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### **Phytosterol Foods For Women's Health**

Vegetables: Artichoke, asparagus, bamboo shoots, green beans, beets, brussel spouts, cabbage, carrots, cauliflower, celery, chives, corn, cucumber, eggplant, garlic, watercress, dandelion greens, lettuce, mustard greens, okra, onion, parsley, peas, peppers, squash, pumpkin, radish, sea vegetables (dulse, nori, kelp, kombu, wakame, kijiki), shallots, soybeans, taro, tomato, turnip, yam, bok shoy, broccoli, celery root, collards, daikon radish, fennel, kale, parsnip, and ginger root.

Fruits: Apples, apricots, bananas, cherries, dates, grapes, grapefruit, lemon, lime, oranges, peaches, pears, pineapple, plums, pomegranate, strawberries, tangerine, fresh/dried figs and watermelon.

Cereals and Grains: Barley, buckwheat, millet, rice, rye, oats, oatbrans, ricebran and quinoa.

Legumes: Azuki, chickpeas, kidney beans, mung, split peas, lentils, and soy foods (miso, tempeh, tofu, soymilk, and soynuts).

Seeds and Nuts: Almonds, cashews, pecans, pine nuts, pistachios, and sesame seeds, sunflower, walnuts, flaxseeds (ground), pumpkin, and hazelnuts.

Common Herbs: Ginger, fennel, celery seed, nutmeg, anise, thyme, bayleaf, mustard, sage, caraway, turmeric, cardamon, rosemary, cumin and parsley.

Fish: Halibut, salmon, sardines, mackerel, herring, cod, pollock and smelt.

Organic, free range eggs!

Oils: Almond, canola, flaxseed, hazelnut, pumpkin, sesame, walnut, olive