

# OUR BEST FOODS FOR HASHIMOTO'S

FOOD GROUP	FOOD SPECIFICS
FISH, POULTRY & MEAT	<i>*wild caught, organic, grass-fed*</i> Salmon, Snapper, Swordfish, Tuna, Halibut, Sardines, Chicken, Turkey
FRUITS	<i>*organic, fresh and frozen*</i> Grapefruit, Apricots, Oranges, Berries, Bananas, Cranberries, Pineapple, Pomegranate, Coconut, Guava, Mangoes, Avocados, Peaches, Cherries
VEGETABLES	<i>*organic*</i> Sweet potatoes, Pumpkin, Carrots, Squash, Cucumbers, Green beans, Mushrooms, Peas, Beets, Asparagus
GRAINS, NUTS & SEEDS	Almonds, Walnuts, Flax seeds, Chia seeds In moderation: Rice, Oats, Quinoa
FATS & OILS	Fish oil, Flaxseed oil, Olive oil, Coconut oil, Ghee, Avocado oil, Omega 3-fatty acids and other mono- and polyunsaturated fatty acids
VITAMINS & MINERALS	In moderation: Vitamin D, Vitamin A, Vitamin E, Vitamin B complex, Vitamin C, Selenium, Calcium, Iron, Thiamine, Magnesium
OTHER	Turmeric, Ginger, Probiotic foods (yogurt, kefir, kombucha, fermented vegetables), Bone broth, Isoflavones, Fibers & Prebiotics, Taurine, Seaweed