

# Thyroid Body Type

## Thyroid (T type) body characteristics:

- Lean and thin; little muscle bulk or fat; higher metabolic rate (Men > or = 6'1", Women > or = 5'7")
- Taller than average. Long thin bones. Long thin neck.
- Upper body is longer than legs.
- Long rib cage (no waist); steep rib angle
- Fine, nice hair; prolific eyebrows common
- Small white teeth
- Lots of health complaints; Naggig illnesses, headaches, depression lower energy, but live a long time
- Stimulating foods: Anything that raises blood sugar (Sugar, caffeine, alcohol)
- T Types do best to avoid chocolate, coffee and sugar

## T Type Diet:

- Low on thyroid stimulation foods (sugar, caffeine and fruit juice)
- Avoid tendency to get up and consume coffee, donuts and juice. All these will raise the blood sugar and begin a cycle of alternating high and low blood sugar throughout the day
- Best to start with a protein breakfast and have some protein at every meal.
- Since fat and cholesterol are used at a high rate, the diet needs to contain ample amounts of these substances
- To avoid a mid afternoon crash, do no eat fruit before 3 pm.

## About Cholesterol:

- Optimal level is 170-200
- < or = to 150 and/or low dietary fat levels create problems (insufficient steroid hormones, amenorrhea, difficulty getting pregnant. depression, hypoglycemia)
- Women athletes can deplete their bodies of fats with too much aerobic exercise. They then need to follow a T Type diet and eat lots of good fats and oils.

## Sample Thyroid Diet

### Plenty of:

- Eggs
- Poultry and seafood
- Fresh vegetables (90% cooked)
- Raw nuts and seeds
- Water and herbal tea

### Moderate Amounts of:

- Red meats and organ meats
- Dairy products
- Whole grains
- Butter
- Oil (canola, olive, safflower)
- Fruit

**Avoid:**

- Coffee and tea
- Smoking
- Refined carbohydrates
- Desserts and sugars of all kinds
- Fried foods
- Margarine and Crisco
- Fruit juices

**Schedule:**

- Breakfast high protein meal
- Lunch and dinner divided evenly

**Diet Outline:**

**Breakfast**

- Eggs and/or Breakfast steak or chicken or fish
- With whole grain serving (one piece of toast only)
- With herbal tea

**Lunch**

- Cheese or yogurt
- Red meat, chicken or fish
- With vegetables
- With water, milk or herbal tea

**Dinner**

- The same basic meal as lunch
- About the same size

**Snack**

- Protein snack between meals and before bed
- May help with blood sugar stability