

3 DIET MISTAKES are sabotage your thyroid


If you're struggling with thyroid issues, make sure you aren't making these common diet mistakes.

 **DON'T: Skip Meals**
Fasting can mess with a sensitive thyroid

 **DO**
Eat regular meals full of healthy fats, carbs, protein, and fruit




 **DON'T: Eat Goitrogens**
That includes foods that are healthy for other people, like kale, broccoli & cauliflower

 **DO**
Avoid beans and legumes. Cook cruciferous vegetables well, limit your intake. Soak seeds and nuts before snacking,



 **DON'T: Choose Non-Organic Meat**
Quality matters. Non-organic meats can contain unhealthy oils and fats that slow the thyroid

 **DO**
Buy pasture-raised, organic meat and eggs from local farms that feed their animals natural diets.

