

# Adrenal and Thyroid Supportive Foods

## ***INCREASE protein and high quality fats in every meal (and AM snacks):***

Organic nut butters such as peanut butter  
Organic nuts such as pecans and almonds  
Organic seeds such as sunflower seeds  
Organic chicken  
Wild fish  
Grass fed red beef  
Free range organic eggs  
Organic salted butter  
Organic coconut oil, olive oil, grapeseed oil, flax seeds, flax seed oil  
Organic avocado  
Celtic Sea Salt or Himalayan Sea Salt on and in foods  
Veggie Juices with salt  
Stinging Nettle tea and infusions to provide key minerals like zinc  
Bone broth soups and stews  
Fermented drinks such as kombucha  
Seaweed, kelp, shrimp, oysters, clams  
Iron rich foods such as organic grass fed beef, spinach, dark leafy greens (ALWAYS completely cook cruciferous veggies like broccoli, cauliflower, kale)

## ***Decrease gluten, sugar and dairy:***

Gluten (cut out white flour, whole wheat flour, durum wheat, wheat germ, wheat bran as much as possible!) this includes common foods such as:

*pasta (switch to gluten free pasta)*  
*bread (switch to gluten free bread)*  
*cookies and cakes and muffins (again, gluten free versions all available!)*  
*pastries, cereals, crackers*  
*beer*

Sugar (even cutting sugar in half is wonderful if that is more realistic... and substituting honey or coconut sugar when you do need a touch of sweetness!)

Dairy (except probiotic foods such as whole fat yogurt and kefir!)

