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Educational Guide: Gluten and Its Impact on Thyroid Function



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Table of Contents

- Introduction to Gluten
- Gluten and Thyroid Function
  - Thyroid Function Overview
  - Gluten's Impact on Thyroid Function
- Hypothyroidism and Hashimoto's Disease
  - Hypothyroidism: An Overview
  - Hashimoto's Thyroiditis: An Autoimmune Condition
  - The Connection between Gluten and Hashimoto's
- Gluten Sensitivity and Symptoms
- Flushing Gluten from Your Diet
- Gluten-free Foods
- Foods with Gluten
- References

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Introduction to Gluten

Gluten is a protein found in wheat, barley, rye, and their derivatives. It gives dough its elasticity and helps with the structure of baked goods. However, some individuals are sensitive to gluten or have celiac disease, an autoimmune disorder triggered by gluten consumption.

Gluten & Thyroid Function





Thyroid Function Overview

The thyroid gland produces hormones that regulate metabolism, energy production, and various bodily functions. Any disruption in thyroid function can lead to health issues.

Gluten's Impact on Thyroid Function

Research suggests a potential link between gluten consumption and thyroid dysfunction. Gluten intake might contribute to an increase in thyroid antibodies, leading to thyroid diseases like hypothyroidism and Hashimoto's thyroiditis. Gluten sensitivity can exacerbate these issues.

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Hypothyroidism and Hashimoto's Disease

Hypothyroidism: An Overview

Hypothyroidism occurs when the thyroid gland doesn't produce enough hormones. This can lead to fatigue, weight gain, cold sensitivity, and more.



Hashimoto's Thyroiditis: An Autoimmune Condition

Hashimoto's is an autoimmune disorder where the immune system attacks the thyroid gland. It causes inflammation and reduces thyroid function, leading to hypothyroidism.

The Connection between Gluten and Hashimoto's

Research suggests that gluten consumption might trigger an immune response, leading to inflammation. This inflammation can exacerbate autoimmune conditions like Hashimoto's by increasing thyroid antibodies.

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Gluten Sensitivity and Symptoms

Gluten sensitivity is different from celiac disease but can cause similar symptoms like bloating, fatigue, and headaches. Some individuals might experience thyroid-related symptoms due to gluten sensitivity.

Flushing Gluten from Your Diet

If you suspect gluten is affecting your thyroid or overall health, consider an elimination diet. Remove gluten-containing foods for a period and monitor your symptoms. Reintroduce gluten gradually to assess its impact.

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Gluten-Free Foods

Buckwheat
Sorghum
Millet
Quinoa
Amaranth
Rice
Corn (Cornmeal, polenta, masa)
Tapioca
Spices (be cautious with seasoning blends)
Yeast
Potato
Vegetables
Fruits

Oils
Beans, Peas, Legumes
Soy (except soy sauce)
Tamari
Vinegar (except malt vinegars, check label)
Nuts (includes nut “flours”)
Coconut
Flax
Seeds
Butter
Unprocessed cheese
Milk
Eggs
Meats, fish



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Contains Gluten

Sprouted gluten containing grains still contain gluten
Barley
Bran
Graham
Oats (unless states gluten free on the package)
Pasta, semolina
Cous cous, orzo
Durum
Bulgar
Kamut
Spelt
Wheat
Farina
Farro
Rye
Triticale
Cake flour
Breadcrumbs
Matzah
Tabbouleh
Malt
Vegetable starch (check allergen warning label to see if the product contains wheat)
Hydrolyzed wheat protein
Flour tortillas
Beer
Soy and teriyaki sauce
Ramen
Udon (noodles)
Boullion cubes (check ingredients label)
Breaded and most fried foods
Soy and teriyaki sauce



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