



NOURISHING THE OVERACTIVE THYROID

RAW GOITROGENS

Sources: Soy, cruciferous veggies (cabbage, kale), peanuts, pine nuts, millet

Why: inhibits the utilisation of iodine for thyroid hormone synthesis

VITAMIN A

Sources: carrots, sweet potatoes, pumpkin, spinach, kale, mangoes, apricots, papaya, egg yolks, salmon and tuna

Why: support the immune system and reduce oxidative stress

ANTIOXIDANTS

Sources: Berries, cherries, citrus fruit, apples, cruciferous veggies, walnuts, flaxseeds, turmeric, ginger

Why: Reduce oxidative stress which is often elevated in hyperthyroidism

VITAMIN D

Sources: Salmon and mushrooms exposed to sunlight for 20 minutes,

Why: Patients with Graves' disease statistically have lower vitamin D levels

SELENIUM

Sources: Brazil nuts (2-3/day), eggs, organic beef, chicken, tofu, tuna and mushrooms

Why: supports thyroid function and the immune system

ZINC

Sources: oysters, organic beef, firm tofu, pumpkin seeds, lentils, oatmeal, shiitake mushrooms,

Why: supports thyroid hormone metabolism,

