



KINGS WILLIAM
Natural Health Care

Sulfur Intolerance or Toxicity

What Foods to Avoid and What Foods to Eat

Use the table below as a quick reference for foods you may want to avoid if you are wanting to reduce the amount of sulfur in your diet.

As a suggestion, try restricting these foods for a period of two 2 weeks and see if that makes a difference to how you feel. This will ease the burden on the detoxifying systems of your body and help your nervous system restore balance.

The right-hand column contains foods that are known to be low in sulfur that you may continue consuming in limited amounts.

			
Foods High in Sulphur		Foods Low in Sulphur	
Artichokes Asparagus Bean sprouts Beans of all sorts Broccoli Brussel sprouts Buckwheat Cabbage Carob Cauliflower Cheese of all sorts Chives Chocolate Coffee Cream Dairy products Eggs Garlic	Green beans Kale Leeks Lentils Milk (from any animal) Mustard Onions Peas Peanuts Radishes Sauerkraut Shallots Sour cream Spinach Split peas Turnip Quinoa Yeast extract	Almond milk Apples Artichokes Avocado Bacon Bananas Barley Beef Beets Berries Butter Cantaloupe Carrots Celery Chicken (dark meat) Chicken liver Cinnamon Clams Cod liver oil Corn Cucumber Dates Ginger root Grapefruit Ham Herbs Honey Honeydew melon Jerky	Kiwifruit Lemons Lettuce Limes Mushrooms Oats Peaches Pears Peppers Pepperoni Pork Potatoes Rice Salmon Seeds (e.g. sunflower, linseeds, pumpkinseeds, flax) Shellfish Shrimp Squashes Sweet potato Tomatoes Tuna Turkey Vinegar (white) Watermelon Yams Zucchini

NOTE: This information is provided as general advice only. Please consider your individual dietary needs, health history and the recommendations of a suitably qualified health professional, before making dietary changes.

References:

<http://npic.orst.edu/factsheets/sulfurgen.html>

<https://www.livestrong.com/article/430390-what-happens-if-you-get-too-much-sulfur-in-your-diet/>