

FREE RESOURCE

THYROID METABOLISM PROGRAM

6 Nutrient Deficiency Self-Check



Thyroid Women's Complete Nutrient Guide

Discover the key nutrients your body needs and practical ways to replenish them through Indian foods and lifestyle habits.

What's Included In PDF

1 SELENIUM

Supports thyroid hormone conversion

2 ZINC

Essential for metabolism and immune function

3 IRON / FERRITIN

The foundation of energy and healthy hair

4 VITAMIN-D

The sunshine nutrient for hormone balance

5 MAGNESIUM

Supports sleep, stress management, and cortisol regulation

6 OMEGA-3

Helps reduce inflammation and improve mental clarity

HOW TO USE THIS CHECKLIST

- **Step 1:** Read through each nutrient section and tick the symptoms that apply to you.
- **Step 2:** Count the number of symptoms you've selected and record your score.
- **Step 3:** If you have **3 or more symptoms**, it may indicate a possible deficiency. Consider discussing testing options with your healthcare provider.
- **Step 4:** Review the recommended food sources and start incorporating them into your daily diet and lifestyle.

SELENIUM

Thyroid Hormone Key Converter



Why is Selenium Important for the Thyroid?

- Selenium converts T4 hormone into its active form T3.
- Without selenium, medicines can work, but the body may not fully benefit from them.
- It also acts as an important support nutrient for the thyroid.



SYMPTOMS CHECKLIST - Tick if these still happen:



Always feel tired despite - taking medicine



Thyroid medicine is working, but there is no improvement



Hair falls out or has become rough/dry



Brain fog – concentration feels weak



Hair loss is occurring despite taking medicine



Mood swings – feel more emotional than before



Feel cold even when others are comfortable



Mood feels low – feeling sad without a clear reason



My Selenium Score

Ticked: ____ / 8

0 - 2 ticks
Low Concern



3-4 ticks
Medium - Monitor



5+ ticks
High - Get Tested



Indian Food Sources – Add These to Your Diet



Brazil Nuts

2 nuts per day = Highest selenium source

★ Best Source



Sunflower Seed

2 tablespoons daily

★ Easy Source



Eggs

1-2 eggs per day

★ Daily Use



Garlic

Use regularly in meals

★ Indian Kitchen



Mushrooms

Include 2-3 times per week

★ Available



Get Tested:

Serum Selenium Test (can be done along with a thyroid panel and antibodies test)



Optimal Range:

120-150 mcg/L
(approximately 40-50 mcg/day intake)



IMPORTANT:

Do not consume more than 2 Brazil nuts per day. Excess selenium can also be harmful.



ZINC

Metabolism & Immunity Support



Why ZINC Matters

Zinc helps support TSH production, hair growth, skin repair, and immune function.

It also plays an important role in gut healing and hormone balance.



SYMPTOMS CHECKLIST

Tick the symptoms you relate to:

- | | |
|---|--|
| ☐ Hair fall and slow regrowth | ☐ Reduced taste or smell |
| ☐ Dry skin, acne, or frequent rashes | ☐ Low appetite or poor hunger signals |
| ☐ Wounds or cuts heal very slowly | ☐ Frequent colds and infections |
| ☐ White spots on nails | ☐ Irregular periods or PCOS |



YOUR ZINC SCORE

Ticked: _____ / 8

0 - 2 ticks
Low Concern



3-4 ticks
Medium - Monitor



5+ ticks
High - Get Tested



Indian Food Sources – Add These to Your Diet



Pumpkin Seeds (Kaddu ke Beej)

1 handful daily as a snack

★ Best Indian source



Sesame Seeds (Til)

Add to roti, salad, or chutney

★ Suitable for daily use



Kidney Beans or Chickpeas (Rajma or Chickpeas)

Add to dal or vegetable dishes
3-4 times per week

★ Common Indian staple



Eggs

Eat whole eggs daily
Don't skip the yolk

★ Daily support source



Serum Zinc Test
Best done while fasting



Women: 8-11 mg/day
Supplements: Maximum 15-25 mg/day



IMPORTANT:

Zinc and iron supplements should not be taken together.
Keep a gap of at least 2 hours between them.



IRON / FERRITIN

Energy & Hair Foundation



Why is Iron Important for the Thyroid?

- Iron is essential for thyroid hormone production.
- Low ferritin (stored iron) can cause hair fall and fatigue even when hemoglobin is normal.
- It also plays a key role in energy, immunity, and brain function.



