

# Best Food For Thyroid

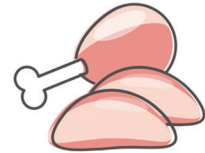
## 15 Healing Foods That Are Good For Your Thyroid



1. Seaweed



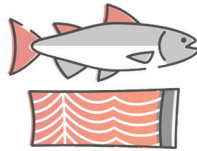
2. Brazil nuts



3. Chicken



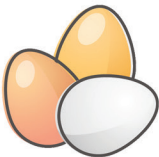
4. Beef



5. Salmon



6. Oysters



7. Eggs



8. Shellfish



9. Berries



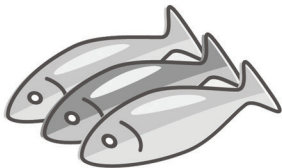
10. Spinach



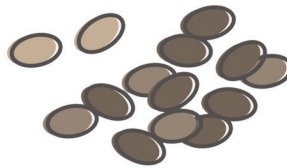
11. Pumpkin seeds



12. Apples



13. Sardines



14. Chia seeds



15. Avocado



GastroDoxs  
defenders of the digestive system