

HYPOTHYROIDISM - Comprehensive Diet Plan

Hypothyroidism or under active thyroid gland is when your thyroid gland doesn't produce enough thyroid hormone to meet your body's needs. The thyroid is a small butterfly-shaped gland located in your neck, weighing 20-30 grams. It plays a crucial role in regulating how body uses energy from food, a process called metabolism. This process controls vital functions such as your heartbeat, body temperature, and calorie burning ability. When thyroid hormone levels are insufficient, your metabolism slows down.

What are the causes?

There are a several factors that can contribute to development of hypothyroidism, the most common being:

- Hashimoto's Disease: An autoimmune disorder where your immune system attacks the thyroid.
- Iodine Deficiency: A lack of iodine, which is essential for thyroid hormone production.
- Thyroid: Inflammation of the thyroid, which may result from infection or an autoimmune condition.
- Congenital Hypothyroidism: A condition present at birth.
- Radiation or Certain Medications: These can damage the thyroid.
- Pituitary Gland Disorder: When the pituitary doesn't signal the thyroid properly

What are the symptoms?

Hypothyroidism symptoms can vary from person to person and often develop gradually, which makes them hard to recognize. The most common symptoms include:

- Feeling tired
- Depression and anxiety
- Heavy bleeding during menstruation
- Weight gain
- Hoarseness of voice
- Puffy face
- Dry skin
- Sensitivity to cold
- Muscle and joint pain
- Slow heart rate
- Swelling of the thyroid gland
- Constipation

Hypothyroidism is a treatable condition. Most people can manage it effectively with proper medication and a healthy diet. However, if left untreated for an extended period, it can lead to serious, even life-threatening complication.

How diet can help?

While hypothyroidism is primarily caused by internal factors, diet can still play a key role in managing the condition. Consuming foods rich in iodine, selenium, and zinc can help support thyroid function and hormone production. A diet high in fiber can aid digestion and reduce constipation, a common symptom of hypothyroidism. Additionally, maintaining a balanced diet with lean proteins and healthy fats can help manage weight and energy levels. It's important to avoid goitrogenic foods like raw cruciferous vegetables in large quantities, as they may interfere with thyroid hormone production.

Key Nutritional Guidelines?

A balanced diet is essential to support thyroid health. It's important to ensure you're getting enough iodine, selenium, and zinc, while limiting soy or processed foods. Beyond nutrition, it's also crucial to manage stress, stay active and collaborate with your health care provider to make lasting difference in managing hypothyroidism. Following these recommendations can provide the necessary nutrients to address anemia and improve overall health.

CATEGORY	TO BE TAKEN	TO BE AVOIDED
Whole grains	<ul style="list-style-type: none"> ● Wheat, Barley ● Oatmeal ● Brown rice ● Corn ● Quinoa ● Kodo millets ● Finger millets ● Foxtail millets 	<ul style="list-style-type: none"> ● Whole refined flour ● White breads ● White rice ● Soya flour ● Rye ● Pasta ● Brown breads

Pulses & Legumes	<ul style="list-style-type: none"> ● Green gram ● Red lentil ● Yellow moong gram ● Tuvar dal ● Chana ● Black gram 	<ul style="list-style-type: none"> ● Dried and Frozen pulses ● Soybean ● kidney beans ● Black lentils
Vegetables	<ul style="list-style-type: none"> ● Carrot ● Pumpkin ● Peas ● Artichokes ● Lettuce ● asparagus ● Spinach ● Okra ● Mushroom ● Celery ● Beet greens ● Zucchini ● Parsley ● Potatoes ● Cucumber ● Onion ● Fenugreek leaves Coriander leaves ● Fennel leaves ● Mustard green ● Broccoli ● Sweet potatoes 	<ul style="list-style-type: none"> ● Brussels sprouts ● Cabbage ● Canola ● Cauliflower ● Collard greens ● horse radish ● Kale ● Soya ● Turnips ● Red & Green chilies ● Frozen vegetables
Fruits	<ul style="list-style-type: none"> ● All fruits- Grape ● Papaya ● Oranges ● Strawberries ● Apples ● Dates ● Kiwi ● Litchi ● Musk melon ● Watermelon ● Guava ● Pear ● Blueberries ● Peaches ● Pomegranate ● Avocados ● Raspberries 	<ul style="list-style-type: none"> ● Bananas ● All canned & packaged fruits
Spices	<ul style="list-style-type: none"> ● Fennel ● Turmeric ● Mint ● Cumin ● Coriander 	<ul style="list-style-type: none"> ● Red chili powder

	<ul style="list-style-type: none"> ● Fenugreek ● Black pepper ● Limited salt ● Cinnamon ● Cloves ● Ginger ● Garlic 	
Oils	<ul style="list-style-type: none"> ● Mustard oil ● Olive oil ● Rice bran oil 	<ul style="list-style-type: none"> ● Unsaturated fats ● Palm oil
Nuts & Seeds	<ul style="list-style-type: none"> ● Flax seed ● Sunflower seeds ● Chia seeds ● Pumpkin seeds ● Hazelnuts ● Brazil nuts ● Almonda (2-3) 	
Dairy products	<ul style="list-style-type: none"> ● Low fat milk ● Cow ghee 	<ul style="list-style-type: none"> ● Condensed milk ● Whole milk & cream, ● Full fat yogurt ● Cream cheese ● Cream ● Butter
Non-Vegetarian	<ul style="list-style-type: none"> ● Egg white ● Non-veg soup 	<ul style="list-style-type: none"> ● Meat ● Prawns ● Lobster ● Crab ● Lean beef ● Pork, Lamb ● Egg yolk ● Mutton ● Duck ● Salty sea water fish

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