

Food List Per Category

(**Green Light** = negligible amounts of iodine)

Yellow Light = up to 30 mcg of iodine per serving. When you are on maintenance, after the Reset, do not exceed 1 serving per day total

Red Light = high or variable amounts of iodine or other thyrotoxic factors)

BEVERAGES

Green Light

- Coffee, all types, with no dairy, no flavorings
- Mineral water, sparkling water
- Tea, all types, with no dairy, no flavorings

Yellow Light

- Alcoholic beverages: wine, beer

Red Light

- Dairy-based protein powder, whey, casein, dry milk
- Flavored coffees
- Hard liquor
- Meal replacement beverages without a stated iodine content

CONDIMENTS

Green Light

- All cooking oils; preferred options include avocado, canola, olive
- Earth Balance and Smart Balance spreads
- Guacamole
- Herbs and spices (full list on page 3)
- Hummus
- Ketchup
- Marinara sauce
- Mustard
- Salsa
- Sweeteners: honey, lo han, maple syrup, stevia, xylitol
- Tamari, coconut aminos
- Vegan mayonnaise
- Vinegar, all types

Yellow Light

- Aioli, up to 2 tablespoons
- Brown sugar, up to 2 teaspoons
- Fish sauce, up to 2 teaspoons
- Mayonnaise, up to 2 tablespoons
- Pesto, up to 2 tablespoons
- Sucanat, up to 2 teaspoons
- Tartar sauce, up to 2 teaspoons
- Turbinado sugar, up to 2 teaspoons
- Worcestershire sauce, up to 2 teaspoons

Red Light

- Duck sauce
- Hoisin sauce
- Molasses
- Sweet and sour sauce
- Teriyaki sauce
- Tzatziki
- Whipped cream

DAIRY FOODS

This category includes all foods made from the milk of a mammal, whether a cow, camel, goat, or sheep.

Green Light

- Non-dairy substitutes for milk, cheese, butter, yogurt and ice cream are safe. (Be sure they are free of seaweed extracts such as carrageenan. They can be made from almond, soy, flax, coconut, oat, hemp, or other vegan sources.)

Yellow Light

- Butter (ghee, or clarified butter), up to 2 teaspoons
- Cheese (any type), up to 1 ounce
- Gelato or ice cream (all types), up to 1/4 cup
- Mayonnaise, up to 1 tablespoon
- Milk (any type), up to 1/4 cup
- Sour cream, up to 1 tablespoon
- Yogurt (any type), up to 2 ounces by weight

Red Light

- All other dairy products from milk from cows, goats, or sheep
- Any **Yellow Light** Foods in amounts above recommended

EGGS

Green Light

- Egg products: Egg Beaters brand, egg whites, egg white protein powder
- Egg-free products: Aquafaba, Bob's Red Mill Egg Replacer, Just Egg Plant-Based, The Neat Egg substitute, Egg Replacer

Yellow Light

- Egg Yolk, up to 1

Red Light

- All vegan egg products that contain carrageenan
- Agar-agar as an egg replacement
- Baked goods with whole eggs
- Dried eggs
- Egg noodles
- Egg yolks (over 1)
- Hollandaise sauce
- Powdered eggs
- Whole eggs

FRUITS

Green Light

- Apples
- Apricots
- Avocados
- Bananas
- Blood oranges
- Blueberries
- Cranberries
- Dates
- Figs
- Grapefruit
- Grapes
- Kiwi
- Lemons
- Mandarin oranges
- Mangos
- Navel oranges
- Papaya
- Pears
- Peaches
- Plums
- Pineapple
- Raisins
- Strawberries
- Valencia oranges
- Watermelon

Yellow Light

- Commercially prepared frozen cantaloupe
- Canned fruit with salt or sugar
- Frozen fruit with salt or sugar
- Prunes, up to 1 ounce
- Prune juice, up to 1/2 cup

Red Light

- Any of the **Yellow Light** Foods in amounts greater than listed there

FERMENTED FOODS

Green Light

- Kombucha
- Sauerkraut
- Miso
- Natto
- Soy sauce
- Tempeh
- Fermented soy

Yellow Light

- Buttermilk, up to 1/4 cup
- Kefir, up to 1/4 cup
- Yogurt, up to 2 ounces by weight
- Kimchi, up to 1 ounce

