



**Your Essential Checklist For**

**Hashimoto's Health & Wellness**

M A R I A   A N D O N O P O U L O S   A P D

@thyroid\_dietitian

*Dietology*  
Life Changing  
DIETITIAN + NUTRITIONIST

[www.dietology.com.au](http://www.dietology.com.au)

# Welcome

## Hello there!

Are you struggling to manage your Hashimoto's thyroiditis symptoms?

Do you suffer from fatigue, brain fog, memory loss, hair loss, constipation, poor sleep and mood swings to name a few?

I'm Maria, Accredited Practising Dietitian and Nutritionist.

I am passionate about helping clients manage Hashimoto's and hypothyroid conditions.

You are not alone!

There is so much information available about managing symptoms. I know it can be quite overwhelming to know what is suitable and specific to your needs.

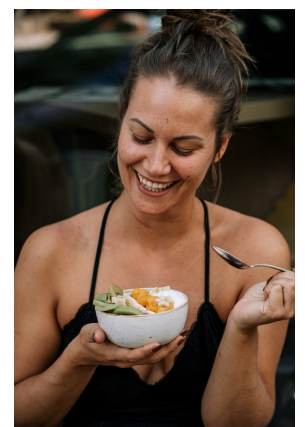
Have you been recently been diagnosed with Hashimoto's thyroiditis?

Are you not sure where to start?

Have you been living with this condition for some time now?

Are you taking medication?

Regardless where you are at in your journey, this checklist is an essential guide for you to help you manage your condition and be symptom free.





# NUTRITION

## Your Healthy Hashimoto's Checklist

- Drink plenty of water each day
- Eat 2 serves of different coloured fruit each day
- Eat 5 serves of different coloured vegetables each day (minimum)
- Include dairy foods/calcium fortified alternatives each day
- Include 3 serves of wholegrains each day
- Include at least 2 serves of oily fish every week
- Include 1 serve (30g) of nuts or seeds everyday
- Use extra virgin olive oil as your primary fat source in cooking
- Minimise sources of saturated fat such as chicken skin, animal fat, processed meats, bacon
- Include mono and polyunsaturated fats as your source of healthy fats
- Include iron rich foods regularly such as red meats, grains, legumes and beans to increase energy and reduce fatigue



# NUTRITION

## Your Healthy Hashimoto's Checklist

- Minimise caffeine intake per day (tea, coffee, other caffeinated beverages or food)
- Minimise consumption of soft drinks, fruit juices, and artificially sweetened drinks or sweeteners
- Include selenium, iodine and zinc rich foods regularly for optimum thyroid health
- Consume optimum fibre intake for gut health
- Minimise intake of naturally occurring goitrogens found in plant foods, such as soy, or soaking, washing, or cooking these foods, such as cabbage, to minimise their interference with thyroid hormones
- Avoid ultra-processed foods
- Eat mostly whole foods, that is those that are closest to their natural state





# LIFESTYLE

## Your Healthy Hashimoto's Checklist

- Open bowels daily, with ease
- Abstain from smoking
- Be physically active for a minimum of 30 mins, most days of the week
- Aim to sleep 8 hours every night
- Practice relaxation activities such as reading a book, yoga and deep breathing exercises regularly
- Participate in activities that minimise anxiety and stress
- Safe sun exposure for vitamin D levels, regularly or suitable supplementation dose

# ENVIRONMENTAL

## Your Healthy Hashimoto's Checklist

- Eliminate exposure to pesticides
- Eliminate all major sources of BPA and phthalates including personal hygiene products, reusable plastic containers for food and drinks, straws, coffee cups and water bottles and swap these for glass and/or BPA and phthalate free containers
- Eliminate all major sources of PCBs and PBDEs
- Eliminate exposure to heavy metals such as cadmium and lead



# WHAT'S NEXT?

## Ready to learn more?

Are you struggling with low energy, mood swings, poor gut health, memory loss, dry skin and muscle fatigue?

I specialise in helping people with Hashimoto's thyroiditis. I would love to help you gain more energy, have a healthy gut, happy mood and sleep well.

Click on the button below to book a complimentary Discovery Call, where we can discuss what your goals are, how I can help you to get in control of your Hashimoto's, gain more energy and get your life back!

**BOOK FREE  
DISCOVERY CALL**

*Thank you*

I hope you found this checklist useful in learning about some of the key areas for living healthy with Hashimoto's.

**Any questions, connect with me online**

 [@thyroid\\_dietitian](https://www.instagram.com/thyroid_dietitian)

 [www.dietology.com.au](http://www.dietology.com.au)



### Disclaimer

The information provided in this checklist is for general education purposes only. Consult your doctor or healthcare professional before making any changes to your diet, medication or supplements. The information contained is correct at the time of publication, January 2021.