

A List of Vitamin Food Sources for *Thyroid Health*

If you prefer to add these vitamins into your life through your diet, take this list with you on your next grocery trip!

01 — B12

fish
meat
poultry
eggs
clams
beef liver

02 — Vitamin A

leafy green vegetables
spinach
broccoli

orange and yellow
vegetables

summer squash
sweet potatoes
pumpkin
carrots
peppers

fruits

cantaloupe
mango
apricots

03 — Vitamin C

citrus fruits
kiwi
cantaloupe
strawberries
brussels sprouts
broccoli

04 — Vitamin D

fatty fish
beef liver
egg yolks
mushrooms

05 — Vitamin D

nuts, especially almonds
seeds, especially
sunflower
spinach
broccoli

06 — Iodine

seaweed
fish
seafood
iodized salt

07 — Iron

lean meats
seafood
poultry
spinach
peas
nuts

08 — Turmeric

fresh turmeric
turmeric tea
turmeric spice powder

09 — Magnesium

leafy greens
nuts
seeds

10 — Selenium

Brazil nuts
seafood
eggs
organ meats
muscle meats

11 — Zinc

oysters
meat
fish
poultry
seafood

