

Preservative that contain Sulfur: code 220 to 228

Sulfur Dioxide, Sodium Sulfite, sodium Bisulfite, Sodium Metabisulfite, Potassium Bisulfite, Potassium metabisulfite.

Amino Acids that contains Sulfur:

Cysteine, Taurine, Methionine.

Foods high in sulfur:

Turmeric, artichokes (Jerusalem but not French), asparagus

Beans of all sorts, bean sprouts, soybeans, bean curd/tofu milk, green beans, lentils

Brassicaceae family of vegetables: bok choy, broccoli, brussels sprouts, cabbage, collard greens, cauliflower, daikon, kale, mustard greens, radish, rutabaga/swede, sauerkraut, turnip

Carob, chives, chocolate, coffee

Dairy from any animal: cheese, milk, cream, sour cream, whey

eggs (yolks), garlic, horseradish, jicama, leeks, onions, peas, sesame

Soybean: soy milk, soy beans, miso, tempeh, tofu

Spirulina, yeast extract

Foods slightly high:

Papaya, pineapple, raspberry,

Foods low in sulfur:

almond, amaranth, barley, basil, bilberry, buckwheat, bulgar, chili peppers, flax seeds, ginger, meat, fish, poultry, oats, potatoes, pumpkin seeds, rice, rice milk, rosemary, rye, semolina, sunflower seeds, thyme, wheat (flour).

Health supplements: dimethyl sulfoxide, which is known as DMSO and methylsulfonylmethane which is known as MSM.