Selected dietary sources of nutrients for Methylation

**Methionine**
Meats, poultry, fish, shellfish, egg, nuts (especially Brazil nuts), seeds (especially sesame seeds and pumpkin seeds), spirulina, teff, soybeans Lower amounts found in other legumes and whole grains (especially teff and oats)

**Vitamin B12**
Meats and meat products (especially liver and kidney), poultry, fish, shellfish, and eggs

**Vitamin B6**
Meats, nuts (especially pistachio), garlic, whole grains, seeds (especially sesame and sunflower seeds), legumes (especially chickpeas and lentils), and prunes

**Betaine**
Quinoa, beets, spinach, whole grains (especially rye, kamut, bulgur, amaranth, barley, and oats) sweet potato, meats, and poultry

**Folate**
Beans and legumes (especially mung beans, adzuki beans, chickpeas, and lentils), liver, nuts (especially peanuts), seeds (especially sunflower seeds), spinach, asparagus, mustard greens, and avocado

**Magnesium**
Seeds (especially pumpkin seeds and sesame seeds), beans (especially soybeans), nuts (especially Brazil nuts and almonds), and whole grains (especially amaranth)