

# Anti-nutrients in plant-based food

estrogens

	A	B	C	D	E	F	
	glucosinolates goitrogens	lectins	oxalates	phytates	saponins	tannins	phytoestrogens
Cruciferous vegetables	✓						
legumes		✓		✓	✓	✓	
Whole grains		✓		✓	✓		
green leafy vegetables			✓				
seeds				✓			Flaxseed ✓
nuts			✓				
beans			✓				Soybean ✓
roots							
stems							
Coffee			✓			✓	
tea			✓			✓	