

Methyl-Friendly Fridge Clean-Out

Better Methylation for Better Energy, Mood & Detox

Focus: Remove items containing **synthetic folic acid** (the fortified form that can build up unmetabolized in people with MTHFR variants) and **cyanocobalamin** (a synthetic form of B12), along with other highly processed items that may burden the methylation cycle.

✕ Top Items to Remove or Replace

1. **Fortified juices & fruit drinks** → often enriched with synthetic folic acid.
2. **Fortified plant milks** (almond, oat, soy, etc.) → folic acid + sometimes cyanocobalamin.
3. **Processed deli meats, hot dogs & lunch meats** → additives + possible synthetic B vitamins.
4. **Conventional/processed dairy** (flavored milks, some yogurts, cheese spreads) → watch fortification.
5. **Store-bought condiments & sauces** (ketchup, BBQ, dressings, pickles) → HFCS, refined oils.
6. **Leftovers with fortified grains** (enriched breads, pastas, cereals) → major folic acid sources.

Cyanocobalamin note: You'll never find cyanocobalamin in natural food. It's lab-made and shows up in fortified drinks and cheap vitamins. Prefer animal-food B12 or methylcobalamin.

✓ What to Keep or Add

- 🌿 **Leafy greens** (spinach, kale, romaine, Swiss chard) → natural folate.
- 🥦 **Cruciferous veg** (broccoli, cauliflower, Brussels sprouts, asparagus).
- 🥚 **Pasture-raised eggs** → choline + natural B vitamins.
- 🥑 **Avocados, beets, fresh herbs** (cilantro, parsley).
- 🐄 **Grass-fed meats, butter/ghee, wild fish** → natural B12.
- 🍷 **Fermented foods** (sauerkraut, kimchi) for gut support.

Quick Tips

- Labels: avoid "folic acid," "enriched," "fortified." Prefer "folate."
- Prioritize whole, unprocessed foods to ease methylation load.
- B12: animal foods first; methylcobalamin if supplementing.