

# Autoimmune thyroiditis guidelines



BY DR LINDA VON ZEUNER

- **Autoimmune thyroiditis, also known as Hashimoto's thyroiditis, is a condition in which the immune system attacks the thyroid gland, leading to inflammation and potential impairment of thyroid function. While diet alone cannot cure autoimmune thyroiditis, it can play a supportive role in managing symptoms and promoting overall well-being. Here are some dietary recommendations that may help individuals with autoimmune thyroiditis:**
- **Iodine intake:**
- **Iodine is a crucial nutrient for thyroid function, but excessive iodine intake can exacerbate thyroid inflammation in individuals with autoimmune thyroiditis. In regions with sufficient iodine in the diet, it is generally advised to avoid iodine supplements and high-iodine foods like seaweed and iodized salt.**
- **Selenium-rich foods:**
- **Selenium is an essential mineral that plays a role in thyroid hormone metabolism and may help reduce thyroid inflammation. Foods rich in selenium include Brazil nuts, sardines, tuna, turkey, and eggs.**
- **Anti-inflammatory foods:**
- **A diet rich in anti-inflammatory foods can help manage inflammation associated with autoimmune conditions. Such foods include fatty fish (salmon, mackerel), leafy greens, berries, cherries, turmeric, ginger, and olive oil.**

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- **Gluten avoidance:**
- **Some evidence suggests a link between gluten consumption and autoimmune thyroiditis, especially in individuals with celiac disease or gluten sensitivity. Consider trying a gluten-free diet to see if it improves your symptoms.**
- **Goitrogenic foods moderation:**
- **Goitrogens are compounds found in certain foods that may interfere with thyroid function. These foods include cruciferous vegetables (broccoli, cabbage, cauliflower, kale), soy products, and millet. Cooking these foods can help reduce their goitrogenic effect.**
- **Balanced diet:**
- **Ensure you have a well-balanced diet that includes a variety of nutrient-dense foods, including fruits, vegetables, whole grains, lean proteins, and healthy fats.**
- **Manage stress:**
- **Chronic stress can impact thyroid function, so incorporate stress-reduction techniques like meditation, yoga, or mindfulness practices into your routine.**
  
- **Remember that dietary changes should complement medical treatment, not replace it. Always consult your healthcare provider before making significant changes to your diet, especially if you have a medical condition.**