



## **FOODS TO HEAL THE THYROID**

Add these foods in your diet to improve your thyroid function:

- Almonds
- Aloe vera gel
- Artichokes
- Apples
- Arugula
- Asparagus
- Avocados
- Bananas
- Basil
- Blackberries
- Wild blueberries
- Brazil nuts
- Cashews
- Cauliflower
- Celery
- Cilantro
- Cucumbers
- Dates
- Dulse
- Fennel
- Figs
- Honey (organic, raw)
- Kale (cooked only)
- Kelp
- Garlic
- Ginger
- Hemp seeds
- Lemons
- Limes
- Lettuce (butter leaf & romaine)
- Mangoes
- Maple syrup (organic only)
- Onions
- Oranges
- Parsley
- Pears
- Pomegranates
- Radishes
- Raw Honey
- Sesame Seeds
- Spinach
- Sprouts
- Spaghetti squash
- Sweet potatoes
- Tangerines
- Thyme
- Tumeric
- Walnuts
- Watercress
- Zucchini



# New Direction

## Natural Medicine

### Foods to AVOID that Aggravate the Thyroid:

- Bread and grains
- Gluten
- Processed foods
- Beans
- Dairy (milk and cheese)
- Eggs
- Peanuts
- Seeds
- Soy products
- Nightshades: peppers, tomatoes, eggplant, potatoes
- Mushrooms
- Alcohol