



GOITROGENIC FOOD

AFFECTING THYROID HEALTH

Note: For those with hypothyroidism, these foods are okay in small quantities or after being cooked.

FRUIT

Strawberries
Grapes
Peaches
Plums
Figs

VEGGIES

Kale
Broccoli
Tomatoes
Spinach
Okra
Squash
Cabbage
Sweet Potatoes
Eggplant
Brussel Sprouts

GRAINS

Wheat
Kamut
Barley
Rye
Millet

BEANS

Soy
Green Beans
Garbanzo
Lima
Peas

NUTS

Almonds
Pines Nuts
Cashews
Peanuts
Walnuts

SEEDS

Millet
Hemp
Pumpkin

DRINKS

Coffee
Sweet Tea
Green Tea
White Tea
Alcohol
Pop

PROCESSED FOOD

White Bread
White Pasta
Sweets
Processed Meat (i.e. Hot Dogs)