

# optimal foods for hypothyroidism

These foods emphasise the nutrients associated with hypothyroidism (i.e. choline, vitamin D, vitamin E, folate, vitamin B6, vitamin A, vitamin B12 and vitamin C). From a macronutrient perspective, these foods are 52% protein, 21% fat and 18% net carbohydrates with a low energy density of 122 calories per 100g.

## vegetables

- asparagus
- spinach
- seaweed (laver)
- coriander
- watercress
- chard
- chicory greens
- broccoli
- white mushroom
- radicchio
- portabella mushrooms
- Chinese cabbage
- endive
- amaranth leaves
- parsley
- banana pepper
- cauliflower
- lettuce
- red peppers
- mustard greens
- okra
- zucchini
- beet greens
- sauerkraut
- escarole
- chives
- seaweed (wakame)
- arugula
- alfalfa
- mung beans
- cabbage
- celery
- Brussel sprouts
- shiitake mushroom
- seaweed (kelp)
- summer squash
- kale
- radishes
- turnip greens

- collards
- artichokes
- jalapeno peppers
- peas
- chayote
- snap beans
- pumpkin
- onions
- edamame

## spices

- basil
- dill (fresh)
- sage
- paprika
- thyme
- cloves

## offal

- liver
- heart
- kidney
- brains

## animal products

- chicken breast
- egg yolk
- whole egg
- veal
- sirloin steak
- pork chops
- ground pork
- chuck steak
- ground beef
- turkey
- chicken drumstick
- leg ham
- porterhouse steak
- beef roast
- lamb
- pork shoulder
- sirloin steak

- ground turkey
- pork loin
- pork ribs
- ribeye fillet
- roast pork
- top round steak
- roast beef
- turkey

## seafood

- crab
- oysters
- fish roe
- crayfish
- lobster
- octopus
- halibut
- salmon
- mussel
- white fish
- cod
- shrimp
- rockfish
- caviar
- flounder
- trout
- clam
- haddock
- pollock
- mackerel
- herring
- whiting
- perch
- welk
- sardine
- sturgeon
- anchovy
- molluscs
- scallop
- smelt
- tuna