice Bran, Avocado, Wheatgerm+ Sesame Oil
- Honey

Low Sulphur Containing Foods

A diet low in Sulphur containing foods is low in Methionine containing foods, as well as cruciferous vegetables (cauliflower, cabbage, cress, broccoli and other leafy vegetables), dairy products, eggs, onions, peas, alcohol preserved with sulphurs and carbonated beverages.

Vegetables:

- All varieties of pumpkin
- Zucchini
- Sweet potato
- Eggplant
- Sweet corn
- Avocado
- Bamboo shoots
- Carrots
- Celery
- Coriander, basil, thyme, rosemary
- Corn
- Zucchini

Fruits:

- Apples (raw)
- Plums
- Pears
- Peaches
- Figs
- Grapefruit
- Coconut (fresh or not preserved with sulphur, check label)
- Dates
- Lemons
- Lime

Dairy/ Milk Alternatives:

- Butter
- Almond Milk
- Coconut Milk
- Rice Milk

Meats/ Seafood:

- **All meats contain cysteine and hence contain sulphur. However, the lowest sulphur containing meats are:**
- Liver
- Bacon
- Turkey
- Sardines
- Salmon (the higher the fat the lower the sulphur, hence tuna etc are higher in sulphur)
- Oysters
- Prawns

Other:

- Oats
- Cinnamon
- Salt + Pepper

Foods High In Cysteine and Sulphur

- Broccoli
- Cauliflower
- Dark Leafy Greens
- Cabbage
- Onions
- Leeks
- Garlic
- Dairy – milk, cheese, cream, sour cream
- Eggs, especially egg yolk
- Red + white meats, fish
- Legumes
- Coffee
- Chocolate
- Peanuts
- Shallots
- Soy milk, tofu, temphe
- Spinach
- Quinoa
- Chlorella
- MSM
- Tumeric (good at raising thiol levels)

Sources: <http://nutritiondata.self.com/foods-00008500000000000000-1w.htm?>
<http://nutritiondata.self.com/foods-00000000000085000000-18w.htm?>
<http://www.livestrong.com/article/441718-a-list-of-low-sulfur-foods/>
<http://www.livingnetwork.co.za/chelationnetwork/food/high-sulfur-sulphur-food-list/>