



Cruciferous Vegetables

Definition: A member of the family of vegetables that includes kale, collard greens, broccoli, cauliflower, cabbage, Brussels sprouts, and turnips. These vegetables contain substances that may protect against cancer. See www.acor.org/cnet/glossary/44963.html

In spite of the very positive benefits from eating these vegetables, there is also evidence that the above foods can be deleterious to a struggling thyroid gland. If you've been diagnosed with thyroid disease such as Hashimoto's Thyroiditis or Graves Disease, it appears prudent, at least until we know better, to minimize these foods.

What is "minimize?" That is difficult to define, but let's say to mostly stick to other vegetables and treat yourself to the above two-three servings a week.