Red Light

- Any of the Caution Foods in amounts greater than listed there

GRAIN PRODUCTS

Green Light

(All intact whole grains and grain flours for home use with no added salt)

- Amaranth
- Barley
- Buckwheat groats
- Buckwheat noodles
- Bulgur
- Corn
- Einkorn
- Farro
- Freekeh (unripe bulgur)
- Kamut
- Matzo bread and matzo meal
- Millet

- Oats and oatmeal
- Pasta, with no added salt
- Popcorn
- Quinoa
- Rice and unsalted rice cakes
- Sorghum
- Spelt
- Teff
- Triticale
- Udon noodles
- Wheat berries
- Wild rice

Yellow Light

- None

Red Light

- Bagels
- Baking mixes
- Breads
- Cereals
- Cookies
- Cornbread
- Crackers
- Croissants
- Gluten-free bread
- Microwave popcorn
- Muffins
- Pancakes
- Tortillas

HERBS AND SPICES

Green Light

(All herbs and spices (without added salt) are allowed.)

- Ajwain
- Allspice
- Anise
- Annatto

- Arrowroot
- Asafetida
- Basil
- Bay leaves
- Black pepper
- Cacao
- Caraway
- Cardamom
- Celery seeds
- Chervil
- Chiles
- Chives
- Cilantro
- Cinnamon
- Citrus zest
- Cloves
- Coriander
- Cumin
- Curry leaves
- Dill
- Fennel
- Fenugreek
- Garlic
- Lemongrass
- Long pepper
- Mace
- Mustard
- Nutmeg
- Oregano
- Paprika
- Parsley
- Poppy seeds
- Rosemary
- Saffron
- Sage
- Star anise
- Sumac
- Summer savory
- Tarragon
- Thyme
- Turmeric
- Vanilla extract
- Wasabi
- White pepper

Yellow Light

- None

Red Light

- Herbs and spices in "Red Light" foods or highly processed foods, such as the basil in pesto with cheese

LEGUMES

Green Light

(For commercially canned beans, choose versions without added salt or flavorings.)

- All dried beans and legumes
- Adzuki beans
- Broad beans
- Cannellini beans
- Chickpeas
- Cowpeas
- Great northern beans
- Green beans
- Kidney beans
- Lentils
- Lima beans
- Natto
- Navy beans
- Peas
- Pinto beans
- Soybeans
- Soy protein powder
- Tempeh
- Tigernuts
- Tofu
- White beans

Yellow Light

- Canned beans with salt, up to 1/2 cup
- Canned green beans with salt, up to 1/2 cup
- Frozen beans with salt, up to 1/2 cup
- Refried beans, up to 1/2 cup (unless homemade with iodine-free salt)

Red Light

- None

MEATS AND POULTRY

Green Light

(All unprocessed and unseasoned meat and poultry)

- Beef or calves liver
- Beef roast
- Beef steak
- Chicken, white or dark meat
- Chicken livers
- Ground beef
- Ground chicken
- Ground lamb
- Ground pork
- Ground turkey
- Lamb roast
- Kidneys
- Pork chops
- Pork roast
- Pork tenderloin
- Quail
- Rabbit
- Turkey, white or dark meat
- Venison

Yellow Light

- None

Red Light

(cured and processed meats)

- Bacon
- Bologna
- Bratwurst
- Braunschweiger
- Corned beef
- Ham
- Kielbasa
- Peppered ham
- Pepperoni
- Sausage
- Salami

NUTS AND SEEDS

Green Light

**lightly toasted nuts and seeds or nut and seed butters*

(Raw nuts and seeds can be roasted at home and salted with non-iodized salt)

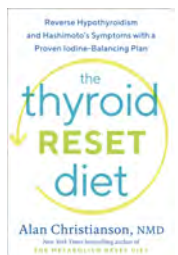
- Almonds
- Almond butter
- Brazil nuts
- Cashews
- Cashew butter
- Chestnuts
- Chia seeds
- Coconut
- Filberts
- Flaxseed
- Hemp seeds
- Macadamia nuts
- Peanuts
- Peanut butter, natural
- Pecans
- Pine nuts
- Pistachios
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Sunflower butter
- Tahini
- Walnuts

