



HYPOTHYROIDISM

WHAT IS IT?

Hypothyroidism is a common condition in which the thyroid gland does not produce enough thyroid hormones. Thyroid hormones regulate how the body uses energy, and have an impact on many vital body functions. Hypothyroidism can lead to a variety of symptoms including fatigue, difficulty concentrating, sensitivity to cold, heavy menstrual periods, dry hair and skin, mood swings, weight changes, hoarse voice, and constipation. *Hashimoto's Thyroiditis*, a common cause of hypothyroidism, is an autoimmune condition where the body attacks and destroys the thyroid gland tissue.

GENTLE NUTRITION SUGGESTIONS

follow as you are able to

- Consume regular meals and snacks to help maintain metabolic health. Restrictive eating or dieting may be harmful as it can substantially reduce thyroid hormone activity.
- Avoid taking iodine supplements or supplements that contain iodine if you have Hashimoto's. Excess iodine can result in an increased level of autoimmune antibodies.
- Eating fiber containing foods, drinking plenty of fluids, and engaging in physical activity can help manage constipation
- Some nutrients that might be beneficial for this condition include zinc, selenium, and vitamin D. Talk to your dietitian if interested in learning about ways to get these nutrients through food.
- Remember to take thyroid hormone replacement medications either 1 hour before or 2 hours after eating for proper absorption.

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

OTHER RECOMMENDATIONS

- It is common for people to feel tired or fatigued with this condition. Listen to what your body needs, and remember that you have unconditional permission to rest!

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.



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

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