Hypothyroidism Diet Plan

Name: _____ Week beginning: _____

Current TSH: _____ Levothyroxine dose: _____

Clinician: _____ Review date: _____ dd / mm / yyyy

THE THING THAT MATTERS MOST

When you take levothyroxine matters more than what you eat

Levothyroxine is absorbed poorly if taken with food. Take it on an empty stomach with water, 30 to 60 minutes before breakfast, or at bedtime at least three hours after your last meal. Keep to the same routine every day - consistency matters more than which option you choose.

Separate levothyroxine from | By at least | Why

Calcium supplements and antacids | 4 hours | Bind levothyroxine and block absorption

Iron supplements | 4 hours | Bind levothyroxine and block absorption

Soy products and soy protein | 4 hours | Reduce absorption

High-fibre meals and fibre supplements | 4 hours | Reduce absorption

Coffee | 30 to 60 minutes | Reduces absorption, including black coffee

Proton pump inhibitors | Ask your clinician | Raise gastric pH and may change absorption

NUTRIENTS THAT MATTER

Nutrient | Food sources | What to know

Iodine | Dairy, eggs, fish, iodised salt | Needed to make thyroid hormone, but too much can worsen thyroid function. Do not take high-dose iodine or kelp supplements unless told to.

Selenium | Brazil nuts, fish, eggs, sunflower seeds | Involved in thyroid hormone metabolism. Two or three Brazil nuts a day is plenty; more can cause toxicity.

Zinc | Meat, shellfish, legumes, seeds | Low levels are associated with impaired thyroid function.

Iron | Red meat, lentils, fortified cereals | Deficiency is common with hypothyroidism and can blunt treatment response. Take supplements away from levothyroxine.

Vitamin D | Oily fish, eggs, fortified foods | Frequently low in autoimmune thyroid disease.

Goitrogens are not the problem they are made out to be

Cruciferous vegetables such as broccoli, cabbage and kale contain goitrogens, but normal cooked portions do not affect thyroid function in people with adequate iodine. There is no need to avoid them. Very large amounts of raw cruciferous vegetables, as in daily raw kale juicing, are a different matter.

THE WEEK

Day | Breakfast | Lunch | Dinner | Snack

Mon | Eggs, tomato, whole grain toast | Salmon salad, mixed leaves | Chicken, roast vegetables, quinoa | Greek yogurt and berries

Tue | Greek yogurt, seeds, pear | Lentil soup, seeded roll | Baked cod, sweet potato, broccoli | 2 Brazil nuts

Wed | Omelette, mushrooms, spinach | Tuna and bean salad | Turkey meatballs, whole wheat pasta | Apple and cheese

Thu | Porridge, milk, berries | Leftover turkey meatballs | Prawn stir-fry, rice, vegetables | Boiled egg

Fri | Scrambled eggs, avocado toast | Chicken and vegetable wrap | Sardines on toast, side salad | Handful of sunflower seeds

Sat | Pancakes, yogurt, fruit | Baked potato, cottage cheese, salad | Beef and vegetable casserole | Dark chocolate

Sun | Eggs, smoked salmon, rye | Roast chicken and vegetables | Vegetable and lentil soup, bread | Yogurt and seeds

Day | Levothyroxine time | First food time | Energy 0-10 | Weight | Notes

Mon — Levothyroxine time: _____ Mon — First food time: _____

Mon — Energy 0-10: _____

Mon — Weight: _____

Mon — Notes: _____

Tue — Levothyroxine time: _____

Tue — First food time: _____

Tue — Energy 0-10: _____

Tue — Weight: _____

Tue — Notes: _____

Wed — Levothyroxine time: _____

Wed — First food time: _____

Wed — Energy 0-10: _____

Wed — Weight: _____

Wed — Notes: _____

Thu — Levothyroxine time: _____

Thu — First food time: _____

Thu — Energy 0-10: _____

Thu — Weight: _____

Thu — Notes: _____

Fri — Levothyroxine time: _____

Fri — First food time: _____

Fri — Energy 0-10: _____

Fri — Weight: _____

Fri — Notes: _____

Sat — Levothyroxine time: _____

Sat — First food time: _____

Sat — Energy 0-10: _____

Sat — Weight: _____

Sat — Notes: _____

Sun — Levothyroxine time: _____

Sun — First food time: _____

Sun — Energy 0-10: _____

Sun — Weight: _____

Sun — Notes: _____

Check before changing anything

If you change your routine - starting a new supplement, switching to bedtime dosing, starting a high-fibre diet - tell your clinician. TSH should be rechecked about six weeks after any change that could affect absorption.

Symptoms, supplements started or stopped, and questions for your next appointment

Sources: Plan provided for general education. It is not individualised medical or dietetic advice. · Do not change your levothyroxine dose yourself. Dose changes are guided by TSH, rechecked about six weeks after any change.