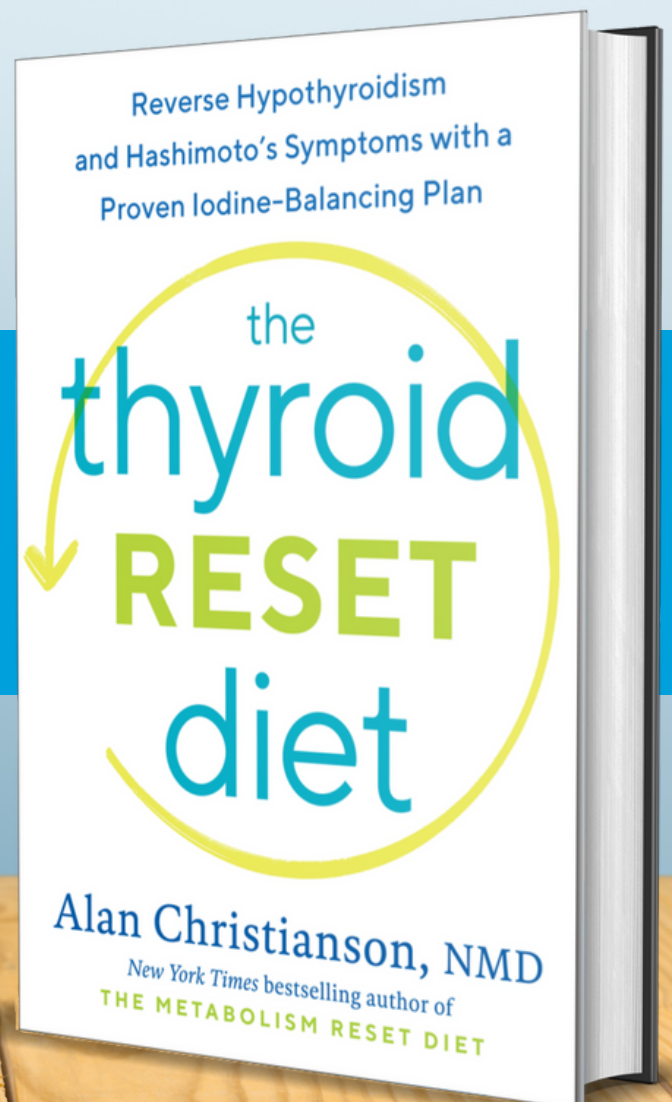


# The Thyroid Reset Diet

## Quick Start Guide

Your practitioner has recommended the Thyroid Reset Diet to improve your thyroid function. This diet has been clinically proven to reverse thyroid disease for the majority of people, lower thyroid symptoms, and reduce the need for thyroid medication.

Read the Thyroid Reset Diet book for recipes, meal plans, and case reports.



# HOW TO START

## STEP 1

### Review Supplements and Personal Care products

**Hidden iodine is best-avoided long-term  
for those with thyroid disease.**

Check the list 'Sources of Invisible Iodine' page 5 and review all of your supplements and personal care products. For prescribed supplements, talk to your prescriber for substitution options. For personal care products, many options are available without iodine. Top brands include Wellnesse and the Spa Dr



## STEP 2

# Select Foods

The first six months of the Thyroid Reset Diet are the Reset Stage. After six months is maintenance. Your practitioner may have a different time frame for you.

Refer to the food list starting on page 6.



### RESET

Months 1-6, Reset Stage: Freely eat Green Light foods, avoid all Yellow Light and Red Light foods.



### MAINTENANCE

Months 7 and on, Maintenance Stage: Freely eat Green Light foods; eat up to two servings of Yellow Light foods; Avoid Red Light foods.



### PREGNANT/NURSING?

The Reset or Maintenance guidelines apply if you are pregnant/nursing and on thyroid medication. If you are not pregnant and on thyroid medication, follow the Maintenance guidelines and eat two servings of Yellow Light food daily.



## STEP 3



### Testing

If you are on thyroid medication, it is essential to retest your levels within the first six weeks of starting the Thyroid Reset Diet because you may need a dose adjustment.

After three months on the Reset Stage, it can be helpful to be sure you have reached a therapeutic level of iodine. This is helpful for those who are not yet experiencing benefits.

