



Diet to manage Hypothyroidism

Eat the right variety of foods in the correct proportions



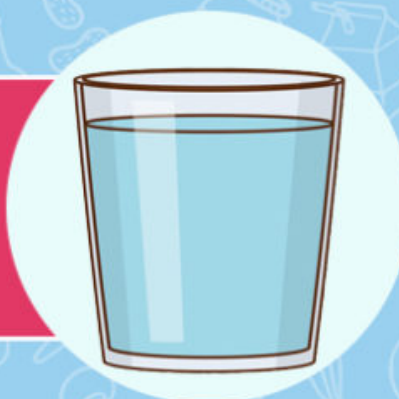
Include high-fiber foods

Eat five portions of fruit and vegetables daily



Consume dairy or alternative dairy products

Drink enough water



Choose unsaturated oils but in limited quantities

Take vitamins if prescribed by the doctor



Reference:

1. Thyroid And Diet Factsheet; British Thyroid Foundation