**[Goitrogens](https://www.healthline.com/nutrition/goitrogens-in-foods)** are compounds that may interfere with the normal function of the thyroid gland.

They get their name from the term “goiter,” which is an enlarged thyroid gland that may occur with hypothyroidism.

Surprisingly, many everyday foods contain Goitrogens

* **Soy foods:** Tofu, soymilk etc.
* **Certain vegetables:** Cabbage, broccoli, cauliflower, spinach, etc.
* **Fruits and starchy plants:** Sweet potatoes, cassava, peaches, strawberries, etc.
* **Nuts and seeds:** Millet, pine nuts, peanuts, etc.

So in theory, people with hypothyroidism should avoid goitrogens. However, this only seems to be an issue for people who have an iodine deficiency or eat large amounts of goitrogens

**Foods to Avoid**

Fortunately, there aren’t many foods that you need to avoid if you have hypothyroidism.

However, foods that contain goitrogens should be eaten in moderation and ideally cooked.

You should also avoid eating highly processed foods, as they usually contain more calories. This can be a problem for someone with hypothyroidism, since they may [gain weight](https://www.healthline.com/nutrition/how-to-gain-weight) easily.

Here is a list of foods and supplements you should avoid completely:

* **Millet:** All varieties.
* **Highly processed foods:** Hot dogs, cakes, cookies, etc.
* **Supplements:**Although adequate selenium and iodine is essential for thyroid health, too much may cause harm. Selenium and iodine supplements should be avoided unless prescribed by your doctor.

Here is a list of foods you can eat in moderation. These foods have goitrogens or are known irritants if consumed in large amounts.

* **Foods that contain gluten:** Bread, pasta, cereals, beer, etc.
* **Soy foods:** Tofu, tempeh, edamame beans, soy milk, etc.
* **Cruciferous vegetables:** Broccoli, kale, spinach, cabbage, etc.
* **Certain fruits:** Peaches, pears and strawberries.
* **Beverages:** Coffee, green tea and alcohol — these beverages may irritate your thyroid gland

If you have celiac disease because of Hashimoto’s thyroiditis or feel uncomfortable eating foods that contain gluten, then you should avoid gluten completely.

**Foods to Eat**

There are plenty of food options for people with hypothyroidism, including the following:

* **Eggs:** Whole eggs are best, as much of the iodine and selenium are found in the yolk, while the whites are full of protein.
* **Meats:** All meats, including lamb, beef, chicken, etc.
* **Fish:** All seafood, including salmon, tuna, halibut, shrimp, etc.
* **Vegetables:** All vegetables are fine to eat. Cruciferous vegetables are fine to eat in moderate amounts, especially when cooked.
* **Fruits:** All other fruits including berries, bananas, oranges, tomatoes, etc.
* **Gluten-free grains and seeds:** Rice, buckwheat, quinoa, chia seeds and flaxseed.
* **Dairy:** All dairy products including milk, cheese, yogurt, etc.
* **Beverages:** Water and other non-caffeinated beverages.

People with hypothyroidism should eat a diet based around vegetables, fruit and lean meats. They are [low in calories](https://www.healthline.com/nutrition/42-foods-low-in-calories) and very filling, which may help prevent weight gain.