

THYROID-LOVING NUTRIENTS

Maintaining thyroid health is essential for regulating metabolism, energy, and hormones. A diet rich in nutrients like omega-3 fatty acids, iodine, selenium, zinc, and antioxidants supports thyroid function and promotes overall well-being.

The following list includes foods beneficial for thyroid health, ensuring optimal gland function.



Flaxseeds

High in omega-3 fatty acids, which are essential for thyroid function and reducing inflammation.



Brazil Nuts

Rich in selenium, crucial for thyroid hormone synthesis and metabolism.



Molecular Hydrogen Water

This super water can fight off damage and inflammation in the body, as well as help prevent and manage autoimmune disease, boost energy and exercise performance, protect the brain, improve skin's texture and overall appearance, and so much more. [Click here to read more about it.](#)



Fish

Contains omega-3 fatty acids and selenium, supporting thyroid function and reducing inflammation (such as salmon or sardines).



Eggs

Provide iodine and selenium, two minerals vital for thyroid health.



Edamame

Contains iodine and is a good source of protein and fiber.



Chicken & Turkey

Lean proteins that can help normalize thyroid function.



Spinach

High in iron, magnesium, and vitamin B12, which are needed for thyroid health.



Pumpkin Seeds

Rich in zinc, necessary for thyroid hormone synthesis.



Nori

Dried seaweed sheets high in iodine, perfect for supporting thyroid function.



Whole Grains

(like quinoa, barley, and brown rice) Provides B vitamins and fiber, supporting metabolism and thyroid health.

THYROID-LOVING NUTRIENTS



Avocado

Dried seaweed sheets high in iodine, perfect for supporting thyroid function.



Berries

Rich in antioxidants, helping reduce thyroid stress and inflammation.



Sweet Potatoes

Full of vitamin A, which supports thyroid hormone conversion.



Beef

Provides zinc, iron, and B vitamins, essential for thyroid function.



Lentils

High in fiber and minerals, supporting thyroid health and metabolism.



Olive Oil

Contains healthy fats and antioxidants, beneficial for thyroid health.



Apples

Provides fiber and antioxidants, aiding in detoxification and thyroid health.



Almonds

High in selenium and magnesium, supporting thyroid function.



Oysters

Very high in zinc, crucial for thyroid hormone production.



Broccoli

Contains goitrogens that, when eaten in moderation, can help regulate thyroid function by inhibiting excessive hormone production.

Incorporating these nutrient-rich foods into your diet can enhance thyroid health through their unique benefits, such as anti-inflammatory effects and essential minerals. Regular consumption of these diverse foods supports thyroid function, contributing to overall health and well-being.