

Foods to Avoid/Reduce for Optimal Thyroid Health

Goitrogenic Foods

Foods rich in sulfur are generally goitrogenic.



Vegetables

Arugula	Kohlrabi
Broccoli*	Leeks
Brussels Sprouts*	Mustard Greens*
Cabbage*	Okra
Cassava Root	Radish*
Cauliflower*	Spinach
Collard Greens*	Squash
Eggplant	Sweet Potato
Horseradish	Tomato
Kale*	Turnips*

Fruits

Figs*
Grapes
Peaches
Pears
Plums
Strawberries

Nuts

Almonds*/Cashews
Peanuts*/Pine Nuts*
Walnuts

Seeds

Flaxseeds*
Hemp
Millet*
Pumpkin Seeds

Beans/Grains

Garbanzo Beans*
Soy Beans*
Wheat*/Kamut
Barley*/Spelt
Bulgur/Rye*