

## **DIET FOR THYROID**



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Some nutrients heavily influence the function of the thyroid gland, and certain foods can inhibit your body's ability to absorb the replacement hormones you may take as part of your thyroid treatment.

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Avoid taking your thyroid hormone at the same time as: Walnuts. Soybean flour. Cottonseed meal. Iron supplements or multivitamins containing iron. Calcium supplements. Antacids that contain aluminum or magnesium. Some ulcer medications, such as sucralfate (Carafate). Some

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