

FOOD TRIGGERS FOR THYROID

Here is a list of **FOOD ITEMS** that can trigger Auto-Immune Response and possibly be related to Thyroid. Keep a diary as you experiment with elimination and how you feel :

1. **Gluten** : Gluten has been associated with a LOT of problem in the last decade. Fortunately it is easy to go gluten free in India. Just eat Rice, or Jowar, Bajra, Raagi. Globally I would suggest Pearl Barley, Millets, Rolled Oats and of course rice. Do watch out for small hidden sources, soy sauce also has gluten.
2. **Dairy** : Dairy is another trigger. And with today's chemically infused cows who knows what's in the milk !
3. **Sugar** : Sugar has been associated with a lot of diseases including cancer. Also avoid its partners : High Fructose Corn Syrup, Invert Sugar, Cane Extract, and also avoid splenda and aspartamene. I would stick with jaggery (gurd) as it is quite unprocessed. You can also make a date paste at home for cooking. Honey is also a healthy alternative, but while we are looking at eliminating triggers I would avoid honey, or again, not in my diary what I am doing.
4. **Soy** : Soy milk, Soy sauce and tofu have been linked to triggering a response so as a process of elimination try it.
5. **Caffeine** : This will be super hard, but again if the above things have all been tried caffeine is to be considered. Caffeine keeps us from resting as we should and can also interfere with sleep.
6. **Alcohol** : Alcohol leads to blood sugar imbalances and possibly affects the gut microflora.

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