

A. Good food sources of calcium:

- Milk, cheese and other dairy products
- Soy milk with added calcium
- Dark green leafy vegetables such as spinach
- Other vegetables like broccoli and okra
- Some of canned seafood such as sardines, salmon and shrimp



B. Good food sources of iron:

- Organs meat (Liver, kidney and heart)
- Meat and poultry
- Seafood
- Legumes (beans, lentils and peas)
- Dark green leafy vegetables
- Dried food and nuts
- Iron fortified cereals



Your body absorbs iron from animal sources more than plant sources. If you are vegetarian, you may need to increase your intake of iron rich plant-based foods and you can enhance your body absorption of iron by drinking citrus juice or eating other foods rich in vitamin C.

Consult your dietitian for proper meal plan, in case you have unintentional weight loss.

Keep doing your regular physical activity to maintain a healthy body.



Dietary Instruction for Hyperthyroidism



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What is the thyroid gland?

It is an endocrine gland located at the front of the neck; it produces certain hormones that are important for growth, repair and metabolism.

What is hyperthyroidism?

It is a condition in which thyroid gland produces more of thyroid hormone (Thyroxin) than the body needs.

Causes and risk factors of hyperthyroidism:

- Autoimmune diseases, and the most common is Graves’ disease
- Family history of thyroid disease
- Females are more at risk
- Thyroid nodules
- Thyroiditis (inflammation of thyroid gland)
- A personal history of certain chronic illnesses, such as type 1 diabetes, pernicious anemia and primary adrenal insufficiency
- Noncancerous tumor of the pituitary gland
- Excessive iodine intake leads to excessive production of thyroid hormones
- High dose of some medications especially that used for hypothyroidism may raise thyroid hormone level

Signs / Symptoms of Hyperthyroidism may include:

- Enlargement of thyroid gland causes swelling in the neck
- Unintentional weight loss
- Increased appetite
- Increased sensitivity to heat
- Rapid or irregular heartbeat
- Fatigue and muscle weakness
- Nervousness, anxiety and shaky hands
- Difficulty sleeping
- Changes in menstrual patterns
- More frequent bowel movements or diarrhea

Untreated hyperthyroidism can lead to several health problems, such as:

- Eye problems, such as dryness, redness and vision problems
- Stroke and heart failure
- Osteoporosis
- Fertility problems
- Health problems for the mother and baby during pregnancy

Nutritional management for hyperthyroidism:

It is recommended to follow the below dietary recommendation as some nutrients play an important role in the treatment:

1. A person who is planning to receive radioactive iodine treatment should avoid food rich in iodine, 1 – 2 week before treatment, such as:

		
Iodized salt & Iodine supplements	Fish and shellfish	Dairy products
		
Egg yolks	Blackstrap molasses	Seaweed

2. Limit foods and drinks containing caffeine such as: coffee, tea, cola, chocolate and energetic drinks, because caffeine can lead to some symptoms of hyperthyroidism, including palpitations, tremors, anxiety and insomnia.
3. It is recommended to take food rich in calcium, iron and to expose yourself to sunlight to get your requirement of vitamin D, because hyperthyroidism can cause iron deficiency and low bone mineral density.