

# THYROID DIET

FOOD GROUPS	ALLOW	AVOID
Meat / Fish / Poultry When possible Organic and Free Range. Baked, Broiled or Poached	Chicken, Turkey, Wild Game, Cold water caught Wild Fish: Salmon, Halibut, Mahi-Mahi etc. Grass fed Beef and uncured bacon.	Beef, Pork, Lamb. Shell Fish: shrimp, Lobster. Meats with Sodium Nitrate: Lunchmeats, Bacon Cured, Smoked or Dried Meat Farm Raised and Fried Fish
Dairy / Organic / Grass Fed	Plain Yogurt, Plain Kefir, Butter, Eggs (Free range)	All other dairy products: Milk, Cheese, Cottage Cheese, Flavored Yogurt, Flavored Kefir, Ice Cream
Vegetables Fresh or Frozen Raw or Steamed	Vegetables, Dried Beans, Lentils, Legumes	Canned Vegetables, Creamed Vegetables, Casseroles
Fruit or Fruit Juice Organic	All Fruits Limit Fruit Juices	Juice with Sugar
Breads	GLUTEN FREE Buckwheat, Brown Rice, Quinoa	Whole Wheat and White Flour products: Bread, Tortillas, Pasta, Crackers, Barley, Rye, Any with Gluten.
Nuts / Seeds	Raw (not roasted in oil) Pecans, Pumpkin Seeds, Sunflower Seeds	Processed and Dry Roasted Nuts
Fats / Oils	Cold Pressed Olive Oil, Grape Seed Oil, Flaxseed Oil, Organic Grass Fed Butter	Margarine, Shortening, Processed and Hydrogenated Oils, Mayonnaise, Spreads
Sweeteners	Stevia, Raw Honey, 100% Maple Syrup, 100% Blackstrap Molasses	All forms of Sugar, Artificial Sweeteners, High Fructose Corn Syrup, Rice Syrup, Date Sugar, Evaporated Cane Juice
Spices / Condiments / Others	All Spices, Hummus, Sea Salt, Veggie Salt	Salty Foods, Junk Food, Mayonnaise, Mustard, Ketchup, Processed Foods
Drinks	Reversed Osmosis Water, Caffeine Free Herbal Tea	City Water or Bottled Water contained Chlorine or Fluoride, Coffee, Tea, Soda, Fruit Juice with Sugar Added



## IODINE

**\*Avoid taking in supplements or table salt if have Hashimoto's\***

RDA	MAJOR FUNCTIONS	ENEMIES
U.S. Recommended Daily Allowance  Usually stated at 150 mcg	Regulates Metabolism  Stimulates Circulation  Promotes Healthy Thyroid  Aids Energy Production  Promotes Healthy Hair, Nails, Skin, and Teeth  Aids Oxidation of Fats and Proteins	Cooking (heat)  Food Processing  Soaking in Water

SAMPLE SELECTION	COMPLEMENTARY NUTRIENTS	BEST FOOD SOURCES
Mg about 100 g (3.5 oz) Edible Portion  Kelp 150, 000 mg Dulse 8,000 mg Swiss Chard .099 mg Turnip Greens .076 mg Summer Squash	Vitamin E Vitamin F (Essential Fatty Acid) Iron Magnesium Phosphorous Potassium	Seaweed: Dulse, Kelp

OTHER GOOD FOOD SOURCES		
Artichokes	Asparagus	Bananas
Black Walnuts	Blueberries	Chinese Cabbage
Collards	Cucumber with skin	Eggplant
Green Beans	Green Pepper, sweet	Kale
Lettuces – Boston & Bibb	Mustard Greens	Okra
Other Seaweeds , esp. Agar	Peaches	Potato with skin
Raw Mushrooms	Rutabaga	Strawberries
Spinach	Snap Beans	Tomatoes
Sweet Potatoes	Squash: Summer, Yellow	Watermelon
Turnip Roots & Greens	Swiss Chard	Zucchini

