

Foods to Eat on the Hypothyroidism Diet

Gluten-free grains	Brown rice, Wild rice, Rice cakes, Rice crispies, Rice noodles, Amaranth, Buckwheat, Quinoa, Oats AND the cereal, pastas or baked products made from these gluten-free grains	
Vegetables <i>(Preferably organic to avoid pesticides)</i>	Artichokes, Avocado, Beets, Carrots, Celery, Cucumber, Eggplant, Green beans, Leeks, Mushrooms, Okra, Onion, Peppers, Potatoes, Squash/Pumpkin, Tomatoes, Zucchini, Seaweeds (kelp, nori, wakame)	
Beans	Most beans <i>Except: Peanuts, Edamame, Garbanzo, Lima & Soy beans</i>	
Nuts & Seeds	Brazil nuts, Macadamia nuts, Hazelnuts, Coconut, Sesame & Sunflower seeds	
Oils & Fats	Olive oil, Coconut oil, Butter (organic and raw if possible), Ghee (clarified butter)	
Fruits	Apples, Apricots, Bananas, Blueberries, Blackberries, Cantaloupe, Cherries, Citrus fruits, Cranberries, Dates, Kiwi, Mangoes, Melons, Papaya, Pineapple, Pomegranate, Prunes, Raspberries	
Animal products	Free-range poultry & eggs, Meat & dairy from pasture-raised, no-hormone-treated animals, Wild-caught fish (anchovies, herring, sardines, Atlantic mackerel, Sockeye salmon, Alaskan halibut), Fresh shellfish (shrimps, oysters, mussels)	
Thyroid-friendly Drinks	Herbal teas	
Herbs & Spices	Black pepper, Basil, Chilli peppers, Cilantro, Dill, Garlic, Ginger, Cinnamon, Oregano, Parsley, Rosemary, Sage, Thyme, Turmeric	

Find out more at brainyweightloss.com/best-diet-for-hypothyroidism.html