

Cruciferous vegetables:

Vegetables in the Brassica family, such as broccoli, cauliflower, and kale, are known as goitrogens. They can interfere with the body's iodine absorption and thyroid hormone synthesis. It is advisable to cook cruciferous vegetables as this can reduce the goitrogenic activity.

Rosacea family fruits:

Fruits such as almonds, apricots, cherries, peaches, pears, plums, raspberries, and strawberries are part of the Rosacea family. They contain cyanogenic glycosides that can interfere with thyroid function. It is best to consume these fruits in moderation.

Caffeine and alcohol:

Caffeine and alcohol can interfere with the body's absorption of thyroid hormone medication. People with hypothyroidism should consume these beverages in moderation and consult with a healthcare provider before consuming them.

Conclusion:

In conclusion, people with hypothyroidism need to be mindful of their diet to manage their condition effectively. By avoiding certain foods such as gluten, soy-based products, cruciferous vegetables, Rosacea family fruits, caffeine, and alcohol, they can improve their thyroid function and overall health. It is crucial to consult with a healthcare provider or a registered dietitian before making any dietary changes.