Are you supporting your thyroid properly during perimenopause and menopause? Transcript

(Transcripts are generated by AI and may contain errors)

Thyroid-supporting nutrients in perimenopause

So when you're thinking about how you can support your thyroid gland with nutrition throughout perimenopause and menopaus, I want you to think about foods that contain the essential minerals your Thyroid gland needs.

The first food is lentils to get a lot of iron.

Lentils for iron and protein

Here I have black lentil but you could use green, brown, or red. Lentils have a lots of Iron but also a Lot of protein. Did you know that a serving of lentiles has more protein than a serving of fish or chicken.

So I find these easy to add to my salads throughout the summer for a quick, easy protein source.

Brazil nuts for selenium

The second thing to think about is sources of selenium. Here I have Brazil nuts. These are chock full of Selenum, which is actually required by your thyroid gland.

to make any hormone. So a few of these a day will do the trick. The third thing to think about are sources of iodine.

Sea vegetables for iodine

Sea vegetables are great for this. While it's great to go out for sushi once in a while and get that seaweed salad, I find it easier to get seaweed flakes that I can shake on my salads, soups, and Buddha bowls to iodide regularly.