

## HYPERTHYROID

Pathya - Ahara

Fruits	Oil & Fats	Seeds & Nuts
Raspberries Strawberries Cranberries Blueberries Grapes	Olive oil Cold water fish Flax seed oil Olive oil Avocado Oil Ground nut oil Mustard Oil Canda oil Rice barn Oil Omega 3 fatty Acids Coconut oil	Mustard Seed Rape Seed Peanuts Pine nuts Walnuts Ground flax seeds Cereals & Millets
Vegetables	Dairy products	Animal Products
Kale Turnips Spinach Mustard greens Green leafy vegetables Carrots Garlic Avocado Mushrooms Apricots.	Milk Yogurt Cheese Paneer Pudding Custards	Egg Salmon fish Turkey Mackerel Fish Wild caught fish Meats
		Beans
		Soy beans Soy chunks
Drinks		Vihara
Lemon Balm Tea Orange Juice Green Tea Chamomile Tea Clean Water Grape juice Honey		Langhana Swedana Nasya Dhumapana Ksharaprayoga Exercise

Avoid : White Bread, Pasta, Sugar, Iodized salt, Cabbage, Broccoli, Cauliflower, Red meat.

## **Apathya**

### Ahara

Soft drinks Sugar, Sugar Crane Corn Syrup Chocolate Alcohol Caffeine, Pista White bread Read meat - mutton, pork Processed foods Fried food Coffee, cola Salt	Sauces Ketchups Salted butter Canned foods Salted nuts Smoked meat Sausages Pickles Pappad Chutneys Iodine Rich foods
Vihara	
Day Sleep	