

Cruciferous Vegetables	Less-Goitrogenic Foods	Non-Goitrogenic Fruits	Non-Goitrogenic Vegetables
<ul style="list-style-type: none"> <li>• Broccoli</li> <li>• Cabbage</li> <li>• Cauliflower</li> <li>• Kale</li> <li>• Kohlrabi</li> <li>• Mustard, greens</li> <li>• Radishes</li> <li>• Turnips</li> </ul>	<ul style="list-style-type: none"> <li>• Bamboo shoots</li> <li>• Peaches</li> <li>• Groundnuts</li> <li>• Pears</li> <li>• Spinach</li> <li>• Strawberries</li> <li>• Sweet Potatoes</li> <li>• Wheat</li> <li>• Soya beans</li> </ul>	<ul style="list-style-type: none"> <li>• Mangoes</li> <li>• Citrus fruits</li> <li>• Blueberries</li> <li>• Dark grapes</li> <li>• Pomegranate</li> <li>• Guavas</li> <li>• Apricots</li> <li>• Apples</li> <li>• Pineapples</li> <li>• Kiwis</li> </ul>	<ul style="list-style-type: none"> <li>• Tomato</li> <li>• Capsicum</li> <li>• Green Beans</li> <li>• Peas</li> <li>• Cucumber</li> <li>• Asparagus</li> <li>• Carrots</li> </ul>

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# Complete List Of Non Goitrogenic Foods

**ML Morrison**



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