

GOITROGEN & SOY AVOIDANCE LISTS

GOITROGENIC FOODS

While many of these ingredients can be part of a healthy diet, it's important to eliminate them or eat them sparingly while you reverse thyroid disease. These foods can encourage the formation of goiters and/or contain sulfur.

If you do include them in your diet, be sure to cook or ferment the veggies well. For the nuts and beans, make sure they are properly prepared through soaking and sprouting techniques. The fruit can be enjoyed in limited quantities.

FRUITS	VEGETABLES	NUTS, BEANS & GRAINS
Concord Grapes Currants Figs Peaches Pears Plums Rhubarb Starwberries Tangerines	Bok Choy Broccoli Broccolini Brussels Sprouts Cabbage Cassava Root Cauliflower Chinese Broccoli Collard Greens Eggplant Kale Kohlrabi Leeks Mustard Greens Okra Radishes Rapini Red Radishes Rutabagas Spinach Summer Squash Sweet Potatoes Tomatoes Turnips Watercress	Almonds Cashews Peanuts Pine Nuts Walnuts Coca Beans Green Beans Lima Beans Soy Beans Babassu Canola/Rapeseed Flax Hemp Millet Pumpkin Seed Wheat

SOY & HIDDEN NAMES FOR SOY PROTEIN

The following ingredients found on a label indicate the presence of soy protein. All labels should be read carefully before consuming a product, even if it has been used safely in the past.

CONTAINS SOY	MAY CONTAIN SOY
Edamame (soybeans in pods) Hydrolyzed soy protein Kinnoko flour Kyodofu (freeze dried tofu) Miso Natto Okara (soy pulp) Shoyu sauce Soy albumin Soy bran Soy concentrate Soy fiber Soy flour, soya flour Soy formula Soy grits Soy milk Soy nuts, soy nut butter Soy protein Soy protein concentrate Soy protein isolate Soy sauce Soy sprouts Soya, soybeans Soybean granules Soybean curd Soybean flour Soy lecithin* Soybean paste Supro Tamari Tempeh Teriyaki sauce Textured soy flour (TSF) Textured soy protein (TSP) Textured vegetable protein (TVP) Tofu Yakidofu Yuba (bean curd) Natural flavoring Vegetable broth Vegetable gum Vegetable starch	Any Vegetable Oil *Avoid fried foods for soy contamination *Tell servers that you have a soy allergy *Ask restaurants exactly what is in the oil for frying French Fries *If there's any hesitation from the server as to what is in the oil, ask them to look at ingredients on box or bag of oil. They are always "shocked" that their oil has soy in it Asian Foods (Japanese, Chinese, Korean, Thai, Vietnamese, Malaysian, etc.) Hydrolyzed Plant Protein Hydrolyzed Vegetable Protein (HVP) Soy Oil