

Top 10 Foods for Thyroid Health: A Simple Guide

Thyroid is a small gland located in the neck that helps regulate metabolism. It produces hormones that convert food into energy and support growth and development. Taking care of your thyroid health is essential, as problems with the thyroid can lead to various health issues like weight gain, fatigue, and mood swings. Medical treatment, combined with a healthy diet, can help support thyroid health.

How to Take Care of Thyroid Health

Getting enough iodine in your diet is important for thyroid health, as it helps produce thyroid hormones and supports healthy growth. Selenium, zinc, and vitamin D are also vital for proper thyroid function. Let's explore 10 healthy foods to include in your daily diet.

10 Foods For Thyroid Health

Here are some foods that can help support thyroid health:

- 1. Fish:** Fish like salmon, mackerel, tuna, and sardines are rich in omega-3 fatty acids, which help reduce inflammation in the body. They are also a good source of iodine and selenium, which are essential for thyroid hormone production and overall thyroid health.
- 2. Green Vegetables:** Vegetables like spinach, Brussels sprouts, kale, and collard greens are filled with essential nutrients such as vitamin A, vitamin K, calcium, magnesium, and other minerals that support thyroid health.

Vitamin A helps in the production of thyroid hormones, while vitamin K helps regulate their activity. Including green vegetables in your diet can significantly benefit your thyroid and overall health.

- 3. Eggs:** Adding eggs to your diet can be very beneficial. Eggs provide iodine and selenium, both of which are essential for thyroid health. The yolk is rich in protein and contains vitamin D, which helps regulate thyroid hormone activity.
- 4. Yogurt:** Dairy products like yogurt are rich in iodine and source of calcium and protein that supports thyroid health and provides benefits for overall health. Iodine helps in production of thyroid hormones and regulation of metabolism. [According to National Institutes of Health \(NIH\)](#) plain, low-fat or Greek yogurt provides up to 50% of daily iodine requirement.
- 5. Brazil Nuts:** Brazil nuts are rich in selenium, which is essential for thyroid hormone production and helps protect the thyroid gland from damage. Eating one or two Brazil nuts daily provides enough selenium. They also help convert inactive thyroid hormones into their active form.
- 6. Fruits:** Fruits like apples, plums, citrus, and pears are high in pectin, a type of fiber that helps detoxify heavy metals linked to thyroid dysfunction. These fruits naturally support detoxification and promote thyroid health.
- 7. Berries:** Berries like blueberries, raspberries, and strawberries are rich in antioxidants that protect the thyroid from damage. They are low in calories, high in fiber, and full of vitamins and minerals that support thyroid health and energy.
- 8. Pumpkin seeds:** Pumpkin seeds are rich in zinc, which helps activate thyroid hormones and control TSH (thyroid-stimulating hormone) levels. Zinc deficiency can make hypothyroidism worse, so eating pumpkin seeds can support thyroid health.
- 9. Sweet potatoes:** Sweet potatoes are rich in beta-carotene, which the body converts into vitamin A, essential for healthy thyroid function. They also offer fiber and antioxidants that support overall health and thyroid function.
- 10. Broccoli:** Broccoli is full of calcium, vitamin C, and fiber, which are great for thyroid health. It boosts metabolism and supports digestion which may be beneficial for people with thyroid problems. Adding broccoli to your diet can improve thyroid function and overall health.

How to Do a Thyroid Function Test?

To check your thyroid health, you can book a thyroid function test through [Health Yaad Aayo](#) and detect issues at an early stage. The test involves a blood sample to measure thyroid hormone levels. This helps determine if your thyroid is functioning properly and can identify conditions like hypothyroidism or hyperthyroidism.