

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