

Evidence Based



Largest List Of Foods That Contain Fluoride (Search 503+ Foods)

by Casey J Krol

There's lots to know about foods that contain fluoride.

However, no matter what side of the fluoride debate you're on, you've come to the right article.

Whether you want to reduce your fluoride intake to lower the risk of damage to your brain, bones, and pineal gland. Or you want to increase your fluoride intake... Well then... in that case, my condolences.

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Foods That Contain Fluoride

In just seconds you'll learn the foods **highest** and **lowest** in fluoride, be able to search the fluoride content of 503+ foods and at the end, go through 5 tips that will help you eat a diet low in fluoride.

With the 5th tip being the most important.

Disclaimer: this might come as a surprise, especially since I'm the "fluoride guy". But you don't have to religiously avoid fluoride in food. It's okay to consume low amounts of fluoride like 0.1 or 0.2 ppm. As some of the healthiest foods will contain some levels of fluoride. Point is, you don't always have to aim for 0.0 ppm (I'll explain this more at the end of the article).

Foods HIGHEST In Fluoride



RAISINS



BLUE CRAB



SHRIMP



CHIPS



FRIES

FOODS HIGH

IN FLUORIDE



GRAVY



OATMEAL



BROTH



POPSICLE



WHEAT

When it comes to foods with fluoride, levels generally depend on the fluoride content of the:

- Soil it's grown in
- Water it lives in
- Water it's made from
- Pesticides used for farming
- Cookware used for cooking

You don't have control over a few of these factors but with the ones you do, you can keep some foods on this list fluoride-free.

For example, if fluoride-free water is used for making oatmeal or broth, both would have low levels of fluoride. In fact, the bone broth I make at home from filtered water and grass-fed bones regularly contains 0.0 ppm of fluoride.

However, in most cases people use tap water for cooking and the high levels of fluoride found within tap water gets absorbed into their food.

Top 10 Foods High In Fluoride



1. Raisins

2.34 ppm



2. Blue Crab

2.10 ppm



3. Shrimp

2.01 ppm



4. Fries

1.15 ppm



5. Potato Chips

1.06 ppm



6. Gravy

1.06 ppm



7. Popsicles

0.77 ppm



8. Oatmeal

0.72 ppm



9. Broth

0.70 ppm



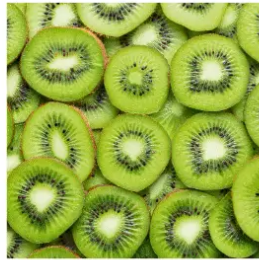
10. Raisin Bran

0.65 ppm

Foods LOWEST In Fluoride



NUTS



KIWI



SOURDOUGH



EGGS



BACON

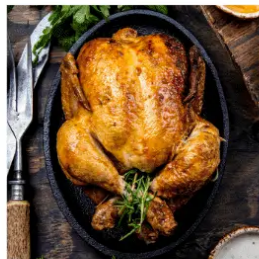
**FOODS LOW
IN FLUORIDE**



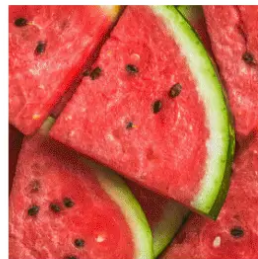
HONEY



YOGURT



CHICKEN



MELON



PEPPERS

I'll keep my tips to the end but it's clear that nature got it right.

Most naturally occurring foods have extremely **low levels of fluoride**.

Top 10 Foods Low In Fluoride



1. Nuts

0.00 ppm



2. Kiwi

0.00 ppm



3. Sourdough

0.00 ppm



4. Eggs

0.01 ppm



5. Watermelon

0.01 ppm



6. Peppers

0.01 ppm



7. Bacon

0.04 ppm



8. Honey

0.07 ppm



9. Yogurt

0.12 ppm



10. Chicken

0.15 ppm

3 Tips On Using The Fluoride Food Table

Before you enjoy the table and search your favorite foods, here are a few tips to help you use it:

1) Search the exact food you are looking for with the search bar...

**Search The EXACT Food
In The Search Bar**

Item	Fluoride (ppm)	Category
Radishes (raw)	0.06	Vegetables and Vegetable Products

2) Click "Fluoride (ppm)" to sort from highest to lowest or lowest to highest...

