

The Hashimoto's Nutrition Guide

*Foods That Heal &
Foods That Harm*

The Complete Food Guide For
People With Hashimoto's

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Welcome! I'm So Glad You're Here

If you're reading this, you're likely on a journey with Hashimoto's thyroiditis 3 and I want you to know that you're not alone. I'm McCall McPherson, and I've dedicated my career to helping patients just like you navigate the complex world of thyroid health.

At Modern Thyroid Clinic, we believe that healing happens when we address the whole person, not just lab numbers. And one of the most powerful tools we have? The food on your plate.

This guide isn't about restrictive dieting or making you feel deprived. It's about empowering you with knowledge so you can make choices that support your body's healing journey. Let's dive in together!

Here's what I want you to take away from reading this guide -

- Food can be medicine
- You don't have to suffer with thyroid symptoms
- There's help available from caring health professionals who have taken the same journey as you are taking right now.

McCall



Understanding Hashimoto's & Food

Hashimoto's thyroiditis is an autoimmune condition where your immune system mistakenly attacks your thyroid gland. While medication plays a crucial role in management, what we eat can either fuel, inflammation, or help calm it.

Think of your body as a garden. With Hashimoto's, there are certain "weeds" (inflammatory foods) that can overtake your garden, and "fertilizers" (healing foods) that help your garden thrive.

Our goal: Create an environment where your thyroid can function optimally, while lowering your body's auto-immune response.

Depending on how soon you've diagnosed your Hashimoto's, and how proactive you are in providing the right environment to heal, you can (and our patients do) get your life back.



Part 1: Foods to Avoid or Minimize

These foods can trigger inflammation, interfere with thyroid function, or worsen autoimmune responses. Remember, everyone is unique - what affects one person may not affect another. Consider this your starting point for exploration.

Gluten

Why avoid it: Gluten molecules can resemble thyroid tissue (molecular mimicry), potentially triggering autoimmune attacks.

- Wheat, barley, rye, and their derivatives
- Hidden sources: soy sauce, salad dressings,
- processed meats

Processed Foods & Refined Sugars

Why avoid them: They spike blood sugar and increase inflammation.

- Packaged snacks, cookies, cakes
- White bread, pasta, pastries
- Sugary drinks and fruit juices

Certain Dairy Products

Why minimize: Can be inflammatory for some; casein protein may trigger immune responses.

- Conventional milk, cheese, yogurt
- Ice cream and processed dairy products

Soy Products

Why be cautious: May interfere with thyroid hormone absorption and production.

- Tofu, tempeh, soy milk
- Processed foods with soy protein isolate
- Many protein bars

Nightshade Vegetables (for sensitive individuals)

Why consider avoiding: Can trigger inflammation in some people.

- Tomatoes, peppers, eggplant, white potatoes
- Paprika, cayenne pepper

Excessive Raw Cruciferous Vegetables

Why moderate: Contains goitrogens that can interfere with iodine uptake when consumed raw in large amounts.

- Raw kale, broccoli, cauliflower, cabbage

Note: Cooking reduces goitrogen content - cooked cruciferous veggies are generally fine!

Part 2: Foods That Support Thyroid Health

These are your thyroid's best friends 3 foods that reduce inflammation, support immune function, and provide essential nutrients for optimal thyroid function.

Wild-Caught Fish

Why include: Rich in omega-3s and selenium.

- Salmon, sardines, mackerel
- Aim for 2-3 servings per week

Organic, Pasture-Raised Meats

Why include: Quality protein and B vitamins.

- Grass-fed beef, free-range chicken
- Lamb, turkey

Colorful Vegetables

Why include: Antioxidants and fiber for gut health.

- Leafy greens (cooked or lightly steamed)
- Carrots, beets, sweet potatoes
- Zucchini, cucumber, celery

Healing Fats

Why include: Support hormone production and reduce inflammation.

- Avocados and avocado oil
- Olive oil, coconut oil
- Nuts and seeds (especially Brazil nuts for selenium)

Bone Broth

Why include: Supports gut healing and provides minerals.

