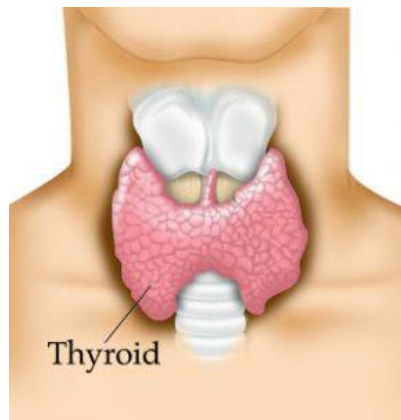




Hypothyroidism – what to eat?

Hypothyroidism means underactive thyroid gland, results in low levels of thyroid hormones in the body and is more prevalent in women.

It will cause body system processes to slow causing a wide variety of symptoms, which may include; Fatigue or weakness, Weight gain, sensitivity to cold, depression, Irregular periods in women, Joint stiffness or pain, Constipation etc.



Foods that help to promote thyroid health and hormone production:

Selenium- Selenium is one of the trace minerals that help to regulate thyroid function. Foods high in selenium include Brazil nuts, tuna fish, cod, and beef, brown rice, salmon.

Iodine- Incorrect iodine levels in the body can actually cause hypothyroidism.

Excellent sources of iodine include iodized salt, yogurt, saltwater fish, and dairy products such as milk and cheese.

Tyrosine- Tyrosine is a non-essential amino acid used to produce hormones in the thyroid. Many thyroid medications contain tyrosine.

Foods that are high in both iodine and selenium such as ocean fish like tuna and cod, dairy products such as yogurt and cheese, and some fruits such as banana and avocado.

Zinc- Zinc is used in the process of hormone production in the thyroid.

Foods that are high in zinc include fresh oysters and beef, lamb, asparagus, sardines, beef, lamb, turkey, split peas, whole grains, sunflower seeds, pecans, Brazil nuts and almonds.

Copper- Copper works with zinc to help produce hormones. An imbalance of copper and zinc in the body can affect thyroid health.

Pumpkin, beef, oysters, lobster, shiitake mushrooms, dark chocolate, crabmeat, tomato, nuts, beans like white beans, chickpeas and sunflower seeds

Vitamins E, B and C- Vitamin C is essential to tyrosine metabolism and vitamin E metabolizes selenium. Vitamin B is commonly found to be deficient in those with hypothyroidism and plays an important role in cell metabolism

Whole grains, fish and seafood, eggs, almonds, dairy and leafy greens tend to be higher in Vitamin E and B while fruits like guava, peppers (chili, Bell, sweet), kiwifruit, citrus, papaya, parsley, greens (kale, turnip, collard, mustard) are a high source of Vitamin C.

Foods to avoid:

Goitrogens – Foods that contain goitrogens include soybean-related foods, millet, peaches, peanuts, radishes, spinach, and cruciferous vegetables such as broccoli, Brussel sprouts, turnips, kale, cabbage, rutabaga, and mustard.

Carbohydrates- Avoid highly processed, or refined foods (white bread, cookies, and pastries – basically all white flour products) and packaged food products. These contain a high quantity of simple carbs (refined carbohydrates), preservatives and/or other chemicals that interfere with the insulin production, further disrupting thyroid function.

In summary:

A diet to improve thyroid production would include primarily seafood, fish, lean meat, leafy greens, whole grains, dairy, eggs, and fruits. Simple carbohydrates, soy, and cruciferous vegetables should be avoided.

Exercise raises tissue sensitivity toward the thyroid hormone and encourages its secretion from the thyroid gland.

Alcohol should also be avoided because it can cause blood sugar fluctuations.

Water, at least 10- 12 glasses a day because when a person is dehydrated, body stores more fat and results in more weight gain.

Always speak with your doctor before making any big changes to your eating habits