

- algae
- alginate
- nori
- kelp
- milk and dairy
- cheese
- egg yolks
- iodized salt
- iodized water
- some food colorings

### Nitrates

- processed meats (sausage, bacon, salami, pepperoni)
- leeks
- endive
- cabbage
- fennel
- dill
- pumpkin

### Gluten

- barley
- brewer's yeast
- malt
- rye
- triticale

### Soy

- soy milk
- soy sauce
- tofu
- soy-based creamers

### Dietary iodine

Iodine-fortified foods include:

- salt
- white flour bread
- dairy products, such as milk, cheese, and yogurt

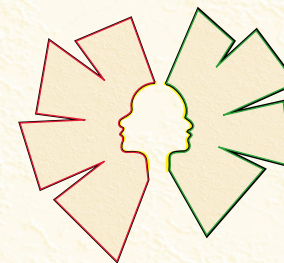
**Foods which are naturally high in iodine include:**

seafood, especially white fish, such as haddock, and cod  
seaweed, and other sea vegetables, such as kelp

Avoiding meat and other animal products  
Animal products, including meat, chicken, pork, and fish.

**Foods to Eat on the Hypothyroidism Diet**

<b>Gluten-free grains</b>	Brown rice, Wild rice, Rice cakes, Rice crispies, Rice noodles, Amaranth, Buckwheat, Quinoa, Oats AND the cereal, pastas or baked products made from these gluten-free grains	
<b>Vegetables</b> (Preferably organic to avoid pesticides)	Artichokes, Avocado, Beets, Carrots, Celery, Cucumber, Eggplant, Green beans, Leeks, Mushrooms, Okra, Onion, Peppers, Potatoes, Squash/Pumpkin, Tomatoes, Zucchini, Seaweeds (kelp, nori, wakame)	
<b>Beans</b>	Most beans  <i>Except: Peanuts, Edamame, Garbanzo, Lima &amp; Soy beans</i>	
<b>Nuts &amp; Seeds</b>	Brazil nuts, Macadamia nuts, Hazelnuts, Coconut, Sesame & Sunflower seeds	
<b>Oils &amp; Fats</b>	Olive oil, Coconut oil, Butter (organic and raw if possible), Ghee (clarified butter)	
<b>Fruits</b>	Apples, Apricots, Bananas, Blueberries, Blackberries, Cantaloupe, Cherries, Citrus fruits, Cranberries, Dates, Kiwi, Mangoes, Melons, Papaya, Pineapple, Pomegranate, Prunes, Raspberries	
<b>Animal products</b>	Free-range poultry & eggs, Meat & dairy from pasture-raised, no-hormone-treated animals, Wild-caught fish (anchovies, herring, sardines, Atlantic mackerel, Sockeye salmon, Alaskan halibut), Fresh shellfish (shrimps, oysters, mussels)	
<b>Thyroid-friendly Drinks</b>	Herbal teas	
<b>Herbs &amp; Spices</b>	Black pepper, Basil, Chilli peppers, Cilantro, Dill, Garlic, Ginger, Cinnamon, Oregano, Parsley, Rosemary, Sage, Thyme, Turmeric	



**THYROID GHANA FOUNDATION**

# Thyroid Patients Information Sheet

## Diet Overview

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# **Foods to eat if you have hyperthyroidism**

## Low-iodine foods

- non-iodized salt
- coffee or tea such as Nettle tea bags, wheatgrass tea bags etc (without milk or dairy- or soy-based creamers)
- egg whites
- fruit such as blueberries, cranberries, strawberries, Cherries,
- unsalted nuts and nut butters
- homemade bread or breads made without salt, dairy, and eggs
- popcorn with non-iodized salt
- oats
- potatoes
- honey
- maple syrup

## Foods high in magnesium

- avocados
- dark chocolate
- almonds
- brazil nuts
- cashews
- legumes
- pumpkin seeds

## Cruciferous vegetables

- bamboo shoots
- broccoli
- dandelion
- Brussels sprouts
- cauliflower
- kale
- mustard leaves
- lettuce
- celery
- carrots
- spinach
- parsley

## Vitamins and minerals

### Iron

- dried beans

- green leafy vegetables
- walnuts
- poultry, such as turkey and chicken
- whole grains such as wheat

## Selenium

- Foods containing selenium
- mushrooms
- brown rice
- brazil nuts
- sunflower seeds
- sardines
- couscous
- oat bran
- chia seeds
- tea
- meat, such as beef and lamb
- poultry, such as chicken and turkey
- sunflower seeds

## Zinc

Food sources of zinc include:

- beef
- chickpeas
- cocoa powder
- cashews
- mushrooms
- pumpkin seeds
- lamb

## Calcium-rich foods

*Calcium-rich foods include:*

- broccoli
- Basil leaves
- Mint leaves
- Dried oregano leaves
- almonds nuts
- almond milk
- coconut Milk
- kale
- sardines
- okro
- spinach
- collard greens
- white beans

- calcium-fortified orange juice
- calcium-fortified cereals

## Foods high in vitamin D

Vitamin D is found in these low-iodine foods:

- vitamin D-fortified orange juice
- vitamin D-fortified cereals
- beef liver
- fatty fish
- sardines
- salmon
- tuna
- mushrooms

## Healthy fats

- Nondairy fats are important in a low-iodine diet. These include:
- flaxseed oil
- olive oil
- avocado oil
- coconut oil
- sunflower oil
- safflower oil
- avocado
- unsalted nuts and seeds

## Spices

- turmeric powder
- green chilies
- black pepper
- Coriander

## Foods to avoid if you have hyperthyroidism Excess iodine

Avoid the following seafood and seafood additives:

- fish
- seaweed
- prawns
- crabs
- lobster
- sushi
- carrageen
- agar-agar