

Sulphur Containing Foods

Sulphur in MTHFR

Your intake of sulphur containing foods will depend on the mutations present in your CBS genes. An overactive CBS gene can result in the increased production of sulphur, requiring the short term elimination of sulphur containing foods from the diet, until you are able to balance this pathway with you practitioner.



Read Your Labels

Ensure you are in communication with your MTHFR practitioner in regards to any supplements taken if increasing or decreasing the sulphur in your diet.

As many supplements contain or can increase sulphur in the body, they may add to or exacerbate your symptoms or the effect of sulphur in the body.



Foods High in Sulphur

Vegetables

- Broccoli
- Cauliflower
- Dark Leafy Greens
- Cabbage
- Onions
- Brussels sprouts
- Leeks
- Garlic
- Horseradish
- Mustard leaves/
Mustard/radish flowers
- Radish
- Red hot peppers
- Watercress
- Shallots
- Spinach
- Rocket

Dairy & Poultry Products

- Dairy – milk, cheese, cream, sour cream
- Eggs, especially egg yolk

Meat & Seafood

- Red & white meats
- Fish

Grains & Pulses

- Legumes
- Peanuts
- Quinoa
- Soy milk, tofu, tempeh
- Dried beans

Supplements

- Alpha Lipoic Acid
- Chondroitin sulfate
- Epsom salt baths
- Glucosamine sulfate
- Glutathione
- Milk thistle
- N-Acetyl Cysteine
- Chlorella
- MSM
- DMSA

Other

- Coconut milk, juice, and oil
- Turmeric (good at raising thiol levels)
- Coffee
- Chocolate

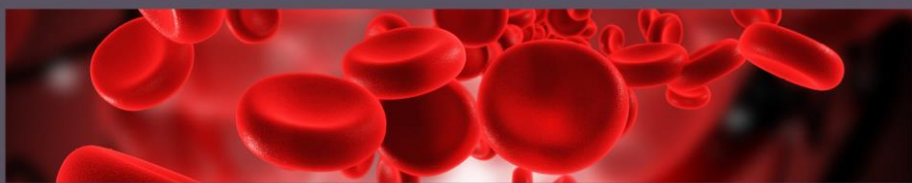
Sources

<http://www.methodsofhealing.com/top-5-detox-foods/>
<http://www.superiorhealthcare.com.au/V137/Blooms-Glucosamine-1500-Plus-180s/pd.php>

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Hidden Sulphur

Sulphur can be hidden in otherwise sulphur free foods in the form of preservatives.

The preservatives to look for are 220 (sulphur dioxide) and 200 (sorbic acid).

These preservatives are commonly present in wine, dried fruits and coconut based products.

Always read the label.



Where to Start?

All cruciferous vegetables and foods containing protein will contain some level of sulphur.

When transition onto a low sulphur containing diet, it is important to focus on eliminating cruciferous vegetables, eggs and dairy.

As protein is vital for hundreds of processes within the body, it is still important to consume lower sulphur containing meats and legumes.



Foods Low in Sulphur

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 - organic
 - 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

Sources: [http://nutritiondata.self.com/foods-000085000000000000-1w.html?](http://nutritiondata.self.com/foods-000085000000000000-1w.html?http://nutritiondata.self.com/foods-00000000000085000000-18w.html?http://www.livestrong.com/article/443718-a-list-of-low-sulfur-foods/)
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