- Homemade or high-quality store-bought
- Rich in collagen and amino acids

Fermented Foods

Why include: Support gut health and immune function.

- Sauerkraut, kimchi (without nightshades)
- Coconut yogurt, water kefir

Low-Glycemic Fruits

Why include: Antioxidants without blood sugar spikes.

- Berries, green apples
- Citrus fruits in moderation



Part 3: Your 7-Day Hashimoto's Healing Meal Plan

Here's a sample week to get you started. Remember to drink plenty of filtered water throughout the day!

	Breakfast	Lunch	Dinner
Day 1	Coconut yogurt parfait with berries and chopped walnuts	Wild salmon salad with mixed greens, avocado, and olive oil dressing	Grass-fed beef stir-fry with broccoli, carrots, and cauliflower rice
Day 2	Sweet potato hash with pastured eggs and sautéed spinach Green	Chicken and vegetable soup with bone broth base	Baked cod with roasted Brussels sprouts and butternut squash
Day 3	Green smoothie with coconut milk, spinach, mango, and chia seeds	Turkey lettuce wraps with shredded vegetables	Lamb meatballs with zucchini noodles and garlic-herb sauce
Day 4	Scrambled eggs with sautéed mushrooms and arugula	Beet and carrot soup with a side of mixed greens	Herb-roasted chicken with roasted root vegetables
Day 5	Chia seed pudding with coconut milk and berries	Sardine salad on cucumber rounds	Grass-fed beef and vegetable curry over cauliflower rice
Day 6	Turkey sausage with sautéed kale and sweet potato	Chicken salad with avocado mayo on lettuce cups	Pan-seared salmon with asparagus and quinoa (if tolerated)
Day 7	Vegetable frittata with herbs	Leftover salmon over mixed greens with pumpkin seeds	Slow-cooked pot roast with carrots, celery, and turnips

Shopping List Essentials

Stock your kitchen with these Hashimoto's-friendly staples:

Proteins

- Wild-caught fish
- Grass-fed beef
- Organic chicken
- Pastured eggs

Healthy Fats

- Avocados
- Olive oil
- Coconut oil
- Nuts and seeds

Vegetables

- Leafy greens
- Carrots, beets
- Zucchini, cucumber
- Sweet potatoes

Pantry Items

- Coconut milk
- Bone broth
- Sea salt
- Herbs and spices

Tips for Success

Start Slowly

Don't overhaul your diet overnight. Make gradual changes for lasting results.

Listen to Your Body

Keep a food journal to track how different foods make you feel.

Prep Ahead

Batch cook on weekends to make weekday meals easier.

Stay Hydrated

Aim for at least 8 glasses of filtered water daily.

Focus on Addition, Not Restriction

Instead of focusing on what you can't eat, get excited about all the nourishing foods you CAN enjoy!

Consider Timing

Take thyroid medication on an empty stomach, away from food and supplements.

Your Next Steps

Congratulations on taking this important step in your healing journey! Remember, managing Hashimoto's is not just about avoiding certain foods - it's about nourishing your body with foods that support optimal thyroid function.



Start with one meal

Choose breakfast, lunch, or dinner and make it Hashimoto's-friendly for one week.



Track your progress

Notice changes in energy, mood, and symptoms.



Be patient

Healing takes time. Give your body at least 30 days to respond to dietary changes.



Get support

You don't have to do this alone!



Ready for Personalized Support?

At Modern Thyroid Clinic, we understand that every person with Hashimoto's is unique. What works for one person may not work for another, and that's why personalized care is so important.

If you're ready to:

- Get comprehensive thyroid testing beyond just TSH
- Develop a personalized nutrition plan
- Address the root causes of your symptoms
- Feel like yourself again

We're here to help.

Schedule Your Consultation Today

Visit ModernThyroidClinic.com/Discovery to book a free discovery call, or call us to begin your personalized healing journey.

Remember, you deserve to feel vibrant, energized, and healthy. With the right support and care plan, it's absolutely possible!

To your health,

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Schedule a Consultation

Learn More





Modern Thyroid Clinic

Schedule your Free
Discovery Call today!

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Thank you

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