

Foods to Avoid or Limit on the Hypothyroidism Diet

<p>Gluten Grains <i>Gluten intolerance is linked to thyroid autoimmune disease.</i></p>	Barley, Bulgur, Kamut, Millet, Rye, Spelt, Wheat AND all products made from these grains (bread, tortillas, matzo, cakes, pastries, pie crust, couscous, semolina, bran, macaroni, spaghetti, noodles)	
<p>Vegetables (raw) - <i>Cooking neutralizes their goitrogenic properties.</i></p>	Asparagus, Bok Choy, Broccoli, Brussel sprouts, Cabbage, Cauliflower, Corn, Kale, Leafy dark greens (spinach, rapini, turnip, mustard, collard), Radishes, Rutabaga, Sweet Potatoes, Turnips, Watercress	
<p>Beans</p>	Edamame, Garbanzo & Lima beans, Peanuts, Soy and soy products (soy milk, tofu, tempeh, miso)	
<p>Nuts & Seeds</p>	Almonds, Cashews, Pine nuts, Walnuts, Flax, Hemp & Pumpkin seeds	
<p>Oils & Fats</p>	Canola oil, Corn oil, Safflower oil, Flaxseed oil, Hemp oil, Soybean oil, Sunflower oil, Margarine	
<p>Fruits</p>	Grapes & Grape juice, Nectarines, Peaches, Pears and Strawberries	
<p>Animal products</p>	Meat and Dairy from hormone-treated animals, Farm-raised fish (especially salmon, trout), Deep-sea, mercury-laden fish (marlin, shark, swordfish, tilefish, tuna, king mackerel, Chilean seabass)	
<p>Drinks</p>	Coffee, Black tea, Green tea <i>(the tea plant absorbs from the soil and air a significant amount of fluoride, a powerful thyroid-suppressing substance)</i>	
<p>Junk Food <i>(Always made with thyroid-suppressing oils & taste-enhancers)</i></p>	Processed foods, Deep fried foods, French fries, Hot-dogs, Hamburgers, Pizza, Candies, Icecream, etc.	
<p>Food additives, Artificial flavorings, Taste enhancers, Concentrates</p>	Fluoride, Artificial sweeteners, Mustard, Soy sauce, Tapioca, Mayonnaise, Gravies, Dressings, Soup concentrates, Bouillon cubes, Malt flavoring, Table salt (switch to pure Sea salt, Celtic salt)	