Yellow Light

- Commercially roasted nuts and seeds
- Nuts and seeds with seasonings or flavorings

Red Light

- Only the versions that have added salt



SALT

Green Light

- Canning or pickling salt
- Celtic brand sea salt, light gray, coarse or fine
- Kosher salt, and Kosher approved salts like Maldon brand
- Table salt, non-iodized

Yellow Light

- None

Red Light

- Himalayan salt
- Iodized salt
- Sea salts
- Unspecified salt

SEAFOOD

Green Light

(Be sure to use the versions of fish from freshwater)

- Anchovies, up to 1/2 ounce
- Bass, freshwater – lake or river, up to 4 ounces
- Carp, up to 4 ounces
- Catfish, up to 4 ounces
- Crappie, up to 4 ounces
- Octopus, up to 4 ounces
- Perch, river, up to 4 ounces
- Scallops, up to 4 ounces
- Squid, up to 4 ounces
- Tilapia, up to 4 ounces
- Trout, rainbow or river, up to 4 ounces
- Walleye, up to 4 ounces

Yellow Light

- Shrimp, up to 4 ounces
- Sardines, up to 4 ounces
- Tuna, albacore, canned in water
- Tuna, chunk light, canned in water
- Ocean perch, up to 4 ounces
- Flounder, up to 4 ounces
- Yellowtail tuna, up to 4 ounces
- Salmon, up to 4 ounces
- Rockfish, up to 4 ounces
- Mackerel, up to 4 ounce
- Snow crab, up to 4 ounces
- Clams, shucked, up to 4 ounces short-necked

Red Light

(Be sure to avoid the versions of fish from saltwater)

- Abalone
- Anglerfish
- Blue crab
- Clams, canned
- Cod
- Lobster
- Haddock
- Oysters
- Pacific cod
- Pollock
- Swordfish
- Ocean Walleye
- Any of the Safe, or Caution Foods in amounts greater than listed there

SEA VEGETABLES

Green Light

(Sea vegetables have the highest levels of iodine and no safe options. Spirulina or chlorella can be used, but only on the Maintenance phase and not above the recommended serving size.)

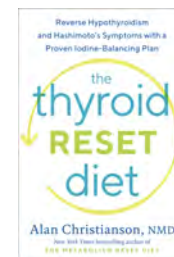
- None

Yellow Light

- Chlorella, up to 3 grams
- Spirulina, up to 3 grams

Red Light

- Agar-agar⁴
- Alaria
- Arame
- Bladderwrack
- Dulse
- Hijiki
- Kelp
- Kombu
- Laminaria (nori)
- Wakame
- Any of the Caution Foods in amounts greater than listed there



VEGETABLES

The Thyroid Reset Diet advocates a minimum of five servings per day. Consider 1 cup as a serving.

Green Light

(Vegetables that are fresh, or canned, or frozen without added salt)

- Asparagus, fresh or frozen
- Beets, fresh or canned
- Bell pepper
- Black olives
- Broccoli, fresh or frozen
- Cabbage, fresh
- Carrots, baby or full size
- Cauliflower, fresh or frozen
- Celery
- Chicory
- Chinese cabbage
- Chives
- Collards, fresh or frozen
- Cucumber
- Daikon
- Delicata squash
- Edamame
- Eggplant
- Ginger, fresh
- Green pepper
- Horseradish
- Jackfruit
- Jerusalem artichoke
- Lettuce, iceberg or leaf
- Mushrooms, button, maitake, oyster shiitake
- Mustard greens
- Okra fresh or frozen
- Onion

- Parsley
- Peas, sugar snap or English
- Potatoes, peeled
- Pumpkin
- Shallot
- Spinach, fresh or frozen
- Squash, winter fresh or frozen
- Summer squash or zucchini
- Sweet potato
- Tomatoes
- Turnip greens and root

Yellow Light

- Mixed vegetables, frozen with salt, up to 1 cup
- Potatoes, with peel, up to 1 cup

Red Light

- Vegetables packed or seasoned with “**Red Light**” seasonings

