

## **HYPOTHYROIDISM / MYXOEDEMA**

Hypothyroidism is a clinical condition, which results from deficiency of thyroid hormones. Hypothyroidism with deposition of mucinous substance in subcutaneous tissues is known as 'myxoedema'.

- 1) Primary thyroid gland involvement.
- 2) Lack of pituitary TSH (thyroid stimulating hormone).
- 3) Hypothalamic deficiency of TRH (thyrotropin-releasing hormone).
- 4) Autoimmune thyroiditis.
- 5) Severe iodine deficiency.

## **DIETARY MANAGEMENT**

### 1) Avoid:

- Avoid goitrogens (food that blocks the utilization of iodine): turnips, cabbage, mustard, cassava root, soybeans, peanuts, pine nuts and millets. Cooking usually inactivates goitrogens.

## **CONSUME**

- a. Increase consumption of iodine, it is an important building block of thyroid hormone:
  - i. Sea food, meat, milk and milk, sea plants- kelp, dulse (vegetable sea food) and Japanese sea vegetables. Plants grown in iodine rich soils are also good source of iodine.
  - ii. Iodized salt is a primary source of iodine.
- a. Increase consumption of copper, selenium and zinc as these minerals are essential for normal thyroid hormone production and metabolism.
- b. Foods rich in copper:
  - i. Meat gelatin, eggs, yeast, lamb; pork; pheasant quail; duck; goose; squid; salmon; organ meats.
  - ii. Soy and soy products, nuts and seeds, beans, legumes; almonds, broccoli, garlic; bran breads and cereals; sea plants and mushrooms.
  - iii. Dried beans - soy beans, lima beans, baked beans, dried peas; lentils; barley.
  - iv. Dried fruits including raisins, dates, prunes, avocado, Chocolate.
  - v. Some amount of copper is obtained from cooking in copper vessels.
- c. Foods rich in selenium:
  - i. Grains, Brazil nuts, garlic, wheat germ and brewer's yeast, fish, shellfish, eggs, red meat, chicken and liver.
- d. Food rich in zinc: Good dietary sources of zinc include seafood (especially oysters), beef, oatmeal, chicken, liver, spinach, nuts and seeds.
  - i. Meat, poultry and milk, shell fish, crab, shrimp and sea plants etc.
  - ii. Plant foods are low in zinc, Whole wheat grains provide good amount of zinc.
- e. Increase consumption of proteins - tyrosine, an amino acid is a precursor for making thyroid hormone :
  - i. Milk and milk products, eggs (is the richest source), Flesh food: meat, fish, and poultry.
  - ii. Nuts and oilseeds, pulses, cereals.

## Note

Mild to moderate exercise is advisable, exercise stimulates thyroid gland function.

- a. Practise yoga.

## CONSULT PHYSICIAN

- a. If myxoedema presents with complications like cardiac failure or coma consult your physician immediately. Immediate medical attention is necessary.

**NOTE : PLEASE CONTACT WITH YOUR DOCTOR FOR EXACT DIET FOR THE HEALTH PRBLEMS YOU HAVE.THIS A SAMPLE DIET CHART TO GET THE IDEA OF YOUR DAILY ROUTINE FOOD INTAKE TO MAKE YOUR LIFE HEALTHY .**