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This list has been modified for the Pain Relief Diet.

Histidine: Apple, pomegranates, alfalfa, beets, carrots, celery, cucumber, dandelion, endive, garlic, radish, spinach, turnip greens.

Arginine: Alfalfa, beets, carrots, celery, cucumbers, green vegetables, leeks, lettuce, radishes, parsnips.

Valine: Apples, almonds, pomegranates, beets, carrots, celery, dandelion greens, lettuce, okra, parsley, parsnips, squash, turnips.

Tryptophan: Alfalfa, Brussel sprouts, carrots, celery, chives, dandelion greens, endive, fennel, spinach, turnips.

Threoinine: Papayas, alfalfa sprouts, carrots, green leafy vegetables such as celery, collards, kale, and lettuce (especially iceberg), laver (Nori -- a sea vegetable).

Phenylalanine: Apples, pineapples, beets, carrots, parsley, spinach.

Methionine: Apples, pineapples, Brazil nuts, filberts, brussels sprouts, cabbage, cauliflower, chives, dock (sorrel), garlic, horseradish, kale, watercress.

Lysine: Apples, apricots, grapes, papayas, pears, alfalfa, beets, carrots, celery, cucumber, dandelion greens, parsley, spinach, turnip greens.

Leucine: Avocados, papayas, olives, coconut, sunflower seeds.

Isoleucine: Avocados, papayas, olives, coconut, sunflower seeds.

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