

# THYROID NOURISHING FOODS

This thyroid nourishing plan focuses on flooding your body with wholesome, healthy and nutrient dense foods, known to feed the thyroid specifically.

You'll notice that I've also included an autoimmune guidelines section. I highly recommend that everyone (autoimmune or not) avoid the foods to avoid list in the autoimmune section. At least for the 30 day period. This gives you the chance to see if you have any hidden food sensitivities that may be sneakily contributing to poor thyroid production.

## Include Foods Rich in Selenium, Zinc and Iodine

Iodine, zinc, and selenium are going to have the biggest impact on thyroid hormone production as they act as building blocks and cofactors in the production of thyroid hormone. Be sure to include these nourishing foods in your diet.

### Foods Rich In...

ZINC	SELENIUM	IODINE
Beef	Beef liver	Arame
Brown rice	Brazil nuts	Bananas
Chickpeas	Chicken	Cranberries
Dark Chocolate	Egg	Dried Kelp
Flax seeds	Grass-fed beef	Eggs
Garlic	Halibut	Green Peas
Kidney beans	Spinach	Lima Beans
Lima beans	Turkey	Prunes
Lobster	Spinach	Seaweed
Pumpkin seeds	Yellowfin tuna	Tuna
Salmon		Wild cod
Shrimp		
Turkey		

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## Steam or Cook Goitrogenic Foods (and in rare cases, eliminate completely)

Goitrogenic foods are typically very healthy and nutritious and most thyroid patients will not need to worry about them. However for those who may be reactive, simply steaming or boiling these foods will significantly lower their goitrogenic effect. For most however, eating them raw will not cause a problem so long as iodine intake is sufficient.

Limit consumption of the goitrogenic foods to 3-6 servings per week if you do have thyroid issues.

Do note that an exception to this is with nursing mothers, who should significantly limit consumption of raw cruciferous. Or, if they are doing well with their cruciferous vegetable intake, simply steam or cook the veggies and make sure they are consuming adequate amounts of iodine containing foods like fish and sea vegetables to ensure their babies receive proper amounts of iodine.

## Goitrogenic Foods List

Bamboo shoots	Millet
Bok choy	Mustard greens
Broccoli	Peanuts
Brocolini	Peaches
Brussels sprouts	Pears
Cabbage	Pine nuts
Canola	Rapini
Casava	Radishes
Cauliflower	Rutabagas
Chinese cabbage	Soybeans (and all soy products including tofu, soybean oil, soy lecithin and soy protein isolate)

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Collard greens	Spinach
Horseradish	Strawberries
Kale	Sweet potatoes
Kohlrabi	Turnips

## Autoimmune Support Guidelines

When autoimmune tendency or activation is a factor I recommend also eliminating the following hyper-allergenic foods:

- **Eggs:** whites and yolks
- **Nightshades:** tomatoes, sweet potatoes, potatoes, eggplant, pepinos, paprika, tomatillos and cayenne pepper
- **Nuts:** Nuts are typically considered healthy, however with sensitive individuals it's preferable to add this food family to the elimination as well.

Now let's talk about those nourishing foods to include. It's much more fun to think about what you *do* get to enjoy rather than what you will have to eliminate.

- **Bone Broth:** The collagen and minerals in bone broth help to nourish and repair the integrity of the digestive lining. This is a very important focus in calming autoimmune flare ups.
- **Fermented vegetables and drinks:** Sauerkraut, kimchi, coconut water, kefir etc are all considered fermented foods and are natural sources of probiotic bacteria. Probiotic bacteria can help to restore a more optimal and balanced microflora within the digestive tract, thus improving immune function and healthy reactivity.
- **Organ meats:** Organ meats are full of nutrition that can help to restore a more healthy and balanced immune system.
- **Fish:** Fish are natural sources of omega-3 fatty acids, a nutrient that can lower inflammation naturally. As is the case with autoimmune cases, inflammation is almost always a factor that feeds the cycle of flare-ups. It's important to include natural, nutritional sources of anti-inflammatories like fish into the diet. A good recommendation is to consume at least one pound of cold-water, fatty fish, wild (never farmed) per week to meet your omega-3 fatty acids dietary requirements.



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Whenever implementing nutritional support it's important to give your body time to adapt and make shifts. Allowing your body 30-60 days to see physiological shifts is recommended.

If after this implementation period you are still deficient (or aren't feeling any better) then it may be time to incorporate high quality supplement support. Reach out to your natural practitioner or send me an email if you are looking for guidance on this.

Sincerely,  
Dr. Melissa Esguerra DC