



FIRST THING IN THE MORNING – THYROID MEDICINE RULES (VERY IMPORTANT)



- ✓ Take your thyroid medicine as soon as you wake up.
- ✓ Take it on an empty stomach with plain water only.
- ✓ **Never miss your medicine.**
- ✓ Take it at the same time every day.
- ✓ After taking the medicine, wait 30–60 minutes before tea, coffee, milk or food.
- ✓ Iron, calcium, multivitamins or antacids – take them at least 4 hours after your medicine.



YOUR DAILY MEAL PLAN (EXAMPLE)



TIME	MEAL	WHAT TO EAT (HOME-STYLE & AFFORDABLE OPTIONS)			
 BREAKFAST (8:00 – 9:00 AM)	• 2 rotis + sabzi • or dalia • or poha / upma • or moong dal chilla • Add curd or buttermilk if available	 2 ROTIS + SABZI	 DALIA	 POHA / UPMA	 MOONG DAL CHILLA
 LUNCH (1:00 – 2:00 PM)	• 2–3 rotis • 1 bowl dal • Seasonal sabzi • Salad (onion, cucumber, carrot or whatever is available at home)	 ROTIS	 DAL	 SABZI	 SALAD
 EVENING SNACK (4:30 – 5:30 PM)	• Roasted chana • or murmura (puffed rice) • or any seasonal fruit • Tea (less sugar)	 ROASTED CHANA	 MURMURA	 FRUIT	 TEA (LESS SUGAR)
 DINNER (7:30 – 8:30 PM)	• 2 rotis + dal / sabzi • or khichdi • Keep dinner light and easy to digest	 2 ROTIS + DAL	 KHICHDI	 SABZI	



DRINK ENOUGH WATER
Drink 8–10 glasses of water throughout the day.



STAY ACTIVE
Walk for 30–45 minutes every day.



STAY CALM & SLEEP WELL
Manage stress and take 7–8 hours of sleep daily.



REMEMBER: Consistency is the key. Take your medicine on time, eat simple home-cooked food, stay active and stay happy!





1. PROTEIN-RICH FOODS

Protein helps in hormone balance, muscle strength and better metabolism.



Moong Dal



Chana



Rajma



Curd



Paneer



Egg
(if you eat)



Masoor Dal



Soya Chunks



Peanuts

★ Include any of these in your daily meals.

2. DAILY NUTRITIOUS FOODS

Eat a variety of home-cooked and natural foods every day.



Roti



Dal



Vegetables



Fruits



Salad



Curd / Buttermilk



Poha / Upma / Dalia



Vegetable Soup



Khichdi

★ Eat home-cooked food, fresh and seasonal.

3. FOODS TO LIMIT

These foods can increase inflammation, weight and affect your thyroid health.



Fried & oily foods

Samosa, pakora, kachori, chips



Cold drinks, packaged juices

Limit or avoid



Excess sugar

Cakes, biscuits, chocolate, sweets



Refined flour products

Bread, pizza, noodles, pastries



Too much tea or coffee

More than 1–2 cups a day



★ Limit these foods for better thyroid control.

4. IMPORTANT NUTRIENTS FOR THYROID HEALTH

These nutrients help support thyroid hormone production and overall well-being.

Fe

Iron

Helps in oxygen transport and energy production.



Spinach, jaggery, chana, rajma, lentils

Ca

Calcium

Supports bones and muscle function.



Milk, curd, paneer, til (sesame seeds), green leafy vegetables

D

Vitamin D

Helps in calcium absorption and immunity.



Get morning sunlight for 15–20 minutes daily.

Se

Selenium

Supports thyroid function.



Egg, sunflower seeds, til (sesame seeds), fish (if you eat)

Zn

Zinc

Supports immunity and hormone balance.



Pumpkin seeds, chana, peanuts, moong dal, egg

★ A balanced diet provides all the essential nutrients.

5. HEALTHY LIFESTYLE HABITS



Walk
30–45 minutes daily.



Sleep
7–8 hours every night.



Manage stress
with yoga,
meditation and
deep breathing.



Drink
8–10 glasses
of water daily.

