

ELM Medicine

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www.elmmedicine.ca

**Specialist Clinic. Internal Medicine. Infectious Diseases. Hepatitis B & C. Chronic Pain.
Lifestyle Medicine Clinic. Stress Reduction Clinic**

Dr. Atreyi Mukherji, MD, MPH, FCRPC

CIM HYPOTHYROIDISM FRIENDLY DIET

- 1) Eat a Heart Healthy Anti-inflammatory diet, maintain healthy weight and exercise to reduce cardiovascular risk. Exercise: maintain regular aerobic and weight bearing exercise routine.
- 2) Mind- Body: Yoga therapy with emphasis on Sarvangasana, if you don't have any contraindication. See a qualified yoga instructor for safe guidance.
- 3) Consume a diet with adequate amounts of iodine, selenium, vitamin A and Zinc. ***
- 4) Avoid excessive iodine intake
- 5) Limit goitrogenic foods. Limit vegetables from the Brassica family: cabbage, turnip, Brussel sprouts, rutabagas, broccoli, cauliflower, bok choy). Also limit millet, peaches, peanut, pine nuts, strawberries, spinach and cassava root. Cook vegetables briefly to reduce goitrogenic substances and consume at least 2-3 hours separately from your thyroid medication.
- 6) Avoid the following medication and toxins IF POSSIBLE: Lithium, Thionamides, Interferon alpha, Interleukin 2, Cholestyramine. If these have been prescribed by your MD, DO NOT STOP THESE MEDICATIONS ON YOUR OWN. Ask your prescribing MD.
- 7) Avoid/ reduce if possible: perchlorate, expectorants, aluminum hydroxide, heavy metals, chlorine, fluoride and bromine. Environmental Working Group is a good resource.
- 8) Avoid topical antiseptic and radio contrast dye, if not medically necessary.

DIETARY IODINE FOR GENERAL POPULATION - DAILY

Iodized salt equivalent up to 2.75 teaspoons per day, based on 400 mg of iodine per teaspoon

Adult men and women: 150mcg, up to 1100mcg

Lactating women: 290 mcg up to 1100mcg

Pregnant women: 220mcg up to 1100mcg

DIETARY SELENIUM FOR GENERAL POPULATION - DAILY

Adult men and women: 55 mcg up to 400 mcg

Pregnant women: 60 mcg to 400 mcg

Lactating women: 70 mcg to 400 mcg



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DIETARY ZINC FOR GENERAL POPULATION - DAILY

Adult men: 11 mg up to 40 mg

Adult women: 8 mg to 40 mg

Lactating women: 12 mg to 40 mg

DIETARY VITAMIN A (PREFORMED) FOR GENERAL POPULATION - DAILY

One microgram retinol is equivalent to 3.33 units vitamin A (on a label) and equivalent to 12 mg of beta-carotene (from food)

Adult men: 900 mcg (approx. 3000 units), up to 3000 mcg (approx. 10,000 units) preformed vitamin A

Adult women: 700 mcg (approx. 2300 units), up to 3000 mcg (approx. 10,000 units)

Pregnant women.: 770 mcg (approx. 2500 units), up to 3000 mcg (approx. 10,000 units) preformed vitamin A

Lactating women: 1300 mcg (approx. 4300 units), up to 3000 mcg (approx. 10,000 units)

IODINE CONTENT SELECTED FOODS - APPROXIMATE

MCG

Salt, iodized, 1 teaspoon

400

Bread with iodate dough conditioner and continuous mix process, one slice

142

Bread with regular process, one slice- most widely available

35

Haddock 3 oz

104-145

Shrimp, 3 oz

21-37

Egg, 1

18-26

Cottage cheese, 2%, 1 cup

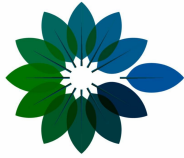
26-71

Cheddar cheese, 1 oz

5-23

Ground beef

8



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COMMONLY USED SEAWEED PREPARATIONS

TYPE OF SEAWEED	COMMON USE	AMOUNT TO MEET MINIMUM IODINE DOSE OF 15MCG/DAY	AMOUNT TO MEET MAXIMUM IODINE DOSE OF 1100MCG/ DAY
Nori	Sushi wrapper, rice balls	9 grams/day	69 grams/day
Wakami	Miso soup	2 grams/day	17 grams/day
Dulse	Seaweed chips, soups, sauces	2 grams/day	15 grams/day
Kelp/Kombu	Hot pot dishes, soups	9 mg/day	710 mg/day