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## The Top 20 Best Detox Foods

*Amazing Superfoods that Remove Toxins from the Body*



If you're considering a detox to remove toxins from your body, you're probably dreading all those green smoothies and exotic-sounding seeds that detox plans recommend. If this sounds like you, don't fear! We have compiled a list of 20 of the best detox superfoods—those foods rich in vitamins, antioxidants, minerals, essential fatty acids, fiber, and nutrients—to make the process a lot tastier and a little bit clearer!

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## Superfoods: The 20 Best Detox Foods









Here is our comprehensive list of the best foods rich in minerals, essential fatty acids and other vital components for people on a detox.

1. **Brazil nuts:** These remove toxins like mercury from your system.
2. **Avocados:** These are rich in monounsaturated fats, which help prevent the absorption of unhealthy fats.
3. **Goji berries:** These berries are packed with nutrients like vitamin C and beta-carotene.
4. **Citrus fruits:** All citrus fruits are rich in antioxidants and vitamin C.
5. **Seaweed:** This plant helps to rid your body of substances like lead and strontium.
6. **Kale and leafy green vegetables:** Rich in fiber for a healthy gut.
7. **Onions and garlic:** These pungent foods contain lots of amino acids.
8. **Beets:** These are full of minerals such as magnesium, iron and zinc.
9. **Basil:** This herb is rich in antioxidants.
10. **Quinoa:** This superfood is packed with fiber, protein and riboflavin.
11. **Ginger:** This root helps to boost your metabolism, and aids the body in flushing out toxins.
12. **Spinach:** Enjoy spinach leaves for a super dose of calcium and folate.
13. **Pineapple:** This fruit is full of an enzyme called bromelain which aids digestion.
14. **Artichokes:** These are rich in antioxidants such as silymarin and cynarin.
15. **Cinnamon:** This spice is packed with iron, calcium and manganese.
16. **Apples:** This fruit is full of fiber, especially pectin.
17. **Fennel:** This herb is rich in fiber.
18. **Parsley:** This super herb is packed with vitamins and beta-carotene.
19. **Yogurt:** Go for pro-biotic versions for a high dose of healthy bacteria.
20. **Cabbage:** This vegetable is rich in vitamins to help promote healthy skin.

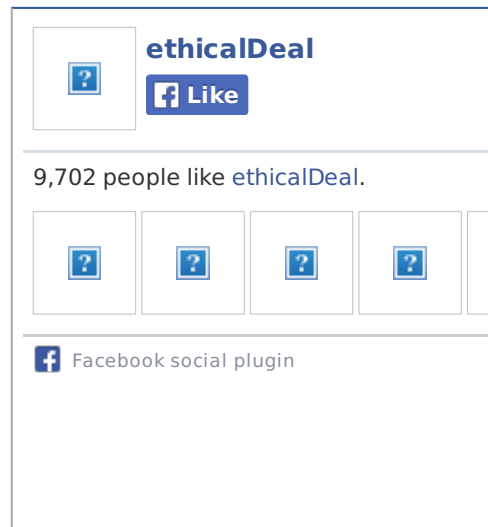


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If you incorporate these foods into your detox diet plan, you'll remove toxins from your body in no time at all!

## About the Author:

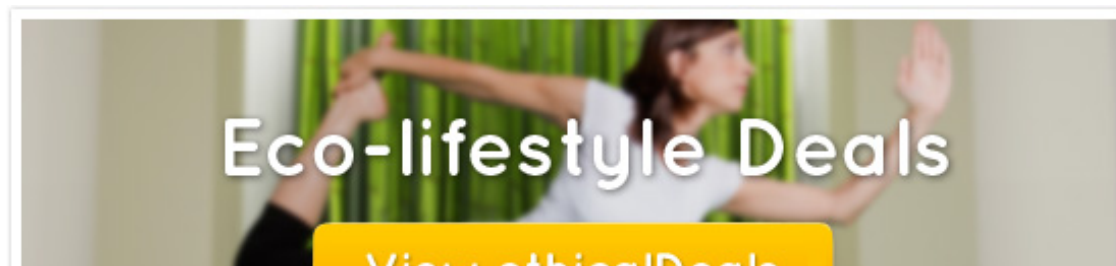
Maryruth has been seeking the keys to environmental justice—both at home and at work—for over a decade. Growing up adjacent to wild spaces, Maryruth developed a healthy respect (and whimsical appreciation) for things non-human, but her practical mind constantly draws her down to earth to ponder tangible solutions to complex eco-problems. With interests that range from green living to green business, sustainable building designs to organic gardening practices, ecosystem restoration to environmental health, Maryruth has been exploring and writing about earth-matters for most of her life. Of special interest is the subject of ecopsychology and the role the natural world plays in the long-term health and well-being of humanity. You can learn more about Maryruth's work by [visiting her site](#).

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*iron desert cheat*

October 19, 2014 at 8:14 am

My brother suggested I may like this blog. He was entirely right. This put up actually made my day. You can not believe simply how so much time I had spent for this info! Thank you!

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