SYMPTOMS CHECKLIST - Tick if these still happen:



Always feel tired despite - taking medicine



Thyroid medicine is working, but there is no improvement



Hair falls out or has become rough and dry



Brain fog – concentration feels weak



Hair loss is occurring despite taking medicine



Mood swings – feel more emotional than before



Feel cold even when others are comfortable



Mood feels low – feeling sad without a clear reason



My Selenium Score

Ticked: ____ / 8

0 - 2 ticks
Low Concern



3-4 ticks
Medium - Monitor



5+ ticks
High - Get Tested



Indian Food Sources – Add These to Your Diet



Palak (Spinach)

Eat with lemon for better iron absorption.

★ Vegetarian Source



Rajma / Lentils

Add to dal or curry daily.

★ Indian Staple



Ragi (Nachni)

Mix into flour (atta) or have as porridge.

★ Excellent Source



Sesame Seeds (Til) + Jaggery

Ladoo or chikki

★ Indian Classic



Pomegranate

Iron + Vitamin C = powerful combination

★ Great Combo



Get Tested:

CBC + Serum Ferritin. Both tests are important. Hemoglobin alone is not enough.



Optimal Range:

Ferritin: 70-100 ng/mL

Recommended Range (Not above 12ng/ml)



IMPORTANT:

Avoid drinking tea or coffee and avoid calcium-rich foods with iron-rich meals. These can reduce iron absorption by up to 60%.



VITAMIN-D

The Sunshine Vitamin for Hormone Balance



WHY VITAMIN-D IS IMPORTANT

Vitamin D functions more like a hormone than a vitamin. Low Vitamin D levels are associated with higher thyroid antibodies (which can worsen Hashimoto's thyroiditis).

It also plays a major role in immunity, mood, and bone health.



SYMPTOMS CHECKLIST

Tick the symptoms you relate to:

- | | |
|--|--|
| ☐ Persistent bone and joint pain | ☐ Muscle cramps or twitching |
| ☐ Getting sick frequently — weak immunity | ☐ Constant fatigue — even after sleeping |
| ☐ Depression or consistently low mood | ☐ Feeling unusually cold most of the time |
| ☐ Hair loss and dry skin | ☐ Diagnosed with Hashimoto's |



YOUR ZINC SCORE

Ticked: _____ / 8

0 - 2 ticks
Low Concern



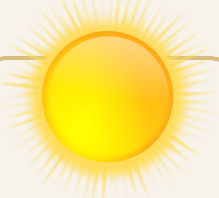
3-4 ticks
Medium - Monitor



5+ ticks
High - Get Tested



Indian Food Sources – Add These to Your Diet



Morning Sunlight

10–20 minutes of direct sunlight exposure

★ Best source



Egg Yolks

Eat 1–2 whole eggs daily — don't skip the yolk

★ Daily source



Fatty Fish

Mackerel, salmon, etc. — 2 times per week

★ Good source



Mushrooms

Sun-exposed mushrooms are good vegetarian source

★ Vegetarian option



Fortified Milk

Choose milk fortified with Vitamin D3

★ Check the label



TEST TO CONSIDER

25-OH Vitamin D Blood Test

The most accurate way to measure Vitamin D levels.



OPTIMAL RANGE

40–80 ng/mL

Most women in India have levels below 20 ng/mL



IMPORTANT:

Vitamin D works best when taken with Vitamin K2 and Magnesium for better absorption. Taking Vitamin D3 alone may not be enough



MAGNESIUM

The Regulator of Sleep, Stress & Cortisol



WHY IS IT IMPORTANT FOR THYROID HEALTH?

- Helps regulate cortisol (the stress hormone)
- Improves sleep quality
- Supports the conversion of **T4 thyroid hormone** into active **T3 hormone**



SYMPTOMS CHECKLIST - Tick if these still happen:



Frequently Difficulty falling asleep or waking up during night



Muscle cramps, especially in the legs at night



Frequent headaches or migraines



Irritability and mood swings that are hard to control



Anxiety, nervousness, or restlessness



Frequent or chronic constipation



Strong cravings for sugar, sweets, or chocolate



Heart palpitations or an irregular heartbeat sensation



My Selenium Score

Ticked: ____ / 8

0 - 2 ticks
Low Concern



3-4 ticks
Medium - Monitor



5+ ticks
High - Get Tested



Indian Food Sources – Add These to Your Diet



Palak (Spinach)

Cooked spinach provides absorbable magnesium

★ Easy Add



Dark Chocolate

1-2 small pieces daily
Choose 70% cocoa or higher

★ Tasty Fix



Banana

1 banana daily
Provides magnesium and potassium

★ Simple Add



Rajma / Black Lentils

Include 3-4 times per week

★ Indian Staple



Pumpkin Seeds

One of the richest sources of magnesium

★ Best Source



Get Tested:

Serum Magnesium Test. RBC Magnesium is considered more accurate for assessing magnesium status.



