

# OUR WORST FOODS FOR HASHIMOTO'S

FOOD GROUP	FOOD SPECIFICS
DAIRY & EGGS	Processed cheese, Conventional dairy products, Conventional eggs
LEGUMES & VEGETABLES	Cruciferous vegetables ( <i>Brassica</i> genus), Nightshade vegetables, Legumes, especially soybeans
PROCESSED FOODS	Fried foods, Processed meats, Cured meats, Sausage, Bacon, Refined carbohydrates, Refined grain and gluten products, Most condiments
FATS & OILS	Omega-6 fatty acids, Corn oil, Canola oil, Soybean oils
VITAMINS & MINERALS	Sodium-rich foods, Echinacea (a natural herbal supplement that can boost your immune system but can also cause flare-ups in autoimmune patients)
SWEETS	All sugar, including: Added sugar, Cakes, Candies, Cookies, Sweetened cereals, Corn syrup, Soda
OTHER	Caffeine, Alcohol