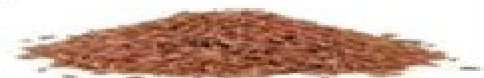


DIET TIPS FOR HASHIMOTO'S THYROIDITIS

Include sources of vitamin D (fatty fish, fortified dairy, and sunlight exposure) to support immune function and reduce inflammation.



Prioritize gluten-free whole grains (quinoa, brown rice, and buckwheat) to reduce autoimmune responses in Hashimoto's.



Consume antioxidant-rich foods (berries, leafy greens, and nuts) to combat oxidative stress and support thyroid health.



Add probiotic-rich foods (yogurt, sauerkraut, and kimchi) to support gut health and immune system balance.



Incorporate selenium-rich foods (Brazil nuts, tuna, and eggs) to promote thyroid hormone production.



Take omega-3 fatty acids from fatty fish, avocado, healthy oils, nuts and seeds to support immune function and thyroid health.



Hashimoto Diet Hashimotos Thyroiditis Hypothyroidism

Ying Liu



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