

THYROID : NON-VEGETARIAN

- **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, 2 paratha(aloo/gobhi/methi).
- **11AM:** SNACK- - 1 banana, 100gm musk melon, 1 medium size guava, 1 wedge(100gm) watermelon.
- **12:30-1PM:** LUNCH--1 cup rice+2 chapathi+1/2 cup skin out chicken(150gm) curry+1/2 cup ivy gourd(parmal) sabji+1 glass buttermilk, 1/2 cup chana dal,1/2 cup methi sabji, fish(tuna/salmon/sardine/black pomfret) curry, green peas sabji.
- **4PM- SNACKS--**3 wheat rusk+ 1 glass milk/1 cup tea, 1 cup boiled green gram sprouts with lemon **6:30-7:30PM:** DINNER—3 chapathi(multigrain, wheat, jowar, bajra)+lauki methi sabji+1/2 cup vegetable salad, 1/2 cup ridge gourd(thori) sabji, 1/2 cup 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. Fish
4. sea weeds.
5. Selenium rich foods (brazil nuts, yellow fin tuna, grass fed beef, egg, sardines, halibut, turkey, chicken, beef liver, white button mushrooms, lima/pinto beans, sunflower/chia/flax seeds, brown rice).
6. Tyrosine rich foods (cheese, fish, chicken and turkey, egg, lean beef and pork chops, 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 nutrients
- 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.

