

# 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