**Click "Fluoride (ppm)"
To Sort By HIGH or LOW**

Item	Fluoride (ppm) ^	Category
Egg (whole, cooked, scrambled)	0.01	Dairy and Egg Products
Quaker Dipps Granola Bar (all favors)	0.01	Snacks
Cauliflower (raw)	0.01	Vegetables and Vegetable Products

3) Try sorting by category...

Sort By CATEGORY

Item
Popsicle Scribblers
Popsicle Pops (sugar free, orange, cherry, and grape)
Chicken Corn Chowder Soup (chunky, ready-to-serve, single brand)

All Search

- Baby Food
- Baked Products
- Cereal
- Dairy and Egg Products
- Fast Foods
- Fats and Oils
- Fruits

503+ Foods That Contain Fluoride (Searchable Table)

At this moment I don't have the machines to test food myself.

So we'll have to rely on information from the USDA (United States Department of Agriculture).^{1,2}

But to help me get to that point, you can share this article with friends and family by using the blue sharing buttons found at the start or end of the article (Twitter, Facebook, Email, Pinterest).

5 Tips To Easily Eat A Low-Fluoride Diet

1. Eat Whole Foods (Non-Processed)



A general rule of thumb is that the more processed a food is, the more fluoride it contains.

By eating whole foods, or as I like to call them "one-ingredient" foods – you'll dramatically reduce your fluoride intake by avoiding foods high in fluoride. Examples of whole foods include, fruits, eggs, nuts, meat, and some vegetables.

In other words, **Mother Nature knows best.**

2. Cook With Fluoride-Free Water

Cooking with fluoride-free water is the easiest thing you can do to significantly reduce your fluoride intake. Since when you're cooking, the fluoride found in tap water will absorb into your food.

Now the best way to solve this is by using a water filter.

So I suggest you take the time to look at my guide on [fluoride water filters](#) (link to guide where after testing 33+ filters, I've narrowed it down to the best 3 options and help you choose the right one).

But you have to watch out for brands that lie about their filters being able to remove fluoride. So to help you out with that, I've put together all 33+ test results into a document and can send it to your email. This way you can avoid getting tricked by checking the filter you currently have or one you have in mind.

And all you have to do is enter your email below and I'll send it to you right away.

**Enter your email below to receive fluoride test results on 40+ water filters
+ my top picks!**



Name

Email

Submit

Now the most popular choice is [Clearly Filtered](#) (link to the website) but some other good options would be reverse osmosis filters or distillers.

It also should go without saying that you should stick to healthy liquids (water, coconut water, 100% real juice, herbal tea, milk) instead of store bought drinks like pop, alternative milks, and energy drinks. Unless you know how much fluoride it contains. Since many brands use unfiltered tap water for their products.

3. Don't Be Too Strict

I'm not trying to encourage you to not take the foods you eat seriously. The point here is as mentioned earlier on in this article, you don't have to religiously avoid fluoride in food.

What I mean is that you shouldn't chase a "fluoride-free" diet but instead a diet low in fluoride and packed with vitamins and minerals. As it's likely you'll come across some fluoride when eating some healthy foods and that's okay.

For example, cheerios' contain 0.00 ppm of fluoride while eggs (0.05 ppm), ground beef (0.22 ppm), and lobster (0.11 ppm) all have greater fluoride levels but are obviously a healthier choice than the cereal brand called cheerios.

4. If You Can, Go Organic & Grass-Fed

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It's also possible meat could contain less fluoride than what is found in the USDA database. As it's likely grass-fed farmers use better water and obviously better fed, than what conventional farmers provide their cows.

Now I do understand this step may be expensive to do, so you should focus on the other steps first.

5. Eliminate The Easy Sources Of Fluoride

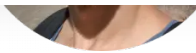
Removing the easy sources of fluoride will eliminate most of your fluoride exposure. And give you more room for error when it comes to what you eat.

This process is fully outlined in the [fluoride detox guide](#).

#1 Resource For Reliable and Useful Fluoride Information

Providing you the tools and information you need to avoid a classified neurotoxin with ease.

- ✓ **Evidence Based:** information is based on scientific literature.
- ✓ **Independently Tested:** tests are independently tested (water filters, teas, bottled water, etc.) to ensure unbiased results.
- ✓ **Self Funded:** the website is solely funded by the owner + donations made by readers. Keeping the information pure and objective.



Casey J Krol

The guy exposing the truth about fluoride, one great article at a time. Now if you'd like to support what I do, click the "donate" button below. While for any questions, use the other buttons to get in touch with me (IG or Twitter). Better yet, sign up with your email on the website and get access to my personal email.

