

Little Smiles Multispecialty Clinic

Tips for Patients with Hypothyroidism

If you have hypothyroidism it means that you have an underactive thyroid and thyroid production in body is suboptimal. Follow the tips enumerated below in adjunct to your doctor's advice:

1. Take your medications on time
2. Exercise regularly
3. Maintain a healthy weight
4. Maintain a regular sleep and meal routine
5. Decrease overall oil intake
6. Avoid smoking, alcohol intake
7. Keep track of your blood pressure and cholesterol levels
8. Eat enough Green vegetables and fresh fruits

Dietary Tips

What to eat	What to avoid
Iodine Rich food	Goitrogenic foods like cauliflower, cabbage, broccoli
Sea food, Fish	Soy foods
Salt	Excessive oil
Antioxidant rich food	Excessive salt
Low calories	Red Meat

Important:

1. Thyroid test needs to be repeated as per doctor's advice or atleast every quarter.
2. Don't stop medications on your own.
3. Consult your doctor if any additional symptoms arise.
4. The more you and your doctor work as a team, the healthier you will be.