

Diet Chart for Hypothyroidism and PCOD

Name :- xyz Weight:- 80kgs Target weight :-55-60kgs

Age :- 35yrs Height:- 156cms

Meal	
Early Morning	<p>Turmeric water – 1 glass (1/2 tsp turmeric powder with a pinch of black pepper)</p> <p>Or</p> <p>Methi seeds water -1 glass(1 tsp methi seeds in a glass of water overnight soaked)</p> <p>Or</p> <p>Chia seeds and lemon water-1 glass (1 tsp chia seeds in a glass of water overnight soaked)</p>
Breakfast	<p>1 Spinach/methi roti (dry) + low fat curd</p> <p>Or</p> <p>Oats pudding (oats, chia seeds,skim milk , apple- overnight soaked)</p> <p>Or</p> <p>Besan/moong dal chilla -1+ green chutney</p> <p>Or</p> <p>Boiled egg whites -2 + saute veggies</p>
Mid - Morning	<p>Herbal tea - 1 cup (tulsi/ginger)</p> <p>Or</p> <p>Buttermilk (plain)- 1 glass</p> <p>Nuts (pumpkin seeds, brazil nuts, almonds) – just handful</p>
Pre Lunch	Green salad – 1 small plate(add lemon and black pepper, no salt)
Lunch	<p>1 -2 roti (dry)+ egg curry/chicken curry/kidney beans/ chickpea + raita(not boondi raita)</p> <p>Or</p> <p>Boiled brown rice + sambar</p> <p>Or</p> <p>Veg pulao (brown rice) + curd</p>
Evening tea	<p>Tea/coffee – 1 cup (very less sugar)</p> <p>Roasted channa (unsalted- just handful)</p>
Late evening	<p>Soup(lentil, chicken, black channa, veg) without cornstarch homemade-1 bowl</p> <p>Or</p> <p>Green salad – 1 small plate(add lemon and black pepper, no salt)</p>
Dinner	<p>Veg dalia + curd- ½ k</p> <p>Or</p> <p>1 roti dry+ veg(ridge guard, bottle guard, bitter guard,capsicum) + curd-1/2 k</p> <p>Or</p> <p>Mix veg khichdi (veg+lentil/moong dal+ brown rice) + curd</p>

Post dinner	Herbal tea – 1 cup (cinnamon/ chamomile)
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Foods to be avoided

Cruciferous vegetables(cauliflower, cabbage,broccoli,turnip,brussel sprouts), radish, soya products, pearl millet, processed foods,sugary products,junk foods,bakery products,fried products,carbonated drinks,full fat dairy products, red meat,refined carbs.

Foods to be included

Healthy fat (fish , olive oil, coconut oil, ghee), fermented foods, hearbal teas and water , coconut/ almond milk,anti inflammatory food(turmeric,tomatoes,dark chocolate,beans,bell peppers,spinach,leafy greens)

Home remedies

- Herbal teas (tulsi, cinnamon, chamomile,ginger,elachi)- just boil herbs in water and have it,
- Apple cider vinegar- add 1 tsp ACV in a glass of water and have it,
- Buttermilk- take buttermilk for gut health
- Mulethi water- take ½ tsp in a glass of hot water,

DO'S

- Mindfull eating
- Check portion size
- Hydrate yourself(4-5L water/daily)
- Manage stress
- Get enough sound sleep
- Switch early dinner
- Small and frequent meals from food pyramid
- Always read food labels
- Use single grain as atta for chappati
- Use different cooking oils (olive/coconut/mustard/ghee/rice bran)
- Exercise regularly/ walk/yoga min for 30-40mins
- Focus on whole , nutrient dense food
- Add iodized food

Don'ts

- Avoid inflammatory foods
- Don't skip meal
- Don't eat too much before going to bed
- Avoid saturated fat(animal products)
- Avoid smoking, alcohol
- Take low glycemic food