



Balancing Nutrition
Tu cuerpo en Equilibrio

Foods That Benefit the Thyroid

Important and Restorative Supplements

- Bone Broth (collagen)
- Pickled Vegetables (gut health- to get the most nutrients out of your meals)

Foods rich in iodine:

Himalaya salt
Kelp seaweed
Cranberries
High quality meat slow cooked

Foods rich in Tyrosine (an amino acid essential to the health of the thyroid):

Good quality animal proteins
Eggs
Sesam seeds
Musters leaves
Spinach and other more bitter leaves

Foods rich in Selenium:

Brazil nuts
Meat
Eggs
Mushrooms (mainly shiitake)
Sea fish

Foods rich in Zinc:

Cold press tahini
pumpkin and sunflower seeds
Pine nuts , pecans and almonds

Vegetables - Unlimited

Lettuce, baby spinach, rocket, kale, endive, arugula, chard, spinach, mizuna leaves, cabbage, sprouts of all kinds. Asparagus, artichoke, Jerusalem artichoke, sweet potato, cucumber, carrot, broccoli, cauliflower, white/purple onion, green onion, pumpkin of all kinds, zucchini, Brussels sprouts, Chinese cabbage, leek, turnip, celery, kohlrabi, squash, mushrooms, beets, radish, radish, fennel.

Avoid nightshade vegetables at first - add after a few weeks, check if comfortable.

Animal Proteins- (antibiotic and hormone-free).

Organs (recommended beef - liver, kidneys, heart), beef, lamb, sea fish (flamida, frida, intias, sea bream, loco, barboni, sardines), salmon, goose/duck, pork, chicken

Pantry Products-

Anchovies, sardines, gelatin, natural honey, natural apple cider vinegar, coconut milk, coconut butter, collagen powder/dried bone marrow powder, baking soda, capers, gluten-free fish sauce, coconut flakes.

Healthy Fats-

Avocado (check for sensitivity), olives (without prohibited spices), coconut milk - no additives, coconut butter - do not heat it, animal fat - for frying, cooking, cold-pressed coconut oil, extra-virgin olive oil Cold.

Fruits - Recommended to consume in moderation - one cup per day **at most**. Green apples, berries - blueberries, blackberries, pears, pineapple, acai, persimmon, peaches, grapefruit, cherries, lemon, lime, lychee, papaya, pomelo, passion fruit, kiwi, carambola, pomegranate, plum.

Spices and herbs-

Onion powder, garlic powder (gluten-free and additive-free), oregano, basil, ginger, wasabi, vanilla (alcohol-free or powdered only) Saffron, ginger, fresh thyme, parsley, thyme, tarragon, coriander, turmeric, truffle, lavender, lemon balm, lemon grass, marjoram, malva, lantana, mint, sage, Mint, chives, basil leaves, bay leaves, rose leaves, fenugreek leaves, kefir, lime leaves, fennel leaves, parsley, cloves, curry leaves (not curry powder mix), coriander/thyme, cinnamon, nutmeg, chamomile, rosehip, marjoram