

# The Essential Hypothyroidism and Hashimoto's Nutrition Guide

## INTRODUCTION

This chart is the rigorously researched nutritional springboard for the cookbook, *The Essential Thyroid Cookbook*, by Lisa Markley, MS, RDN, and Jill Grunewald, HNC.

It doesn't represent the full nutrient spectrum of each food listed. We highlighted especially supportive nutrients and designated foods with considerable amounts of those nutrients.

Although there are many other whole foods that contain at least some of the nutrients listed, for the sake of simplicity and effectiveness, we chose to include only those foods that are "excellent" or "very good" sources of at least four of these nutrients. The exception is green tea, which is the only notable source of EGCG (epigallocatechin-3-gallate).

The foods in each category are listed in order of nutrient density vs. alphabetically.

The data for this chart was primarily sourced from databases from The World's Healthiest Foods, the USDA National Nutrient Database, and the Linus Pauling Institute.

There's much confusion and misinformation about "goitrogenic" foods, which include but aren't limited to cruciferous vegetables such as kale, broccoli, cauliflower, cabbage, etc. These foods are only a potential issue for those with iodine-deficient hypothyroidism (about 3-5% of hypothyroid cases) and are critical for proper immune function. The educational component of our cookbook goes into detail on this topic.

## Disclaimer

This chart is an informational product based on our best thinking and research and we believe its contents are accurate, effective, and sound. No information in this chart is intended to diagnose, treat, cure, or prevent any disease or condition. The information provided herein is not medical advice or instruction. It has not been evaluated by the FDA and it does not replace any advice you may receive from your medical practitioner. No action should be taken solely based on the contents of this chart. We, the Authors, are not responsible for any errors or omissions, inadvertent or not, that may be found in this chart, and we assume no liability whatsoever on behalf of any user of this chart. Please consult your primary care physician or other appropriate health professionals before beginning any nutritional program.

Our cookbook is dairy-free, therefore all milk products have been omitted.

Along with these "heavy hitters," our cookbook will contain other supportive ingredients/foods. Examples of foods that didn't rank high in our analyses but are important:

- Brazil nuts are one of the best sources of selenium, a critical thyroid nutrient.
- As mentioned in Note #4, fruits such as berries and citrus are excellent sources of antioxidants, particularly Vitamin C, which are critical for glutathione production and recycling.
- Pumpkin and sweet potatoes are a rich source of Vitamin A in the form of beta-carotene. We understand that carotenoids aren't necessarily considered Vitamin A and that it's important to convert beta-carotene into retinol, also known as "true Vitamin A." Nonetheless, we chose to highlight foods rich in both beta-carotene and retinol in our cookbook and we go into detail about carotenoids/retinols in the educational component of the cookbook.
- Turmeric is one of the most powerful anti-inflammatories known and is critical in the fight against Hashimoto's. (Supplementation is also recommended.)

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	THYROID-SUPPORTIVE NUTRIENTS			THYROID- AND IMMUNE-SUPPORTIVE NUTRIENTS														IMMUNE-SUPPORTIVE NUTRIENTS							
	Iodine	Manganese	Tyrosine	Vitamin A (as beta-carotene)	Vitamin A (as retinol)	Vitamin B <sub>1</sub>	Vitamin B <sub>2</sub>	Vitamin B <sub>6</sub>	Vitamin B <sub>12</sub>	Vitamin C	Vitamin D <sup>1</sup>	Vitamin E	Calcium	Copper	Iron	Magnesium	Selenium	Zinc	Omega-3 fatty acids	EGCG	Glutathione <sup>2</sup>	Lycopene	Probiotics	Resveratrol	
<b>LEAFY GREENS</b>																									
Spinach		•		•		•	•	•		•		•	•	•	•	•		•			•				
Swiss chard		•		•			•	•		•		•	•	•	•	•					•				
Turnip greens		•		•			•	•		•		•	•	•	•	•									
Mustard greens		•		•			•	•		•		•	•	•	•	•									
Collard greens		•		•			•	•		•		•	•	•	•	•					•				
Kale		•		•			•	•		•		•	•	•	•	•					•				
Romaine lettuce		•				•				•					•										
<b>OTHER VEGETABLES</b>																									
Asparagus		•				•	•	•		•			•	•	•		•				•	•			
Sea vegetables <sup>3</sup>	•	•					•	•				•	•	•	•		•								
Broccoli		•					•	•		•		•	•	•	•						•				
Mushrooms: crimini		•				•	•			•			•	•	•		•	•							
Cabbage: red		•						•		•		•	•	•	•	•								•	
Green beans		•				•	•	•		•		•	•	•	•	•									
Mushrooms: shiitake		•					•	•					•	•	•		•	•							
Squash: winter		•		•				•		•					•						•				
Squash: summer		•					•	•		•					•						•				
Cauliflower: orange		•		•				•		•											•				
Bell peppers								•		•														•	
Brussels sprouts		•				•		•		•															
Cabbage: green		•						•		•		•									•				
Carrots				•						•														•	
Cauliflower: white		•						•		•											•				
Leeks		•						•		•					•										
Potato (skin on)	•							•		•					•										

<sup>1</sup> It's impossible to get adequate Vitamin D from food sources alone. While we've listed a few foods here, it's critical to supplement with Vitamin D and get safe sun exposure for proper hormonal pathway function and immune modulation.

<sup>2</sup> The foods listed here don't contain glutathione, but help your body produce glutathione, a critical antioxidant in the fight against Hashimoto's. Adequate dietary Vitamin C, Vitamin E, and selenium help the body recycle glutathione.

<sup>3</sup> Sea vegetables include kelp, dulse, hijiki, nori, arame, wakame, and kombu.

