



Guide to Green & Sulfur-Rich Vegetables

Free Mini-Course



Eat roughly equal amounts of both leafy green and sulfur-rich vegetables daily. Foods in the center can be counted towards one or the other... Not both.



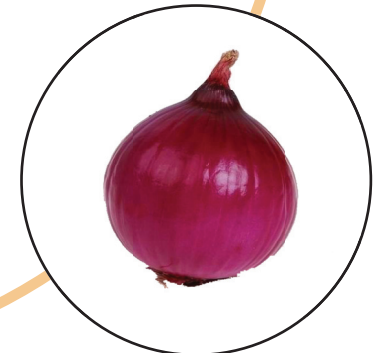
Leafy Greens

- Beet Greens**
- Chard (all colors)**
- Chicory**
- Cilantro**
- Dandelion Greens**
- Endive**
- Escarole**
- Parsley**
- Radicchio***
- Lettuce (not iceberg)**
- Radish Leaves**
- Spinach**
- Typical Spring Mix**

- Arugula**
- Bok Choy**
- Collard Greens**
- Kale (all types)**
- Mizuna**
- Mustard Greens**
- Tatsoi**
- Turnip Greens**
- Watercress**

- Asparagus***
- Broccoli**
- Broccoli Rabe (rapini)**
- Brussels Sprouts**
- Cabbage (all colors)***
- Cauliflower**
- Chives**
- Daikon**
- Fennel**
- Garlic (all types)**
- Kohlrabi**
- Leeks**
- Mushrooms**
- Onions (all colors)**
- Radishes**
- Rutabagas**
- Scallions**
- Shallots**
- Turnips**

Sulfur-Rich



TIP:
Search Google Images for pictures of these vegetables so you know what you're looking for.

*Also in the Colored Fruits and Vegetables category

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