Thyroid Function: Correlation with Diet

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Nutrition to ensure healthy thyroid function

First steps are to eliminate the effects and causes of the thyroid dysfunction:
- inflammation
- overuse of medications
- nutrient deficiencies
- and changes in hormones due to stress and lack of physical activity

- The hypothyroidism diet eliminates foods that can cause inflammation and immune reactions.
- It focuses on foods that help heal the GI tract, balance hormones and reduce inflammation.
Both nutrient deficiencies and excesses can trigger or exacerbate symptoms

IODINE:
1. iodine is a vital nutrient in the body and essential to thyroid function; thyroid hormones are comprised of iodine.
2. while autoimmune disease is the primary cause of thyroid dysfunction, iodine deficiency is the main cause worldwide.
3. both iodine deficiency and excess have significant risks; therefore, supplementation should be approached with caution.
SELENIUM
1. Highest concentration of selenium is found in the thyroid gland
2. It is a necessary component of enzymes integral to thyroid function
3. Patients benefit from having their selenium levels tested and incorporating selenium-rich foods into their diets, such as nuts, tuna, crab, and lobster.

VITAMIN D
1. Vitamin D deficiency is also specifically associated with autoimmune thyroid disease (AITD)
2. Vit D supplementation/exposure to UV radiation has been shown to benefit autoimmune-mediated thyroid dysfunction.
GOITROGENS
1. Cruciferous vegetables such as broccoli, cauliflower and cabbage naturally release a compound called goitrin when they’re hydrolyzed.
2. Goitrin can interfere with the synthesis of thyroid hormones.
3. 2-4 servings per week of cooked crucifers does not affect thyroid health.

SOY
1. Soy is another potential goitrogen, the isoflavones in soy can lower thyroid hormone synthesis.
2. Concern remains for high-dose soy consumption, specifically in people with preexisting compromised thyroid function.
Foods to maintain/boost thyroid function

**FISH**
- Provides omega-3 fatty acids
  *EPA/DHA* essential for hormone balance and thyroid function.
- Salmon, mackerel and sardines are best sources of omega-3s.
- Increase neurotransmitter activity and support a healthy immune system.

*Eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA)*

**COCONUT OIL**
- Provides MCT fatty acids in the form of caprylic acid, lauric acid and capric acid.
- Supports healthy metabolism, increases energy and fight fatigue.
- Coconut oil is easy to digest and has antimicrobial, antioxidant and antibacterial properties that suppress inflammation.
HIGH-FIBER FOODS

- Hypothyroidism also causes digestive difficulties
- A high-fiber diet helps with digestive health, and supports a healthy weight by improving satiety.
- Easy ways to increase fiber intake is from fresh vegetables, berries, beans, lentils and seeds.

FRUITS AND VEGETABLES

- High in vitamins, minerals and antioxidants
- Antioxidants combat free-radical damage and lower inflammation
- Also help maintain a healthy weight.
**PROBIOTIC-RICH FOODS**

- Organic goat’s milk, yogurt, kimchi, sauerkraut and fermented veggies.
- Probiotics help create a healthy gut environment by balancing microflora bacteria.
- Reduces leaky gut syndrome, nutrient deficiencies, inflammation and autoimmune reactions.

**SPROUTED SEEDS**

- Flax, hemp and chia seeds provide ala*, a type of omega-3 fat critical for thyroid function.
- Adequate levels of fats support a healthy brain function, while helping to lower inflammation.

*alpha linoleic acid
Hypothyroidism and Obesity: a reverse association

Increasing evidence shows

1. increased TSH can be a consequence of obesity
   since weight loss frequently will lead to a normalization of TSH

2. Leptin seems to be a promising link between obesity and alterations of thyroid hormones
   since leptin concentrations influence TSH release.

Keeping a healthy weight / BMI may keep thyroid function normal
Take Aways

- emphasizing lean proteins, vegetables, fruits, healthy fats and omega 3s, high-fiber foods, and appropriate portions can help manage or prevent illnesses associated with thyroid disease.

- most people with hypothyroidism tend to experience abnormal weight gain and difficulty losing weight until hormone levels stabilize.

- Proactively controlling weight with regulated diet and sufficient physical activity may regulate thyroid function and prevent disorders.