Module 5, Lesson 2 Tool:

Foods to Improve Thyroid Function

There are a few key nutrients to keep in mind when eating to improve thyroid function. Nutrients like iodine, magnesium, selenium and iron are super important and can help prevent thyroid gland enlargement while promoting healthy thyroid function. On the other hand, goitrogens are compounds in foods that you should be aware of if you have a thyroid issue as they block iodine absorption by the thyroid, which can contribute to swelling of the thyroid gland (known as a goiter). If you currently have a thyroid disorder or are pregnant or nursing, you'll want to be aware of the foods that have goitrogens* in them and increase your intake of iodine where you can, if needed. Normal amounts of dietary goitrogens are not an issue for most.

Iodine

- Dairy products (milk, yogurt)
- Eggs
- Iodized salt
- Seafood
- Seaweed
- Whole grains

Magnesium

- Avocado
- Dark chocolate
- Legumes (black beans, edamame, kidney beans)
- Nuts and seeds (almonds, cashews, chia seeds, hemp, pumpkin seeds)
- Spinach
- Whole grains

Selenium

- Brazil nuts
- Dairy products (milk, yogurt)
- Eggs
- Fish (halibut, sardines, shrimp, tuna)
- Poultry
- Spinach
- Whole grains

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Iron

- Dark chocolate
- Dried fruit (apricot, raisins)
- Enriched/fortified whole grains
- Fish (oysters, sardines, tuna)
- Legumes (lentils, kidney beans, soybeans, chickpeas)
- Nuts and seeds (almonds, cashews, pistachios, pumpkin seeds, sunflower seeds)
- Meat (beef)
- Potatoes
- Poultry
- Spinach
- Tofu
- Tomatoes

Zinc

- Oysters
- Organic beef
- Crab/lobster
- Organic pork
- Pumpkin seeds
- Cashews
- Chickpeas

Vitamin D

- Salmon
- Sword fish
- Tuna fish
- Milk
- Sardines

Foods that Contain Goitrogens

- *Cruciferous vegetables (broccoli, brussels sprouts, cabbage, cauliflower, kale)*
- *Millet, soy*
- *Cassava, sweet potatoes*

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