

# Hashimoto's Diet: Detailed Foods to Eat & Avoid

Foods to Eat	Foods to Avoid
<ul style="list-style-type: none"><li>• Leafy greens (spinach, kale, chard)</li><li>• Cruciferous vegetables (cooked broccoli, cauliflower)</li><li>• Berries (blueberries, strawberries, raspberries)</li><li>• Sweet potatoes &amp; carrots</li><li>• Wild-caught salmon, sardines, mackerel</li><li>• Eggs (if tolerated)</li><li>• Brazil nuts (2–3 per day for selenium)</li><li>• Olive oil, avocado oil, coconut oil</li><li>• Gluten-free grains (quinoa, rice, buckwheat)</li><li>• Beans &amp; lentils (moderate amounts)</li><li>• Seaweed (low-iodine varieties)</li><li>• Fresh herbs (parsley, cilantro, basil)</li><li>• Fermented foods (gluten-free yogurt, kefir, sauerkraut)</li><li>• Bone broth for gut support</li></ul>	<ul style="list-style-type: none"><li>• Gluten (wheat, barley, rye)</li><li>• Processed baked goods and pastries</li><li>• Fried foods and fast food</li><li>• Soy products (tofu, soy milk, edamame)</li><li>• Excess sugar &amp; refined carbs</li><li>• Artificial additives, colors, preservatives</li><li>• High-iodine foods (iodized salt, seaweed snacks)</li><li>• Dairy (if sensitive)</li><li>• Processed meats (sausage, bacon)</li><li>• Industrial oils (canola, soybean, corn oil)</li><li>• Packaged snacks with hidden gluten</li><li>• Alcohol (irritates gut lining)</li><li>• High-sodium foods (instant noodles, canned soups)</li></ul>