

## GOITROGENIC FOODS: THE "DO NOT EAT" LIST

FOR YOU!

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## FOODS TO AVOID IF YOU HAVE HYPOTHYROIDISM



### VEGETABLES:

BROCCOLI, CABBAGE, BRUSSELS SPROUTS, CAULIFLOWER,  
KALE, SPINACH, TURNIPS, MILLET AND  
MUSTARD GREENS.



### NUTS AND BEANS:

SOYBEANS, PEANUTS,  
LINSEED AND PINE NUTS



### FRUITS:

PEACHES AND STRAWBERRIES

**\*\*Although a problem for hypothyroid patients,  
GOITROGENIC FOODS CAN ALSO BE BENEFICIAL  
in fighting off other diseases.\*\***

Nutrition researchers at the University of Maryland found that cooking slightly decreases their effects on the thyroid and can be consumed cooked a couple times a week.

**FOR EXAMPLE** one week you could have steamed broccoli with dinner on Monday, sautéed cabbage in a stir-fry on Wednesday, and spinach in a Sunday omelet. This would not have a significant effect on your hypothyroidism. But eating even a handful of peanuts every day is enough to block thyroid production and cause symptoms to persist.



## BEWARE OF SOY!

The soybean has now taken on the food market as corn once had. Soy is used as an emulsifier in the form of Soy Lecithin and as oil, Soybean Oil, in many premade and processed foods today.

**IT IS EVEN FOUND IN CHOCOLATE!** Two chocolate companies that still refrain from using soy lecithin are *Equal Exchange* and *Theo Chocolates*.

**MANY ENERGY BARS AND GRANOLA BARS ALSO HAVE SOY LECITHIN,** even the organic ones.

### SOY SAUCE IS INCLUDED IN THE 'DO NOT EAT' LIST.

If you like Chinese and Japanese foods be careful and ask the restaurant to keep soy sauce out. Some sushi rolls contain soy if they contain imitation crab, which uses soy lecithin.

Sushi rolls that contain imitation crab include the California roll.

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