PRINTABLE 4-PAGE GUIDE

Thyroid Diet Chart

A simple hypothyroidism food guide

What to choose, what to limit, and how to plan your day.

Choose vs Avoid list | Key nutrients | Medication timing | 7-day meal chart

What is hypothyroidism?

Your thyroid is a small gland at the front of your neck. It makes hormones that control growth, repair, and metabolism. In **hypothyroidism**, the gland does not make enough of those hormones, so the body slows down. Food cannot cure the condition, but the right eating pattern supports your treatment and helps you feel better day to day.

Common signs

- Weight gain (slower metabolism)
- Enlarged thyroid (goiter)
- Feeling cold more than usual
- Tiredness and fatigue
- Dry skin
- Constipation

Common causes and risk factors

- Autoimmune disease (Hashimoto's)
- Family history or congenital disease
- Iodine deficiency
- Thyroid surgery or neck radiation
- Some medications, pregnancy
- Age over 60; more common in women

Why your diet matters

1

Support hormone balance

Iodine, selenium, and zinc help the thyroid work properly.

2

Manage weight and energy

Fiber-rich meals help with fullness and weight.

3

Protect your heart

Low thyroid hormone can raise blood lipids and blood pressure.

How to use this chart

Step 1
Read the Choose and Avoid list on page 2.

Step 2
Check nutrients and medication timing on page 3.

Step 3
Use the 7-day chart on page 4 and adjust to taste.

Medical disclaimer: This guide is for general education and does not replace advice from your doctor or dietitian. Never change or stop thyroid medication without medical guidance. This chart is written for hypothyroidism; hyperthyroidism needs a different approach.

Hypothyroidism Food List

Choose these often. Limit these. Keep it simple and balanced.

CHOOSE

LEAN PROTEIN
- ✓ Eggs (whole)
- ✓ Chicken and turkey (no skin)
- ✓ Beef, lean cuts
- ✓ Legumes: beans, lentils, chickpeas

SEAFOOD
- ✓ Tuna and saltwater fish
- ✓ Shrimp, crab, oysters

DAIRY (2-3 CUPS DAILY)
- ✓ Skimmed or low-fat milk
- ✓ Yoghurt and laban, low-fat

FRUITS AND VEGETABLES
- ✓ Fresh fruit of all kinds
- ✓ Vegetables, ideally cooked
- ✓ Leafy greens and carrots

WHOLE GRAINS
- ✓ Oatmeal
- ✓ Whole wheat bread
- ✓ Fortified cereal with zinc

NUTS AND SEEDS
- ✓ Brazil nuts (1-2 a day)
- ✓ Pumpkin seeds

LIMIT / AVOID

PROCESSED AND FATTY MEATS
- ✗ Processed meat (sausage, deli meat)
- ✗ Fatty meat and poultry skin

FAST AND FRIED FOODS
- ✗ Fast food
- ✗ Fried food
- ✗ Pastries, pies, sambousa

SWEETS AND SUGAR
- ✗ Donuts, cakes, cookies
- ✗ Sugar and jam

SUGARY DRINKS
- ✗ Soft drinks
- ✗ Sweet juices

STARCHY FOODS
- ✗ Large portions of white bread, rice, pasta, and potatoes

TOO MUCH IODINE
- ✗ Seaweed or kelp supplements in large amounts

Eat in moderation: goitrogens and soy

You do not have to cut these out. Goitrogens (cabbage, broccoli, cauliflower, kale, turnips, radish, cassava, mustard seeds) and soy foods (soy milk, tofu, miso, soy sauce) are fine in normal portions, and cooking reduces the goitrogen effect. Keep soy away from your medication time.

The simple plate method



- **Half: fruit and vegetables** Fiber, vitamins, and minerals. Cook cruciferous veg.
- **Quarter: lean protein** Eggs, fish, chicken, turkey, legumes.
- **Quarter: whole grains** Oatmeal, whole wheat bread. Keep portions sensible.

Key Nutrients and Medication Timing

The three minerals your thyroid needs, and how to take your pills safely.

Thyroid-supporting nutrients

IODINE

Builds thyroid hormones

- Milk, yoghurt, laban
- Iodized salt
- Saltwater fish
- Whole eggs
- Seaweed (small amounts)

SELENIUM

Helps convert and protect hormones

- Brazil nuts
- Tuna and shrimp
- Beef, turkey, chicken
- Eggs
- Oatmeal, whole wheat bread
- Dairy products

ZINC

Supports hormone production

- Oysters and crab
- Beef and chicken
- Legumes
- Pumpkin seeds
- Fortified cereal
- Dairy products

More is not better: too much iodine or selenium can cause problems. Get nutrients from food first and ask your doctor before taking supplements.

Goitrogens and soy: how to handle them

Goitrogen foods

- Collards
- Brussels sprouts
- Russian kale
- Broccoli
- Cauliflower
- Cabbage
- Radish
- Turnips
- Cassava
- Mustard seeds

Soy foods

- Soy milk
- Soy sauce
- Tofu
- Miso

Enjoy in moderation. Cooking helps reduce goitrogen effects.

Medication timing guide

What you take or eat	Gap from thyroid medication
Calcium supplements	**At least 4 hours apart**
Iron supplements	**At least 4 hours apart**
Chromium picolinate (blood sugar and weight-loss products)	**At least 4 hours apart**
High-fiber foods (bran flakes, fiber bars)	**At least 1 hour apart**
Coffee and tea	**At least 1 hour apart**

Your doctor may give you different timing. Follow their instructions first.

7-Day Thyroid Meal Chart

3 meals and 2-3 snacks a day. Swap items freely within the Choose list.

Day	Breakfast	Lunch	Dinner	Snacks
Mon	Oatmeal with berries and pumpkin seeds	Grilled chicken, cooked vegetables, salad	Baked fish, steamed carrots, whole wheat bread	Low-fat yoghurt; apple
Tue	2 boiled eggs, whole wheat toast, tomato	Lentil soup, side salad	Turkey stir-fry, quinoa	Brazil nut; orange
Wed	Low-fat yoghurt, banana, oatmeal	Chickpea and cucumber bowl	Grilled tuna, sweet potato, green beans	Skimmed milk; pear
Thu	Vegetable omelet, whole wheat bread	Brown rice, beans, spinach	Chicken curry, steamed cauliflower	Pumpkin seeds; berries
Fri	Fortified cereal with skimmed milk, fruit	Tuna salad on whole wheat	Lean beef, roasted carrots, salad	Laban; apple
Sat	Oatmeal with papaya	Quinoa and vegetable salad	Baked shrimp, asparagus, brown rice	Low-fat yoghurt; Brazil nut
Sun	Whole wheat pancakes with berries	Bean and vegetable stew	Roast chicken (no skin), greens	Skimmed milk; banana

Take your thyroid medication first, wait the time your doctor advised, then eat. Cook cruciferous vegetables rather than eating large raw portions.

Daily healthy habits

8–12
cups of water through the day

20–30
minutes of exercise you enjoy

2–3
cups of skimmed or low-fat dairy

5–6
eating times: 3 meals + snacks

Smart cooking and shopping

- Grill, boil, steam, or bake instead of frying.
- Read food labels and pick items lower in calories and sugar.
- Eat fiber-rich fruit, vegetables, and whole grains for fullness.
- Watch portions of starchy foods like white rice, pasta, and bread.

Source and disclaimer: Adapted from Hamad Medical Corporation, *Dietary Instructions for Hypothyroidism* (2024). This chart is educational and not medical advice. Talk to your doctor or a registered dietitian before changing your diet or medication.