Eat This to Support Thyroid Health Transcript

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Introduction to thyroid and mental health

Hi, I'm Dr. Uma Naidu, a Harvard-trained nutritional psychiatrist. Many of my colleagues have told me that they have misdiagnosed a mental health disorder when a person has had a thyroid condition.

Listen for more. As a nutritional psychiatrist, I see underlying thyroid conditions all the time.

Why nutrition matters for thyroid function

The thyroid gland depends on specific nutrients and balanced eating for proper hormone production. Here are foods and nutrients that play a key role in supporting thyroid health as well as foods to be mindful of.

First one is iodine. Why? It is essential for making thyroid hormones T3 and T4.

Iodine and selenium for hormone production

Food sources include iodized salt, seaweed, including nori, kelp and wakame. Also dairy, eggs, fish. But note that too much iodine can harm thyroid function balance as well.

And that's important to know. Another nutrient is selenium. This protects thyroid from oxidative stress and helps convert T4 to T3, the active hormone.

Food sources are Brazil nuts, one to two a day meet your daily requirement, as well as tuna, sardines, turkey, sunflower seeds, and eggs. Now what about zinc?

It is important for thyroid hormone production and receptor function. Foods sources include oysters, beef, chicken, pumpkin seeds cashews, lentils.

Zinc, iron, and vitamin D support

Iron is needed for thyroid peroxidase, the enzyme that helps make thyroid hormones. Food sources are lean red meat, poultry, spinach, lentils, and beans.

Pair with vitamin C for better absorption. Now vitamin D. Low vitamin is linked to higher risk of Hashimoto's and other thyroid disorders. The food sources of vitamin include fatty fish like salmon and mackerel, plant milks, egg yolks, sunlight exposure.

Antioxidant-rich foods reduce oxidative stress that can damage the thyroid in autoimmune conditions. Food sources include berries, leafy greens, cruciferous vegetables in moderation, green tea as well.

Antioxidants and foods to limit

Foods to be mindful about. Coitrogens in raw, precipitous vegetables like broccoli, cauliflower, kale, cabbage, and soy can interfere with iodine uptake.

They are safe when cooked, since cooking inactivates most coitogens and are usually only a concern if iodide intake is very low. Highly processed foods, excess sugar, refined grains, unhealthy fats can worsen inflammation and autoimmunity.

So in summary, a thyroid-friendly diet emphasizes iodine, selenium, zinc, iron, vitamin D, and antioxidants from

whole foods, while balancing crisps with vegetables and avoiding out-of-process foods.

Thyroid-friendly diet summary and closing

So paying attention to your thyroid, paying to the fact that you eat healthy foods before your Thyroid gland are important, especially if you've been diagnosed with such a condition, but always speak to you doctor first.

Hey, I'm Dr. Uma Naidu, The Mood Food MD. Thanks so much for watching my video. Don't forget to like, subscribe and hit the notification bell.