

HYPOTHYROIDISM DIET PLAN

THIS IS ONLY FOR A REFERENCE PURPOSE

DEPARTMENT OF BREAST AND ENDOCRINE SURGERY

DIET GOALS

- Thyroid hormone production ko support karna
- Metabolism aur energy improve karna
- Weight gain control karna
- Hair fall, fatigue aur constipation kam karna

✓ DO'S (KYA KHAYEIN)

1. Balanced Indian meals lo

Har meal mein yeh teen cheezein honi chahiye:

- Protein – dal, chana, rajma, paneer, curd, eggs, fish
- Complex carbs – whole wheat roti, brown rice, oats, millets (limited quantity)
- Healthy fats – ghee (1 tsp), nuts, seeds

2. Vegetables (zyada tar COOKED)

Best options:

- Lauki, tori, pumpkin, carrot
- Beans, peas
- Palak, methi (paka hua)

Cruciferous vegetables sirf cooked form mein theek hain:

- Cabbage, cauliflower, broccoli

3. Nuts & seeds (thodi quantity)

- 1–2 Brazil nuts (selenium ke liye)
- Almonds, walnuts
- Flaxseed / chia (roasted ya soaked)

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4. PROTEIN BOHOT ZAROORI HAI

PROTEIN KAM HUA TO METABOLISM SLOW HO JATA HAI.

INDIAN PROTEIN SOURCES:

- DAL + RICE
- PANEER BHURJI
- EGGS
- FISH (SARDINE, ROHU, MACKEREL)
- SOY – KABHI-KABHI, ROZ NAHI

5. DAIRY (AGAR SUIT KARE)

- CURD, BUTTERMILK
- PANEER
- THYROXINE KE TIME KE AAS-PAAS DAIRY AVOID KARO

6. PAANI PE DHYAN DO

- GARAM PAANI
- JEERA WATER
- AJWAIN WATER

DON'TS (KYA NA KHAYEIN / LIMIT KAREIN)

1. RAW GOITROGENIC FOODS

RAW YA ZYADA QUANTITY MEIN AVOID KARO:

- RAW CABBAGE
- RAW CAULIFLOWER
- RADISH
- TURNIP

ACHHE SE PAKA KAR, LIMITED QUANTITY MEIN SAFE HAI

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2. ZYADA PROCESSED & JUNK FOOD

- BISCUITS, CAKES
- CHIPS, NAMKEEN
- INSTANT FOODS
- COLD DRINKS / SUGARY DRINKS

3. ZYADA SUGAR & REFINED CARBS

- WHITE BREAD
- MAIDA ITEMS
- ROZ SWEETS

4. EXCESS SOY

- SOY MILK, TOFU, SOY CHUNKS ROZ-ROZ
- HAFTE MEIN 1-2 BAAR THEEK HAI

5. MEALS SKIP MAT KARO

IRREGULAR EATING SE FATIGUE AUR METABOLISM AUR BIGADTA HAI

THYROXINE (LEVOTHYROXINE) KAISE LEIN — BOHOT IMPORTANT

SAHI TAREEKA

- SUBAH EARLY MORNING
- EMPTY STOMACH
- SIRF PLAIN PAANI KE SAATH
- ROZ SAME TIME PAR

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TIMING RULES

- PEHLE THYROXINE LO
- 45-60 MINUTES WAIT KARO
- PHIR CHAI / COFFEE / BREAKFAST

INKE SAATH KABHI NA LEIN:

- CHAI YA COFFEE
- MILK YA CURD
- CALCIUM YA IRON TABLETS
- MULTIVITAMINS

THYROXINE AUR INKE BEECH 4 GHANTE KA GAP RAKHO:

- CALCIUM
- IRON
- ANTACIDS

COMMON GALTIIYAAN

- ✗ BREAKFAST KE BAAD LENA
- ✗ MILK KE SAATH LENA
- ✗ DOCTOR SE POOCHE BINA DOSE CHANGE KARNA
- ✗ “BETTER FEEL HO RAHA HAI” SOCH KAR MEDICINE SKIP KARNA

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TIPS & TRICKS (JO REAL MEIN KAAM KARTE HAIN)

1. METABOLISM BOOST KARO

- ROZ 30-45 MIN BRISK WALK
- STRENGTH TRAINING 2-3 DIN/HAFTA
- YOGA: SURYA NAMASKAR, BHUJANGASANA, SETU BANDHASANA

2. SLEEP = HORMONE BALANCE

- 7-8 GHANTE KI NEEND
- FIX SLEEP-WAKE TIMING

3. STRESS KAM KARO

STRESS SE THYROID IMBALANCE BADHTA HAI.

- PRANAYAMA
- MEDITATION
- DEEP BREATHING (10 MIN ROZ)

4. DIGESTION SUPPORT KARO

- CONSTIPATION HO TO RAAT MEIN TRIPHALA
- KHANE MEIN ADRAK AUR LEHSUN ADD KARO

SIMPLE INDIAN SAMPLE DAY

MORNING (THYROXINE + 1 GHANTE BAAD):

- VEGETABLE POHA / OATS / 2 ROTI + SABZI
- 1 BOILED EGG / PANEER / CURD

MID-MORNING:

- FRUIT (PAPAYA, APPLE, BERRIES)

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LUNCH:

- 2 ROTI YA THODA RICE
- DAL / PANEER / FISH
- COOKED SABZI
- SALAD (RAW CABBAGE NAHI)

EVENING:

- ROASTED CHANA / MAKHANA
- HERBAL TEA

DINNER (LIGHT & JALDI):

- SOUP + ROTI
- SABZI + PROTEIN

IMPORTANT MYTHS

- ✗ SIRF DIET SE THYROID CURE HO JATA HAI
- ✗ SAARE MILLETS BURE HOTE HAIN
- ✗ CARBS BILKUL BAND KAR DO