

MTHFR: The Role in Cardiovascular Disease

## The Highest Food Sources of Methionine

### What is Methionine?

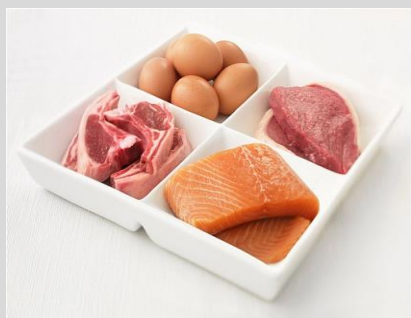
Methionine is a sulphur-containing essential amino acid. This means it is unable to be synthesized by the body and must be consumed via the diet. It has roles in detoxification, immunity, lipid regulation along with being involved in methylation.



### Nutritional Ranges

**RDA:** 13mg /kg of body weight – although this is considered low by some groups.

**Safe Range:** 200 – 800 mg



### All amounts below are found in foods per 100gm serving:

Egg (whole, dried)	<b>1475mg</b>
Spirulina (dried)	<b>1150 mg</b>
Parmesan cheese (grated)	<b>1015mg</b>
Brazil Nuts (dried, raw)	<b>1008mg</b>
Chicken Breast (cooked)	<b>925mg</b>
Lamb (shoulder, braised)	<b>912mg</b>
Beef (braised)	<b>907mg</b>
Tuna (Bluefin, cooked)	<b>885mg</b>
Sesame seeds (dried)	<b>880mg</b>
Turkey (roasted)	<b>865mg</b>
Goats Cheese (hard)	<b>815mg</b>
Trout (cooked)	<b>785mg</b>
Salmon (red, raw)	<b>780mg</b>
Tuna (canned, drained)	<b>755mg</b>
Pepitas (roasted)	<b>740mg</b>
Liver (chicken, cooked)	<b>608mg</b>
Gelatin (powder)	<b>605mg</b>

Source: <http://nutritiondata.self.com/foods-00008400000000000000-w.html>

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