

Phytoestrogens in Food

Phytoestrogen food sources	Phytoestrogens content (mg/100g)
Flax seed (*)	380
Soy beans (**)	104
Soy nuts	69
Tofu (**)	27
Tempeh (**)	18
Miso paste (**)	11
Soy yogurt	10
Soy protein powder	88
Sesame seed	80
Flax bread	7
Black bean sauce	5
Multigrain bread	4
Soy milk	2
Hummus	1
Garlic	0.6
Mung bean sprouts	0.5
Dried apricots	0.5
Alfalfa sprouts	0.4
Pistachios	0.4
Pistachios	0.4
Chestnuts	0.2
Dried dates	0.3
Sunflower seed	0.2
Chestnuts	0.2
Olive oil	0.2
Walnuts	0.1
Cashews	0.1
Hazel nuts	0.1
Winter squash	0.1
Green beans	0.1
Collards	0.1

Phytoestrogen food sources	Phytoestrogens content (mg/100g)
Bread, rye	0.1
Almonds	0.1
Cashews	0.1
Green bean	0.1
Peanuts	0.3
Cabbage	0.08
Broccoli	0.09
Onion	0.03
Lentils	0.03
Dried prunes	0.01
Blueberry	0.01

The total phytoestrogen content is the sum of isoflavones (genistein, daidzein, glycitein, formononetin), lignans (secoisolariciresinol, matairesinol, pinoresinol, lariciresinol), and coumestan (coumestrol).
(1 µg = 0.000001 g)

(* **Flax seeds** contain lignans which are metabolised by the bacteria in your gut into enterolactone and enterodiol which can balance oestrogen. Also the fibre will help you excrete toxins and excess hormones.

(**) **Soya contains genistein and daidzein.** The best sources of soya derived isoflavones are those products that are made with whole soya beans, ideally fermented (Tofu) and not highly processed (eg soya-based protein mince). Avoid GMO and try to buy organic. Note that your gut will ferment isoflavones making them more bioavailable.

Source: Thompson, L. U., Boucher, B. A., Lui, Z., Cotterchio, M., and Kreiger, N. 2006. Phytoestrogen content of foods consumed in Canada, including isoflavones, lignans and coumestan. Nutrition and Cancer, 54(2), 184-201.