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## The Aon Health & Wellbeing Conversation

# How can your diet help you maintain good thyroid health?

### Recommended diet for thyroid health



- **Iodised salt**
- **Iodine rich foods as**
  - E.g. egg, plain, low-fat milk and yogurt (or Greek yogurt), and seafoods such as fish, shrimps/shellfish, seaweeds
- **Green leafy vegetables**
  - E.g. kale, bok choy, and some others such as cauliflower and broccoli
- **Nuts (good source of Iron and Selenium)**
  - E.g. Brazil nuts
- **Chicken and beef (good source of Zinc)**
- **Berries (good source of anti-oxidants)**



- **Gluten (causes autoimmune disorders which trigger thyroid gland malfunctions)**
  - E.g. wheat, rye, barley, spelt, kamut
- **Processed food**
- **Fast food**