

## [DIET FOR THYROID](#)



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There is no one best thyroid diet, but making a significant change to how you eat is usually necessary in order to successfully lose weight when you have a thyroid condition. What type of diet to follow, however, depends on your unique physiology, food sensitivities, ability to absorb nutrients, and how effective your body is at metabolizing, storing, and burning carbohydrates, among other factors.

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Summary: The thyroid gland is fundamental to many metabolic processes. An underactive thyroid refers to when it doesn't produce enough thyroid hormone. Diet alone cannot cure hypothyroidism. Food on its own cannot cure or independently treat a diagnosed case of hypothyroidism.

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### **Thyroid Diet Best and Worst Foods for Your Thyroid Health**

An overactive thyroid, on the other hand, happens when your body produces too much TH, and can cause sudden weight loss, irregular heartbeat, sweating, nervousness, and irritability. Genetics, an autoimmune condition, stress, and environmental toxins can all mess with your thyroid and so can your diet, one factor you can completely control.

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### **Diet for an Underactive Thyroid healthhearty.com**

If a person has an underactive thyroid, it is often seen that the person starts gaining weight. One should start with a diet to treat underactive thyroid

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### **7 Foods for Hypothyroidism Everyday Health**

Hypothyroidism occurs when this gland isn't producing enough hormones. Along with taking your thyroid medication, you can bolster thyroid function with a well-balanced diet that includes lots of produce and protein, among other healthy foods, says Gregory B. Dodell, MD, an endocrinologist in New York City.

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