

Immune boosters	Antioxidant	Zinc
Chicken soup	Dark chocolate	Oysters
Ginger	Pecans	Beef chuck steak
Vitamin C foods	Berries (all)	Ribeye steak
Turmeric	Artichokes (steamed)	King crab leg
Yogurt (plain/Greek)	Kale	Beef chuck roast
Blueberries	Red cabbage	Other shellfish
Wild-caught salmon	Beans	Other beef, buffalo, lamb
Zinc foods	Beets	Chicken (thigh/leg/wing)
Dark chocolate	Spinach	Other turkey, duck, fowl
Red peppers	Prunes	Firm tofu
Broccoli	Apples	Pork (chops/ribs/salami)
Olive oil (EVOO)	Other leafy greens	Hemp seeds
Green tea	Cherries	Pumpkin seeds
Spinach	Plums	Other seeds, nuts
Whole grains	Russet potatoes	Lentils
Eggs (esp yolks)	Green tea	Beans
Vitamin D foods	Oatmeal	Yogurt (plain, Greek)
Garlic		Other dairy
Apples		Oatmeal
Nuts		Shiitake mushrooms
Rosemary		Wild-caught salmon
Bone broth		Light tuna
Raw honey		
Miso		
Mushrooms (cooked)		
Anise		
Fennel		

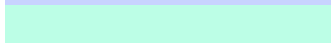
All columns listed in ranking order if not alphabetized



→ Allium vegetables



→ Cruciferous vegetables



→ Foods high in selenium

Vitamin D	Quercetin	Vitamin C
Salmon	Apples (esp red)	Bell pepper (red)
Sardines	Asparagus	Grapefruit
Herring	Bell peppers	Guava
Halibut	Berries	Kiwi
Mackerel	Black tea	Mango
Cod liver oil	Broccoli	Melon - honeydew
Canned light tuna	Brussels sprouts	Melon - cantaloupe
Egg yolks	Buckwheat	Oranges
Mushrooms (place in sunny window)	Cabbage	Other berries
Fortified foods	Capers	Other citrus fruits
	Cherries	Papaya
	Citrus	Pineapple
	Elderberry	Pomelo
	Grapes	Strawberries
	Green tea	Tomatoes
	Kale	Brussels sprouts
	Nuts	Cabbage
	Onions (esp red)	Cauliflower
	Scallions	Broccoli
	Shallots	Swiss chard
	Tomatoes (esp organic)	Kale
		Mustard greens
		Snow peas
		Potatoes
		Kakadu plum
		Acerola cherries
		Rose hips
		Chili pepper
		Blackcurrants
		Thyme
		Parsley

Increase Glutathione	Warming
Chives	Black pepper
Garlic	Cayenne pepper
Leeks	Cinnamon
Onions	Cardamom
Scallions	Allspice
Shallots	Ginger
Arugula	Cloves
Bok choy	Coriander
Broccoli	Cumin
Broccoli sprouts	Curry powder
Brussels sprouts	Garam masala
Cabbage	Nutmeg
Cauliflower	Mustard
Collard greens	Garlic
Daikon	Horseradish
Horseradish	Onion
Kale	Dandelion greens
Mustard (seeds/greens)	Nettles
Radish	
Rutabaga	
Turnips (root/greens)	
Beans	
Brazil nuts	
Brown rice	
Fish	
Mushrooms	
Oatmeal	
Spinach	
Sunflower seeds	
Whole grains	
Asparagus	
Avocados	
Okra	
Turmeric	