



Goitrogen Checklist

For most people with thyroid problems, strict avoidance of these foods isn't necessary. Steaming or boiling them significantly reduces their goitrogenic effect, and eating moderate amount of them raw will probably not cause problems if your iodine intake is sufficient. Limit your consumption of these foods to 3-6 servings a week if you do have thyroid problems.

An exception to this is nursing mothers, who should significantly limit consumption of raw crucifers or eat greater amounts of iodine-containing foods like fish and seaweed to ensure that their babies obtain adequate amounts of iodine.

Goitrogens	
Cruciferous Vegetables	Other Foods
Bok choy	Cassava
Broccoli	Soybeans (and all soy products including tofu, soybean oil, soy protein isolate, soy lecithin, etc.)
Broccolini	Pine nuts
Brussels sprouts	Peanuts
Cabbage	Millet
Canola	Strawberries
Cauliflower	Pears
Chinese cabbage	Peaches
Choy sum	Spinach



Goitrogens

Cruciferous Vegetables	Other Foods
Collard greens	Bamboo shoots
Horseradish	Sweet potatoes
Kai-lan	Cassava
Kale	
Kohlrabi	
Mizuna	
Mustard greens	
Radishes	
Rapeseed	
Rapini	
Rutabagas	
Tatsoi	
Turnips	