

Don't Eat:

Hypo-Thyroid Foods---*NOTE*: MILK CAN CARRY ANY OF THESE

Goitrogens prevent the thyroid gland from producing thyroid hormones, or prevent thyroid hormone from being used properly, causing relative or true thyroid hormone deficiency if eaten regularly in large quantities, in susceptible individuals.

Brussels sprouts Cabbage Carrots Cauliflower Wheat (inflames)

Cassava (from which tapioca pudding is made) Kale Kelp

Peaches Pears Rutabagas Soybeans Rapeseed/Canola

Spinach Turnips Mustard Peanuts Pine nuts Millet