

Iodine, selenium and the tablet, *one handbook*.

Thyroid nutrition, medication absorption & the myths, for the dietitian.

Built on ATA · BTA · NICE NGI45 · ETA.

Inside this preview: the Clinical Guide cover, contents page and a chapter sample, the Patient Handout Pack cover and 2 handout samples, and a complete contents map of the full bundle.



SWIPE TO EXPLORE

Volume

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ENDOCRINE CATALOG
ADIME-ALIGNED
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A CLINICAL GUIDE

The *Thyroid* Nutrition Handbook

PL. XXIII

GLANDULA

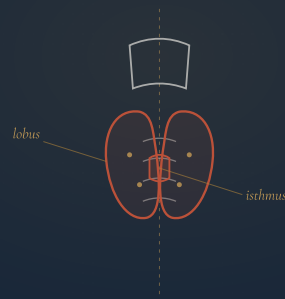


Fig. xxiii · Glandula thyroidea

IODUM · SELENIUM · TYROSINA

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Why iodine matters

Iodine is the raw material of thyroid hormone: each molecule of T4 carries four iodine atoms, each T3 carries three. Without enough iodine the gland cannot make hormone, and chronic deficiency causes goitre and, in pregnancy, harm to fetal brain development. Iodine deficiency remains the leading preventable cause of impaired cognitive development worldwide.

How much, and the ceiling

GROUP	RECOMMENDED INTAKE	SOURCE
Adults	150 µg/day (US RDA; EFSA adequate intake; UK RNI 140 µg)	IOM 2001; EFSA 2014 ^{12,13}
Pregnancy	220 µg/day (US); 250 µg/day (WHO)	IOM 2001; WHO 2007 ^{12,18}
Lactation	290 µg/day (US); 250 µg/day (WHO)	IOM 2001; WHO 2007 ^{12,18}
Upper limit (adults)	1,100 µg/day (US); 600 µg/day (EFSA)	IOM 2001; EFSA ¹²

Everyday food sources include dairy, white fish, eggs, and iodised salt where it is used. Note the genuine transatlantic difference in the upper limit, the US sets it at 1,100 µg/day and Europe at 600 µg/day, but both sit far below what a single kelp tablet can deliver.

The U-shaped curve

Iodine is the clearest example in nutrition of a nutrient where both deficiency and excess cause the same clinical problem, thyroid dysfunction, giving a U-shaped (or J-shaped) risk curve.^{14,15} The mechanism for excess is the acute Wolff-Chaikoff effect: a large iodide load transiently shuts down hormone synthesis. A healthy thyroid escapes this within days by down-regulating iodide uptake. Some people, notably those with autoimmune thyroid disease, and the fetus, fail to escape, and a sustained iodine excess then tips them into hypothyroidism.¹⁴

KEY POINT

With iodine, the goal is *sufficiency, not maximisation*. Aim for the recommended intake, keep habitual intake under the upper limit, and treat "more iodine must be better" as a red flag, not a plan.

Kelp, seaweed, and megadose supplements

This is where patients get into trouble. Kelp and seaweed supplements are marketed as natural thyroid support, but their iodine content is wildly inconsistent: one analysis of commercial kelp products found iodine ranging from about 5 to 5,600 µg per recommended dose, with many single doses exceeding the upper limit.¹⁷ The American Thyroid Association advises against supplements delivering more than 500 µg of iodine per day and notes that some products contain thousands of times the daily requirement.¹⁶

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Coffee, Calcium & Iron: Timing Around Your Tablet

A simple daily gap keeps your medicine working

A few everyday things stop levothyroxine being absorbed if you take them too close to your tablet. The fix is not to give them up, just to space them out.

Your timing guide

ITEM	HOW LONG TO WAIT AFTER YOUR TABLET
Water	None, water is fine and helps
Coffee or tea	Wait 30 to 60 minutes
Breakfast / food	Wait 30 to 60 minutes
Calcium supplement or antacid	Separate by about 4 hours
Iron supplement	Separate by about 4 hours
Multivitamin with calcium or iron	Separate by about 4 hours

EASY TO MISS

Many multivitamins and pregnancy supplements contain calcium and iron. If you take one, keep it several hours away from your thyroid tablet. Taking the two together is one of the commonest reasons a thyroid tablet does not work as well as it should.

NOTES FROM YOUR DIETITIAN

General information only, not a substitute for the advice of your doctor or dietitian. Do not change your medication without medical advice. Given to you by _____ (practice)

Practice stamp
or logo

Smoked Haddock with Poached Egg

A gentle, comforting fish breakfast.

IODINE-SMART

HIGH-PROTEIN

340
KCAL

34g
PROTEIN

6g
CARBS

1
SERVES

15
MIN

Ingredients

- 120 g undyed smoked haddock
- 150 ml milk
- 1 egg
- Handful spinach
- Black pepper

ALLERGENS · Contains: Fish, Milk, Eggs.
Always check labels on packaged items and confirm with the patient.

Method

1. Poach the haddock gently in the milk for 6 to 8 minutes until it flakes.
2. Wilt the spinach in a little of the poaching milk.
3. Poach the egg in simmering water for 3 minutes.
4. Serve the fish on the spinach, topped with the egg and pepper.

18g
FAT

5g
SAT FAT

1g
FIBRE

720mg
SODIUM

190µg
IODINE

45µg
SELENIUM

Thyroid note: White and smoked fish are among the richest everyday iodine foods; smoked fish is saltier, so balance the rest of the day.

The *Thyroid* Nutrition Handbook

You have just previewed 6 pages. Below is what's in the full bundle.

PART ONE

Clinical Guide

14 CHAPTERS · ~42 PP

- Thyroid physiology · the selenium-deiodinase link
- The dietitian's scope · where nutrition ends
- Hypothyroidism, Hashimoto's & subclinical disease
- Hyperthyroidism & Graves' · energy and bone
- Iodine · the U-shaped curve & kelp cautions
- Selenium · honest evidence & the Brazil-nut trap
- Levothyroxine absorption · the flagship intervention
- Goitrogens · myth versus mechanism
- Gluten, coeliac & the AIP question, graded honestly
- ADIME, monitoring & the low-iodine diet before RAI

PART TWO

Patient Handout Pack

16 PRINT-READY HANDOUTS

- Understanding your thyroid · plain language
- Getting the most from your thyroid tablet
- Coffee, calcium & iron · timing around the tablet
- Iodine · how much, and why more is not better
- Kelp & selenium supplements · the honest facts
- Goitrogens & soy · keep your vegetables
- Hashimoto's FAQ · gluten · pregnancy
- 7-day meal plan · food & symptom diary
- Low-iodine diet before RAI · weight expectations

PART THREE

Recipe Collection

47 THYROID-FRIENDLY RECIPES

- Iodine-smart seafood & dairy
- Iron & selenium builders
- Cooked cruciferous, done right
- Everyday balanced plates
- Every recipe allergen-labelled
- Per-serve nutrition on every recipe

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The Dietitian's Vault