Foods high in thiols

• artichokes, Jerusalem but not French
• asparagus
• bakery products containing whey, cysteine, eggs or enzymes
• bean curd/ tofu milk
• bean sprouts
• beans of all sorts
• bok choy
• broccoli
• brussels sprouts
• buckwheat
• cabbage
• carob
• cauliflower
• cheese of all sorts
• chives
• chocolate
• coffee
• collard greens
• cream
• daikon
• dairy products
• eggs
• garlic
• green beans
• greens
• horseradish
• jicama
• kale
• leeks
• lentils of all sorts
• milk from any animal
• miso soup
• mustard
• onions
• papaya (slightly)
• peas
• peanuts
• pineapple (slightly)
• radishes
• rutabaga
• sauerkraut
• shallots
• sour cream
• soy cheese
• soy milk
• spinach
• split peas
• tempeh
• tofu
• turnip
• turmeric (though not high in thiols, it is really good at raising thiol levels)
• quinoa
• whey
• yeast extract