HYPOTHYROIDISM

FOOD LIST & DIETARY GUIDE

CHOOSE (RECOMMENDED)

SELENIUM-RICH FOODS
Brazil nuts, tuna, turkey, chicken, eggs, sardines, sunflower seeds, legumes. Helps activate thyroid hormones.

ZINC-RICH FOODS
Oysters, beef, pumpkin seeds, lentils, chickpeas, cashews, spinach. Supports TSH production and synthesis.

IODINE-RICH FOODS
Iodized salt, seaweed (kelp, nori), cod, dairy products, eggs. Essential component for thyroid hormone synthesis.

OMEGA-3 FATTY ACIDS
Salmon, mackerel, chia seeds, flaxseeds, walnuts. Helps reduce systemic inflammation and improves immunity.

HIGH-PROTEIN FOODS
Lean meats, fish, eggs, tofu (moderate), legumes. Supports metabolism and maintains lean muscle mass.

WHOLE GRAINS (GLUTEN-FREE)
Quinoa, brown rice, oats, buckwheat, wild rice. Provides sustained energy and digestive fiber.

NON-GOITROGENIC VEGETABLES
Zucchini, tomatoes, bell peppers, carrots, cucumbers, eggplant, asparagus, green beans.

FIBER-RICH FRUITS
Berries (blueberries, raspberries), apples, pears, oranges, bananas. Rich in antioxidants and nutrients.

PROBIOTIC FOODS
Plain Greek yogurt, kefir, fermented foods (in moderation). Improves gut microbiome balance.

HEALTHY FATS
Avocados, extra virgin olive oil, coconut oil (moderate). Provides essential fatty acids and cellular support.

AVOID (LIMIT / RESTRICT)

RAW GOITROGENIC VEGETABLES
Broccoli, cabbage, cauliflower, kale, Brussels sprouts, bok choy. Can interfere with thyroid iodine absorption when raw.

GLUTEN-CONTAINING FOODS
Wheat, barley, rye, spelt, processed baked goods. May trigger autoimmune inflammation (Hashimoto's).

ULTRA-PROCESSED & SUGARY FOODS
Cookies, cakes, sodas, processed snacks. Causes blood sugar spikes and exacerbates fatigue.

SOY & UNFERMENTED SOY PRODUCTS
Soy milk, edamame, soy protein isolate. Phytoestrogens may interfere with thyroid hormone absorption.

EXCESSIVE FLUORIDE & CHLORINE
Tap water with high mineral content. Can compete with iodine binding sites in the thyroid gland.

CALCIUM & IRON SUPPLEMENTS
Take at least 4 hours apart from thyroid medication (e.g., Levothyroxine) to prevent absorption inhibition.

FRIED & HIGH-FAT FAST FOODS
Deep-fried foods, hydrogenated trans fats. Impairs thyroid hormone absorption and increases inflammation.

EXCESSIVE ALCOHOL & CAFFEINE
Heavy coffee/energy drink intake, alcohol. Disruption to adrenal function and thyroid hormone conversion.

CERTAIN FRUITS & SEEDS
Peaches, strawberries, millet (if consumed in large raw amounts). May contain mild goitrogenic compounds.

HIGH-SODIUM PROCESSED FOODS
Canned soups, cured meats, frozen meals. Hypothyroidism increases risk for fluid retention and hypertension.

Clinical Note: Cooking goitrogenic vegetables (like broccoli or spinach) inactivates most goitrogens. Always take levothyroxine or thyroid medication on an empty stomach with water, at least 30–60 minutes before breakfast, and separate from calcium/iron supplements by 4 hours.