

GLUTATHIONE RICH FOODS

Glutathione is an antioxidant produced by every cell in our body in an effort to fight cell damage by neutralizing free radicals - the DNA damaging substances. Glutathione is necessary to support our immune function and overall longevity. While it is a crucial component of our overall health, glutathione can be made in the body from the amino acids cysteine, glutamine and glycine. Fortunately, glutathione (and its precursors) can be found in everyday foods, making it easy to ensure we are making adequate levels of this master antioxidant.

Foods Rich in Glutathione

Fruits	
Food	Glutathione Level Per 100g
Strawberries (frozen)	9.9mg
Peaches (unsweetened, raw)	7.4mg
Oranges (not the juice)	7.3mg
Strawberries (raw)	7.1mg
Grapefruit	7.9mg
Cantaloupe	6.9mg
Watermelon	6.6mg
Mangos	4.8mg
Bananas	4.1mg
Apples	3.3mg
Vegetables	
Food	Glutathione Level Per 100g
Asparagus (fresh, cooked)	28.3mg
Avocado	27.7mg
Broccoli	9.1mg
Cauliflower	9.1mg

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Vegetables	
Food	Glutathione Level Per 100g
Cabbage	4.7mg
Carrots	5.8mg
Cucumbers	4.3mg
Onions	6.4mg
Peas and carrots, frozen, cooked	5.9mg
Peas, green, canned, heated	5.6mg
Pepper, green, bell, raw	5.5mg
Pepper, red, bell, raw	5.0mg
Potatoes, boiled, with skin	13.6mg
Potatoes, french fries, fast food	14.3mg
Spinach, raw	12.2mg
Squash, winter, acorn, baked	11.7mg
Squash, zucchini, fresh, cooked	6.2mg
Okra	12mg
Mixed vegetables (frozen, cooked)	5.9mg
Tomatoes	9.0mg
Beets	7.9mg

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Meat, Fish, Poultry, Eggs	
Food	Glutathione Level Per 100g
Boiled ham	23.3mg
Hamburger, pan fried	17.5mg
Liver, chicken, pan fried	18.8mg
Pork chop, lean, pan fried	23.6mg
Pork liver, pan fried	9.1mg
Steak, beef, pan fried	13.4mg
Veal cutlet, pan fried	23.9mg
Chicken, roasted	8.7mg
Bacon	5.0mg
Fish (Cod, Pollack)	6.0mg
Breads, Cereals, Legumes, Nuts	
Food	Glutathione Level Per 100mg
Walnuts	15.1mg