

ON DIET – HYPOTHYROIDISM

TO BE TAKEN	TO BE AVOIDED
<ul style="list-style-type: none"> ● Wheat, Barley, Oatmeal, Brownrice, corn, Quinoa, Kodo millets, Finger millets, Foxtail millets ● Green gram, Red lentil, Yellow moong gram, Tuvar dal, Chana, Black gram ● Carrot, Pumpkin, Peas, artichokes, Lettuce, asparagus, Spinach, Okra, Mushroom, Celery, Beet greens, Zucchini, Parsley, Potatoes, Cucumber, Onion, Fenugreek leaves, Coriander leaves, Fennel leaves, Mustard green, Broccoli, Sweet potatoes ● All fruits- Grape, papaya, Oranges, Strawberries, Apples, Dates, Kiwi, Litchi, Musk melon, Watermelon, guava, Pear, Blueberries, Peaches, Pomegranate, Avocados, Raspberries ● Low fat milk, Egg white Nonveg soup ● Fennel, Turmeric, Mint, Cumin, Coriander, Fenugreek, Black pepper, Limited salt, Cinnamon, Cloves, Ginger & Garlic ● Cow ghee, Mustard oil, Olive oil, Rice bran oil ● Flax seed, Sunflower seeds, Chia seeds, Pumpkin seeds, Hazelnuts, Brazil nuts, Almonda(2-3) 	<ul style="list-style-type: none"> ● Whole refined flour, white breads, white rice, Soya flour, Rye, Pasta, Brown breads ● Dried and Frozen pulses, Soybean, kidney beans, Black lentils ● Brussels sprouts, Cabbage, Canola, Cauliflower, Collard greens, horse radish, Kale, Soya, Turnips, Red 7 Green chili, Frozen vegetables ● All canned & packaged fruits along with bananas ● Condensed milk, Whole milk & cream, Full fat yoghurt, Cream cheese ● Meat, Prawns, Lobster, Crab, Lean beef, Pork, Lamb, Egg yolk, Mutton, Duck, Salty sea water fish, Red chili powder, Green chillies ● Unsaturated fats, Palm oil, Cream, Butter ● Cashew nuts, Peanuts, Raisins, Dried nuts, Walnuts, Cotton seeds ● Coffee, Tea, Soya milk, Alcohol, Carbonated beverages, Canned soup, Packaged soup, Canned fruits and juices