

- Glands

Struggling with thyroid? Add these foods to your diet

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The awareness about health-related issues has made most of us more mindful of the problems our body is facing. Weight gain can happen due to a number of reasons. Thyroid could be one of them. It is a chronic disorder that slows down metabolism, increases body weight and makes it difficult to lose weight. Therefore, it is often recommended by experts that people address their thyroid issues as the first step in any weight loss journey. Additionally, a diet also plays an equally important role.



If you want to lose weight, adding healthy foods to your diet, along with regular exercise is extremely important. However, since the thyroid gland plays a significant role in weight gain, it takes much time and effort to lose weight.

Hari Lakshmi, consultant dietician/nutritionist, says, “Since the thyroid hormone is responsible for metabolic functions, an imbalance of it can cause weight gain. Getting proper treatment for hypothyroidism should be your priority before you go on any diet or exercise plan. If not treated properly hypothyroidism can make it harder for you to lose weight. Most people keep their thyroid in control with their daily diet.”

FOODS TO PICK TO DEAL WITH THYROID ISSUES

Iodine is the mineral that regulates the thyroid function in the body. So, include iodine-rich sources such as salt, fish, dairy, eggs, etc. in your diet. Adding fibre-rich foods to your diet can help you improve digestion and tackle thyroid issues. Ensure that you add plenty of fruits, vegetables and pulses to your daily diet. Selenium-rich foods like Brazil nuts, sardines, eggs, and legumes help in the secretion of thyroidstimulating hormone (TSH) and have proven to be beneficial for those dealing with thyroid problems. Vitamin D deficiency often results in weight gain. The demand for vitamin D is heightened if you have thyroid problems. Foods rich in vitamin D include eggs, fatty fish, and mushrooms.

Copper and omega-3 should be a part of your diet for weight loss. While almonds, sesame seeds, and legumes are good sources of copper, ghee, walnuts, flax seeds, and chia seeds are rich in omega-3 fatty acids. In addition to these foods, it is also essential to incorporate certain fruits into your diet. Apples, berries, and avocados are beneficial for thyroid patients as they are rich in antioxidants, and can prevent any damage to the thyroid gland.

What to keep in mind to avoid or prevent thyroid problems:

Limit your intake of sugar and high-carb foods. Sugar and carbs are a big no as they can spike the sugar level in your blood and can pose as a major obstacle on your weight loss journey.

Avoid goitrogen containing foods such as millet, soy, and cruciferous vegetables as they can disrupt the production of thyroid hormones in the body.

Ditch dairy products such as milk, cheese, paneer, curd and butter as they can alter the hormonal balance in your body.

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