

BEST FOODS FOR *Hashimoto's* *Thyroid Disease*

UNBOUNDWELLNESS.COM



ORGANIC VEGETABLES & HERBS

Cooking goitrogens and potentially avoiding nightshades.



VEGETABLE STARCHES

Squash, sweet potato, parsnip, plantain, etc.



BONE BROTH & FERMENTED FOODS

Homemade bone broth, sauerkraut, kombucha, etc.



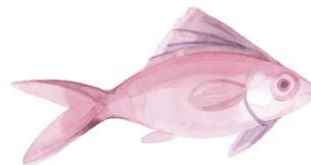
SEA VEGETABLES

Kelp, seaweed and other sea vegetables.



HEALTHY FATS

Coconut oil, avocado grass-fed ghee or butter, olive oil, quality animal fats.



WILD CAUGHT SEAFOOD

Salmon, sardines, cod, tuna in moderation, etc.



PASTURE RAISED MEATS

Grass-fed beef, lamb, bison pastured poultry, etc.



LOW SUGAR FRUITS

Berries, apples, etc. and other fruits in moderation.