



HYPERTHYROIDISM

Remember

We are imperfect beings and each day is new and different. Some days it may be easier to follow the suggestions than others.
Be gentle with yourself.

Goal

Self compassion and kindness towards your body

Every body is different

There are a spectrum of symptoms and reactions

If any food or movement recommendations do not feel right for your body, trust that! It may be helpful to talk more about this with your dietitian.

WHAT IS IT?

A condition in which the thyroid gland becomes enlarged and overactive, producing excessive amounts of thyroid hormones. This leads to symptoms including red, dry, puffy, and bulging eyes, sensitivity to heat, difficulty sleeping, weight changes, irregular or rapid heart beat, and anxiety. Graves' disease is an autoimmune hyperthyroid condition, where the body attacks the thyroid gland and causes it to make more thyroid hormone than it needs.

GENTLE NUTRITION SUGGESTIONS

Follow as you are able to

- Consume regular meals and snacks. Energy needs might be higher due to increased metabolism.
- Minimize caffeine intake if you're struggling with anxiety, nervousness, or trouble sleeping. Caffeine can exacerbate these symptoms in some people because it stimulates the central nervous system and triggers release of adrenaline.
- Some nutrients that might be beneficial for this condition include zinc, selenium, and vitamin D. Some people with hyperthyroidism may benefit from minimizing iodine-rich foods in their diet. Talk to your dietitian about food sources of these nutrients.
- Hyperthyroidism can cause reduced bone density, so include foods that are high in calcium to help your body maintain bone strength. High calcium sources include dairy foods (milk, cheese, yogurt), fortified orange juice and non-dairy milks, and leafy greens.

**If any of these suggestions are harmful to other aspects of your health, then do not engage in them*

OTHER RECOMMENDATIONS

- Stress reduction can be helpful for this condition. Participate in activities that you enjoy, spend time in nature, practice deep breathing, or spend time with family/friends/animals.



TOTAL HEALTH

Health is complex and is influenced by many factors.
Not all factors are within your control.
It is important to consider all of these factors, not just food and movement choices, when exploring ways to improve your health.



Psst..

It is not your fault for having this health condition!
Discuss causes and risk factors with your doctor or registered dietitian if you are interested.

References

- Mahan KL, Raymond JL. *Krause's Food and The Nutrition Care Process, 14th Ed.* St Louis, MO: Elsevier; 2017.
- Ross DS. Graves' hyperthyroidism in non-pregnant adults: overview of treatment. In: UpToDate. Waltham, MA; 2018. Accessed February 2019.
- Hyperthyroidism (overactive thyroid). Mayo Clinic website. 2018. <https://www.mayoclinic.org/diseases-conditions/hyperthyroidism/symptoms-causes/syc-20373659>, <https://www.mayoclinic.org/diseases-conditions/hyperthyroidism/diagnosis-treatment/drc-20373665>. Accessed February 2019.

Handout created by Emily Izer, Bastyr University Dietetic Intern and reviewed by Meghan Cichy, Registered Dietitian. Template design by Elisabeth Kelsey, Dietetic Intern. www.CreatingPeaceWithFood.com Copyright©2019 by Creating Peace with Food, LLC

This handout may be used for client education. This handout should not be used as a substitute for medical advice. No changes may be made without written permission. May not be sold.