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<b>FRUITS<sup>4</sup></b>																								
Avocado								•								•					•			
Tomatoes		•						•		•												•		
<b>PROTEIN: MEAT, EGGS</b>																								
Liver (grass-fed)				•					•			•	•	•	•				•	•				
Beef (grass-fed)			•				•	•	•						•				•	•				
Eggs (pastured, includes yolk)	•		•	•			•		•										•					
Chicken: dark meat			•				•		•						•				•	•				
Chicken: white meat			•				•	•	•										•					
Lamb			•						•						•				•	•				
Turkey: white meat	•		•					•	•										•					
Turkey: dark meat			•					•	•										•	•				
Pork			•					•											•	•				
<b>PROTEIN: SEAFOOD</b>																								
Oysters		•	•	•						•			•	•					•	•				
Salmon			•	•		•	•	•	•										•					
Halibut			•				•	•	•							•			•					
Sardines			•	•					•			•							•					
Crab			•	•				•	•				•						•	•				
Tuna			•					•	•					•					•					•
Shrimp	•		•	•				•	•		•				•				•					
Clams		•	•	•				•	•				•	•					•					
Cod	•		•					•	•										•					
Mussels		•	•	•				•	•					•					•					
Scallops			•	•				•	•										•	•				
Lobster			•					•	•				•						•					
Trout			•				•		•		•								•					

<sup>4</sup> Fruit didn't rank high in our analyses, but fruits like berries and citrus are excellent sources of antioxidants, particularly Vitamin C, which are critical for glutathione production and recycling.

We will therefore include these fruits in our cookbook.

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<b>PROTEIN: LEGUMES<sup>5</sup></b>																									
Tempeh <sup>6</sup> (see also: FERMENTED)		•	•				•		•		•	•	•	•	•	•							•		
Natto <sup>6</sup> (see also: FERMENTED)		•					•			•		•	•	•	•		•	•					•		
Peanuts		•						•			•		•	•	•	•								•	
Miso (gluten-free) (see also: FERMENTED)		•					•	•		•		•		•	•	•							•		
Beans: adzuki		•											•	•	•			•							
Beans: garbanzo (chick peas)		•						•					•	•				•							
Beans: lima		•											•	•	•										
Lentils		•											•	•	•										
<b>FERMENTED FOODS</b>																									
Tempeh <sup>6</sup> (see also: LEGUMES)		•	•				•		•		•	•	•	•	•	•							•		
Natto <sup>6</sup> (see also: LEGUMES)		•					•			•		•	•	•	•	•	•	•					•		
Kefir (coconut milk-derived)		•							•		•		•	•	•	•	•	•					•		
Yogurt (coconut milk-derived)		•							•		•		•	•	•	•	•	•					•		
Miso (gluten-free) (see also: LEGUMES)		•						•		•		•		•	•	•							•		
Sauerkraut		•							•			•	•	•	•	•							•		
Kimchi				•					•			•		•									•		
Kombucha tea (see also: BEVERAGES)							•	•	•	•													•		

<sup>5</sup> From Jill: I understand that for those with Hashimoto's (and other autoimmune conditions), a Paleo/Primal or AIP (Autoimmune Protocol) diet is often recommended. These diets eschew grains and legumes, among other foods. I've found that, while these diets can be extremely helpful for many, they're not necessary for each and every person with Hashimoto's. We go into great detail about this in the educational component of our cookbook and also offer AIP

adaptations for many of our recipes. Each situation is unique; a qualified healthcare practitioner can help you determine the course of action that's best for you.

<sup>6</sup> We're not big fans of highly processed soy products, but in our opinion, tempeh and natto are fine *in moderation*, as the soybeans are fermented and whole.

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<b>NUTS &amp; SEEDS</b>																									
Sesame seeds (includes tahini)		•					•	•				•	•	•	•	•	•	•							
Almonds		•					•				•	•	•	•	•	•	•	•							
Sunflower seeds		•				•		•			•	•	•	•	•	•	•								
Hazelnuts		•						•			•	•	•	•	•	•	•								
Pumpkin seeds		•										•	•	•	•	•		•							
Walnuts		•						•				•	•	•	•	•	•		•		•				
Flax seeds, ground		•				•							•	•	•	•	•		•						
Cashews													•	•	•	•		•							
Chia seeds		•										•			•	•			•						
<b>WHOLE GRAINS</b>																									
Amaranth		•					•	•				•	•	•	•	•	•	•							
Buckwheat		•					•	•				•	•	•	•	•	•	•							
Millet		•						•				•		•	•	•	•	•							
Oats (gluten free)		•											•	•	•	•	•	•							
Quinoa <sup>7</sup>		•						•						•	•	•	•	•							
Brown rice		•						•							•	•	•								
<b>HERBS/SPICES/FLAVORING AGENTS<sup>8</sup></b>																									
Chili powder		•					•	•	•		•	•	•	•	•	•	•	•				•			
Garlic		•						•	•			•	•	•	•	•	•			•					
Chocolate (dark)		•											•	•	•	•		•					•		
Basil				•								•		•								•			
Oregano		•									•	•		•											
Thyme		•							•			•		•											

<sup>7</sup> Quinoa is a seed but unlike most nuts and seeds, needs to be cooked before consumption. We're therefore designating it as a whole grain. (Technically all whole grains are seeds.)

<sup>8</sup> Herbs should be fresh vs. dried and used in sufficient quantities for maximum nutrient benefit. (Chili powder is obviously not fresh.)

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<b>BEVERAGES</b>																								
Kombucha tea (see also: FERMENTED)							•	•	•	•													•	
Green tea																				•				
<b>SWEETENERS</b>																								
Blackstrap molasses		•						•				•	•	•	•									