

THYROID DIET

Plenty of: Eggs
Poultry and seafood
Fresh vegetables (90% cooked)
Raw nuts and seeds
Water and herbal teas

**Moderate
Amounts of:** Red meats and organ meats
Dairy products
Whole grains
Butter
Oils (corn, olive, safflower)
Fruit

Avoid: Coffee and tea
Smoking
Refined carbohydrates
Desserts and sugars of all kinds
Fried foods
Margarine and Crisco
Fruit juices

Schedule: Breakfast high protein meal
Lunch and dinner divided evenly

Diet Outline: *Breakfast*
Eggs and / or
Breakfast steak or chicken or fish
With whole grain serving (one piece of toast only)
With herbal tea

Lunch
Cheese or yogurt
Red meat, chicken or fish
With vegetables
With water, milk or herbal tea

Dinner
The same basic meal as lunch
About the same size

Snacks
Protein snacks between meals and before bed
may help with blood sugar stability