

Foods Containing Phytoestrogens

Vegetables

Carrots
Fennel
Garlic
Onions

Fruit

Apples
Cherries
Grapes
Pomegranates
Stone fruit
Strawberries

Grains

Barley
Quinoa
Oats
Rice
Rice bran
Rye
Wheat germ

Legumes

Alfalfa
Chickpeas
Lentils
Mung bean sprout
Red kidney beans

Seeds and nuts

Almonds
Flaxseed
Sesame seeds
Sunflower seeds
Pistachios
Walnuts

Soy Foods

Tempeh
Tofu
Miso
Soybeans (edamame)
Soy milk