The correct test is a urinary iodine to creatinine ratio test or UIC. The goal is to be under 100 mcg/G on your results. This is NOT the same as a urinary iodine or serum iodine test. If you are not at the goal, you may need more time or have some hidden sources of iodine.



# Sources of Invisible Iodine

Supplements	Cosmetics	Processed Food
<ul style="list-style-type: none"><li>• Iodine</li><li>• Kelp</li><li>• Aqueous iodine</li><li>• Nascent iodine</li><li>• Iodoral</li><li>• Whole food iodine</li><li>• Molecular iodine</li><li>• Organic iodine</li><li>• Lugol's iodine</li><li>• Potassium iodide</li><li>• SSKI</li><li>• Triple iodine</li><li>• Iodine from kelp</li><li>• Ionic iodine</li><li>• Raw liquid iodine</li><li>• Elemental iodine</li><li>• Iodine Nanoparticles</li><li>• Bovine thyroid tissue</li></ul>	<ul style="list-style-type: none"><li>• Ammonium iodide</li><li>• Potassium iodide</li><li>• Sodium iodide</li><li>• Iodoform</li><li>• PVP-iodine</li><li>• Hydroxypropyl bistrimonium diiodide</li><li>• TEA- hydroiodide</li><li>• Ethiodized oil</li><li>• Iodopropynyl Butylcarbamate</li><li>• Seaweed</li><li>• Seaweed extract</li><li>• Sea moss</li><li>• Fucus vesiculosus</li><li>• Laminaria digitata</li><li>• Kelp</li><li>• Carrageenan</li><li>• Algae extract</li></ul>	<ul style="list-style-type: none"><li>• Agar</li><li>• Agar-agar</li><li>• Algae</li><li>• Alginate</li><li>• Algue Rouge Marine</li><li>• Carrageen, Carrageenin</li><li>• Carragenano</li><li>• Carragenina</li><li>• Carragheenan</li><li>• Chondrus crispus</li><li>• Chondrus Extract</li><li>• Euchema species</li><li>• Extrait de Mousse d'Irlande</li><li>• Galgarine</li><li>• Gigartina chamissoi</li><li>• Gigartina mamillosa</li><li>• Kelp</li><li>• Kelp extract</li></ul>

# Thyroid Reset Diet Food Lists

	Green Light	Yellow Light	Red Light
Beverages	Water, coffee, tea, herb tea	Wine, beer	Cows' milk products, hard liquor
Dairy	Plant-based dairy (milk, cheese, and yogurt from rice, almonds, flax, etc.)	Butter, up to 2 tsp Cheese, up to 1 ounce Milk, yogurt, ice cream up to 1/4 cup	Products from cows' or goats' milk
Eggs	Egg whites, vegan egg replacer	Egg yolk - 1	Egg noodles, hollandaise sauce, dried eggs
Fruits	All fresh fruit, most frozen fruit, most fruit juice	Canned fruit, frozen cantaloupe, prune juice	Sea buckthorn
Grains	Whole grains, home-baked bread, corn tortillas		Bagels, bread, crackers, muffins, gluten free bread, tortillas
Legumes	All dried and fresh	Canned or frozen beans with salt	None
Meat	All beef, poultry, and pork		Bacon, bologna, ham, pepperoni, salami, sausage
Nuts/Seeds	All raw nuts and seeds	Seasoned nuts and seeds	None
Salt	Kosher salt, pickling salt, non-iodized table salt		Pink Himalayan, iodized salt, sea salt
Seafood	Freshwater catfish, trout, bass; squid, scallops, shrimp	Clams, mackerel, salmon, sardines, crab, tuna	Abalone, cod, haddock, oysters, swordfish
Sea Vegetables	Spirulina/chlorella (under 3000 mg)		Kelp, dulse, kombu, nori
Vegetables	All, including peeled potatoes	Potatoes with peel	None



# Thyroid Reset Diet

Can be applied to:

- ✓ Hypothyroidism
- ✓ Hashimoto's Thyroiditis
- ✓ Graves disease
- ✓ Toxic Nodular Goiter
- ✓ Risk for thyroid disease
- ✓ Those taking thyroid medication

