Table S1. Operating mechanisms of food products on the thyroid or immune system.

Products/nutrition	Suggested mechanism of action and association with thyroid function.
Green vegetables	*5x/week for supper*
Vitamin A	Improves efficacy of iodine uptake and can have a beneficial impact on thyroid function and size[1-3]. Modulates TSH production by influencing the expression of pituitary TSHβmRNA[4].
Vitamin C	Improves iron-uptake, in persons with hypothyroidism, it improves the abnormalities in serum free T4, T3 and TSH concentrations[5].
Zinc	Zinc levels are positively correlated with free T3-levels[6].
Beef	*3x/week for supper*
Iron	Providing iron along with iodine results in greater improvements in thyroid function[3]. Both iron deficiency and iron excess can influence the functioning of the innate and adaptive arms of the immune system, thereby it contributes to a more stable thyroid function[7, 8].
Iodine	Chronic iodine deficiency increases the TSH concentration [9].
Vitamin A, C, zinc	Stated above.
Selenium	Selenium deficiency impairs thyroid hormone metabolism by inhibiting the synthesis and activity of the iodothyroinine deiodinases, which convert T4 into T3 [10].
Whole dairy products	*200 mL whole milk a day / whole butter on bread daily*
Vitamin D	Has a role in the maintenance of immune-homeostasis. Deficiency of vitamin D is linked to the presence of antithyroid antibodies and abnormal thyroid functions [11].
Fatty acids	Signs of faster immune maturation with supplementation[12].

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