

Food for Thyroid

June has arrived and so has National Thyroid month!

So what is our thyroid and what does it do? In short, our thyroid is a gland in the neck that controls and regulates many of our hormones, especially those involved in metabolism.

There are many reasons why this gland can become inflamed and one of the biggest is poor diet. A diet lacking vitamins and minerals, especially minerals iodine and selenium, can inhibit antioxidants like glutathione and cause inflammation to our thyroid and whole body! These minerals also help our thyroid produce hormones and work with vitamins such as C and E to prevent oxidative damage. A lack of these minerals and vitamins can lead to many thyroid disorders including Hypothyroidism (under-active thyroid).

So what can we do to protect our thyroid? Eat good food!



Foods such as Atlantic salmon, wild cod, free-range eggs, kelp (sea vegetables), shellfish, lima beans, prunes, peas and bananas contain iodine. Recommended selenium requirements can be reached eating just 1-2 Brazil nuts daily! Sunflower seeds are high in both selenium and vitamin E. Spinach, avocado, butternut squash, mango and sweet potato include both vitamins C and E. Eating a wide range of nuts, fruits and vegetables daily and good quality sea vegetables and fish a few times a week will ensure adequate overall vitamins and minerals to maintain a healthy thyroid and overall health!

Stay tuned for next weeks Blog on thyroid and stress!

Need a complete Nutritional overhaul? Book a free 15 minute consult or initial appointment with me at info@livewellhc.ca or 519-830-7335.

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