

Methylation Nutrients and Foods

The foods listed below are particularly important sources of nutrients for methylation support, with the ones listed in capital letters being the most important.

Vegetables and Fruits	Artichokes, asparagus, BEETS, DAIKON RADISH, garlic, greens (collard, lambsquarters, mustard, SPINACH, and turnip), horseradish, leeks, okra, sea vegetables (agar, kelp, wakame), SHIITAKE MUSHROOMS, and sun-dried tomatoes.
Animal Protein	Fish (anchovy, bass, cod, FISH ROE, flatfish, halibut, haddock, herring, mackerel, perch, SALMON, sardines, snapper, squid, tilefish, trout, and WHITEFISH), shellfish (clams, crab, lobster, mussels, octopus, OYSTERS, scallops, and shrimp), beef, bison, buffalo, chicken (skinless), Cornish hen, duck, elk, goose, lamb, pork, quail, rabbit, turkey, and venison. Organ meats such as LIVER, marrow, tongue, and sweetbread. EGGS including chicken, duck and goose.
Nuts and Seeds	Almonds, Brazil nuts, black walnuts, butternuts, cashews, chestnuts, hazelnuts, peanuts, pine nuts, pistachio nuts, and walnuts. Chia seeds, flaxseed, poppy seeds, PUMPKIN SEEDS, SESAME SEEDS, SUNFLOWER SEEDS, and watermelon seeds
Spices and Herbs	Anise seed, basil, bay leaf, cardamom, cayenne pepper, celery seed, chervil, chili powder, cilantro (coriander leaf), cloves, coriander seed, cumin, dill, fennel seed, fenugreek, ginger, marjoram, mustard, oregano, paprika, parsley, rosemary, saffron, sage, savory, spearmint, tarragon, thyme, and turmeric.
Condiments	Baker's yeast, brewer's yeast, and cocoa (70%+ dark, not Dutch processed).
Vegetable Protein	Legumes including beans (adzuki, black, fava, garbanzo, great northern, kidney, lima, mung, navy, and pinto), black-eyed peas, hummus, lentils, and split peas.
Sweeteners	Very limited amounts of blackstrap molasses

Adapted from *Methylation Diet & Lifestyle* by Dr. Kara Fitzgerald and Romilly Hodges