

Name: _____

Date: _____

Healthy Foods=Healthy Thyroid Function

X S I U S R E T S Y O N N W E I Y F S O O M E Z
V Y Y M T P T R Y W Z S V K Z Z X E E Y X H T S
W W N C C J Q R X R B Y N L A L O V X C H J A D
B G E Q K Q L N I Z L O H E W Z E H I N O F L V
R E A Y O A X N M U I G G K L F I N I F C H O O
E Y Z R T V F K S R O U J O P Y O F T S D R C J
K P D B L I X J M D E R J L D E Z J N I Y Y O D
N S X G S I Q S W E V T D A I Q O N O I L D H C
A Q N D C J C C D G I F U N E L M N M V F S C X
K P U B W E N B E G L H U U D R S U L S J T N M
H K Q T X R M O E S O S I T J K M S A O I G L T
J L A H B L P G W W M X R T Z Y C K S D Q D D Y
G I Z P B C I D A N I A K E F Z Q Z M A W Z T D
R M H I D H D T E Y E Q L A P C W M O C C Q V A
E T J W Z I S O S T Q N H B P P Z U P O N M T B
E A R U I C Y M D G I T H Z F I E P M V Y H H V
N F N J B K W E T C C G X F U J O P I A P Q R I
T L V S R E R N P P F P V G Y A R B C H O L N X
E L Y C A N A V S N I A R G E L O H W T Z X G R
A U T S A T F A S J O S T U N L I Z A R B E M X
J F Q Q O E K P U G D B W R I I U A J L K U O O
P O T X T S C R J W R K G J F N U A P P L E S J
T K V Z B N E Z R R B Q O F R Y I L O C C O R B
Z W A B Q C N T K V C D Q M T L Q P F R D H D G

Full Fat Milk
Chocolate
Red Tea
Chicken
Salmon

Kola Nut Tea
Olive Oil
Peppers
Oysters
Yogurt

Whole Grains
Green Tea
Avocado
Seaweed
Apples

Brazil Nuts
Broccoli
Lentils
Garlic
Eggs