

THYROID

VEGETERIAN (WL) :

- **8:30-9AM: BREAKFAST**—3 dosa+1/2 cup sambhar+1tsp methi chutney, 1 cup roasted oats upma with vegetables, 1 cup broken wheat upma with vegetables, paratha(aloo/gobhi/methi).
- **11AM: SNACK-** - Banana, 100gm musk melon, 1 medium size guava, 1 wedge(100gm) watermelon.
- **12:30-1PM: LUNCH**—1cup rice+2chapathi+ bhindi masala+1/2cup ivy gourd(parmal) sabji+1 glass buttermilk, 1/2 cup chana dal,1/2cup methi sabji, green peas sabji.
- **4PM- SNACKS**—3wheat rusk+ 1 glass milk,1 cup tea, 1 cup boiled green gram sprouts with lemon.
- **6:30-7:30PM: DINNER**—3chapathi(multigrain, wheat, jowar, bajra)+lauki, methi sabji+1/2 cup vegetable salad, 1/2 cup ridge gourd(thori) sabji, 1/2cup tinda sabji

Don'ts:

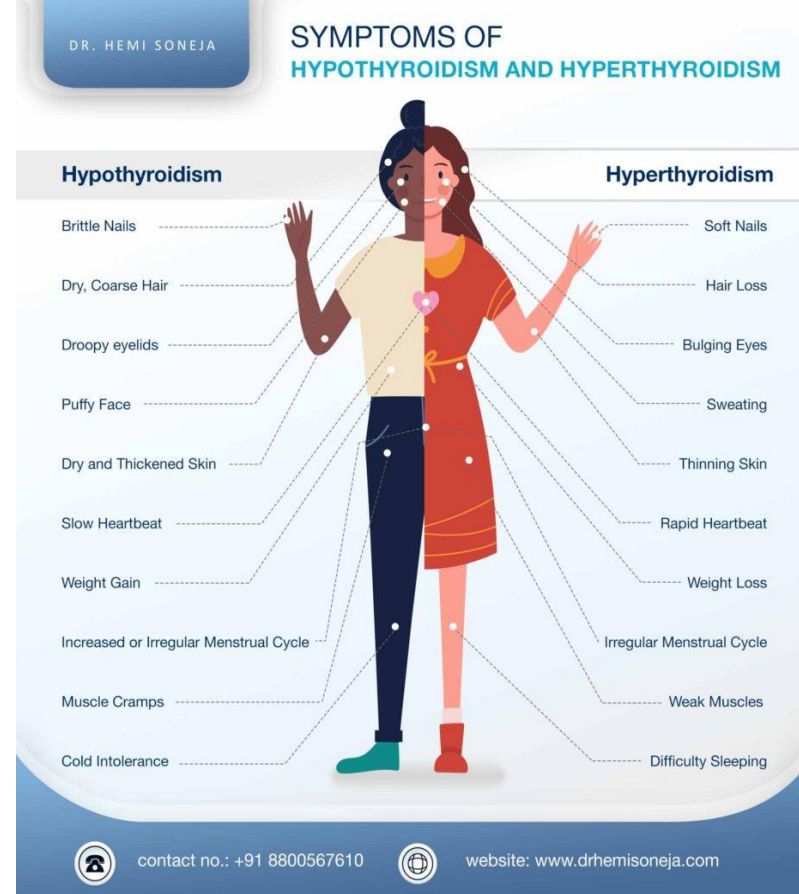
- ▶ 1. Cruciferous vegetables
- ▶ 2. Soy
- ▶ 3. Gluten
- ▶ 4. fatty foods
- ▶ 5. Sugary foods
- ▶ 6. Alcohol and caffeine

Do's:

- ▶ 1. Include whole grain cereals and legumes.
- ▶ 2. Fruits and vegetables.
- ▶ 3. sea weeds.
- ▶ 4. Selenium rich foods (brazil nuts, egg, white button mushrooms, lima/pinto beans, sunflower/chia/flax seeds, brown rice).
- ▶ 5. Tyrosine rich foods (cheese, egg, nuts and seeds, wild rice)

Food Items You Can Easily Consume:

- ▶ **1. Fish:** Fish is a good source of the nutrient selenium, which is most concentrated in the thyroid. Selenium also helps decrease inflammation.



- ▶ **2.Nuts:** Brazil nuts, macadamia nuts, and hazelnuts are all particularly high in selenium, which helps the thyroid function properly. You only need to eat one or two; with other nuts, a small handful is enough to get your daily nutrient.
- ▶ **3.Whole Grains:** The recommendation is to take your thyroid medication several hours before or after eating foods rich in dietary fiber.
- ▶ **4.Fresh Fruits and Vegetables:** Specific foods such as blueberries, cherries, sweet potatoes, and green peppers are also rich in antioxidants, nutrients that are known to lower risk for heart disease.
- ▶ **5.Dairy:** Fortified milk not only has added vitamin D, but also significant amounts of calcium, protein, and iodine.
- ▶ **6.Beans:** beans are a great source for sustained energy, which can be helpful if hypothyroidism leaves you feeling drained. Beans contain protein, antioxidants, complex carbohydrates, and loads of vitamins and minerals

