

## What Should I Avoid Eating If I Have Hypothyroidism

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### INTRODUCTION

Hypothyroidism is a condition in which the body doesn't make enough thyroid hormones. Thyroid hormones help control growth, cell repair, and metabolism. As a result, people with hypothyroidism may experience tiredness, hair loss, weight gain, feeling cold, and feeling down, among many other symptoms. When the thyroid gland receives a signal called thyroid-stimulating hormone (TSH), it releases thyroid hormones into the bloodstream [1]. This signal is sent from the pituitary gland, a small gland found at the base of your brain, when thyroid hormone levels are low. Occasionally, the thyroid gland doesn't release thyroid hormones, even when there is plenty of TSH. This is called primary hypothyroidism and the most common type of hypothyroidism. Approximately 90% of primary hypothyroidism is caused by Hashimoto's thyroiditis, an autoimmune disease in which your immune system mistakenly attacks your thyroid gland (Figure 1). Other causes of primary hypothyroidism are iodine deficiency, a genetic disorder, taking certain medications, and surgery that removes part of the thyroid.



**Figure 1:** Shows the effect of Hypothyroidism have the same effect.

The thyroid uses iodine to make thyroid hormones. However, people with Hashimoto's disease or other types of autoimmune thyroid disorders may be sensitive to harmful side effects from iodine. Eating foods that have large amounts of iodine such as kelp, dulse, or other kinds of seaweed may cause or worsen hypothyroidism [2,3]. Taking iodine supplements can have the same effect.

Talk with members of your health care team about what foods you should limit or avoid and let them know if you take iodine supplements. Hypothyroidism's deficiency of thyroid hormones can disrupt such things as heart rate, body temperature and all aspects of metabolism. Hypothyroidism is most prevalent in older women. Major symptoms include fatigue, cold sensitivity, constipation, dry skin and unexplained weight gain. Also, share information about any cough syrups that you take because they may contain iodine. Goitrogens are compounds that may interfere with the normal function of the thyroid gland. They get their name from the term goiter, which is an enlarged thyroid gland that may occur with hypothyroidism. soy foods: tofu, tempeh, edamame, etc. certain vegetables: cabbage, broccoli, kale, cauliflower, spinach, etc. fruits and starchy plants: sweet potatoes, cassava, peaches, strawberries, etc. nuts and seeds: millet, pine nuts, peanuts, etc.

Hypothyroidism affects 1–2% of people worldwide and is ten times more likely to affect women than men. Women need more iodine when they are pregnant because the baby gets iodine from the mother's diet. If you are pregnant, talk with your health care provider about how much iodine you need.

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