

HYPOTHYROIDISM

PATHYA - AHARA

GRAINS	NUTS & SEEDS	ANIMAL PRODUCTS
Brown rice Wild rice Rice Cakes Rice Noodles Oats Green Gram Barly	Coconut Sesame & Sunflower Seeds Brazil nuts Macadamia Nuts	Egg Sea food Chicken Salmon Fish Shrimps Oysters
VEGETABLES	OIL & FATS	HERBS & SPICES
Avocado Carrots Celery Cucumber Green beans Mushrooms Onion Potatoes Pumpkin Tomatoes Seaweeds Bell peppers Garlic Beetroot	Olive oil Coconut oil Butter Ghee	Black Pepper Basil Chilli Peppers Cilantr Garlic Ginger Cinnamon Parsley Rosemary Thyme Turmeric Oregano
	FRUITS	
	Apples, Apricots Bananas, Blueberries Blackberries, Citrus Fruits, Dates, Kiwi, papaya, mango, Pine apple, Pomegranate, Raspberries.	
Drinks		
Herbal Tea Green Tea Coconut water		

Avoid : Cabbage (Thiocyanate), Cauliflower, No Gluten Wheat, No Soya protein, corn / sugar / potato.

Apathya

Grains	Beans	Animal products
Millet Wheat Bread Burger Cakes Pastries Semolina Macaroni Spaghetti Noodles	Lima Beans Peanuts Soybeans Soy milk Tofu	Shark Sword fish Tile fish Red meat Mutton Pork Beef
Vegetables	Nuts & seeds	Drinks
Broccoli Brussels spouts Cabbage Cauliflower Corn Spinach Rapini Turnip Mustard Radish Sweet potatoes	Almonds Cashews Pine nuts Wal nuts Pumpkin seeds Hemp seeds	Coffee Black tea
FRUITS	Oil & fats	Junk food
Grapes Pears Peaches Strawberries	Canola oil Corn oil Safflower oil Flaxseed oil Hemp Oil Soy been oil Sunflower oil Margarine	Deep fried foods French fries Pizza Ice cream Hamburgers