Optimal Range:

Women: 310-320 mg per day
If using supplements, Magnesium Glycinate is one of the best-absorbed forms.



IMPORTANT:

Taking too much magnesium can have a laxative effect and cause loose stools. It's often best taken at night, as it may also help improve sleep quality.



OMEGA-3

The Solution for Inflammation & Brain Fog



WHY VITAMIN-D IS IMPORTANT

Inflammation is often one of the root causes behind Hashimoto's thyroiditis and hypothyroidism.

Omega-3 is a key nutrient that:

- Helps reduce inflammation throughout the body
- Supports healthy brain function
- Improves focus, memory, and mental clarity

SYMPTOMS CHECKLIST

Tick the symptoms you relate to:

- | | |
|--|--|
| ☐ Memory problems | ☐ Dry skin, dry hair, and dry eyes |
| ☐ Brain fog – concentration feels weak | ☐ Skin inflammation such as eczema or rashes |
| ☐ High thyroid antibodies (Hashimoto's) | ☐ Painful periods or irregular menstrual cycles |
| ☐ Joint stiffness or pain | ☐ Mood swings or mild depression |



YOUR ZINC SCORE

Ticked: _____ / 8

0 - 2 ticks
Low Concern

3-4 ticks
Medium - Monitor

5+ ticks
High - Get Tested

Indian Food Sources – Add These to Your Diet



Walnuts

5-7 walnuts daily
Rich in ALA Omega-3

★ Best source



Flaxseeds

1 tablespoon ground flaxseed daily

★ Powerful



Chia Seeds

1-2 tablespoons daily

★ Easy Add



Mackerel (Bangda)

Excellent source of EPA and DHA Directly

★ Best Form



Mustard Oil

Traditional Indian cooking oil Naturally contains Omega-3 fats

★ Already Using



TEST TO CONSIDER

Omega-3 Index Test

If testing isn't available, track your symptoms and dietary intake.



OPTIMAL RANGE

1-2 grams of EPA + DHA daily

Focus on ALA-rich foods consider algae-based Omega-3 supplement



IMPORTANT:

Fish oil supplements may have a blood-thinning effect. If you have a surgery planned or are taking blood-thinning medication, consult your doctor before using Omega-3 supplements.



My Complete Deficiency Score Card



Write your score for each nutrient here and create your priority list

NUTRIENT	SYMPTOMS TICKED	SCORE (/8)	PRIORITY (CIRCLE ONE)	ACTION NEEDED / TEST TO CONSIDER
01 Se SELENIUM Thyroid hormone conversion key	_____ / 8	0 - 2 Low ● 3-4 Medium ● 5+ High ●	☐	Test: Serum Selenium 
02 Zn ZINC Metabolism and immunity pillar	_____ / 8	0 - 2 Low ● 3-4 Medium ● 5+ High ●	☐	Test: Serum Zinc 
03 Fe IRON / FERRITIN Energy and hair foundation	_____ / 8	0 - 2 Low ● 3-4 Medium ● 5+ High ●	☐	Test: CBC + Serum Ferritin 
04 D3 VITAMIN D Hormone balance sunshine vitamin	_____ / 8	0 - 2 Low ● 3-4 Medium ● 5+ High ●	☐	Test: 25-OH Vitamin D 
05 Mg MAGNESIUM Sleep, stress and cortisol regulator	_____ / 8	0 - 2 Low ● 3-4 Medium ● 5+ High ●	☐	Test: Serum / RBC Magnesium 
06 O3 OMEGA-3 Inflammation and brain fog solution	_____ / 8	0 - 2 Low ● 3-4 Medium ● 5+ High ●	☐	Test: Symptoms + Diet 

PRIORITY GUIDE

● 0-2 SYMPTOMS
LOW CONCERN

Monitor these and improve them through diet.

● 3-4 SYMPTOMS
MEDIUM CONCERN

Discuss with your doctor and prioritize dietary improvements.

● 5+ SYMPTOMS
HIGH CONCERN

Get tested soon and consider supplements under your doctor's guidance,

MY PERSONAL ACTION PLAN

After completing this checklist, I will:

- Highest-scoring nutrient: _____
- First test I will get done: _____
- One thing I will add to my diet: _____
- Doctor appointment: _____
- Supplement plan (if needed): _____



WHAT SHOULD I DO NEXT?

Save this checklist and DM "DEFICIENCY" to **Dr. Aman**.

I will review your score during a FREE call and provide personalized guidance



This checklist is for educational purposes only.
Please consult your doctor for a proper diagnosis.

Dr. Aman
THYROID COACH

