

Nutrient Legend

As mentioned in the *Our Springboard chapter*, it was important to Jill and me to do the hard grafting and necessary foundational nutrient research to keep this cookbook from being “just another cookbook” and to make it the most beneficial for you. We spent a great deal of time weeding through the subjective nature of nutrition and sleuthing out the most supportive nutrients for the thyroid and immune system and then researching the foods that are *dense sources* of these nutrients. This research is the heart and soul of this cookbook. You can find a pretty version of our findings at www.thyroidcookbook.com/nutrition_guide.

Thus, the foods we’ve chosen to highlight in these recipes possess a broad and substantive thyroid- and immune-supportive spectrum. You can find a legend at the bottom of most of the following recipes—the only ones missing a legend are some of the Nourishing Beverages, of which many can be used to complement a meal or be consumed as an after-meal treat.

Below are the thyroid- and immune-supportive nutrients we identified, including the symbols we incorporated into each recipe, as appropriate. In the chapter, *The Nutritional Heavy Hitters*, we show you how and why these nutrients are so beneficial.

Nutrients supportive to both thyroid and immune function:

Vitamin A (as beta-carotene)	A(beta)
Vitamin A (as retinol)	A(ret)
Vitamin B ₁	B ₁
Vitamin B ₂	B ₂
Vitamin B ₆	B ₆
Vitamin B ₁₂	B ₁₂
Vitamin C	C
Vitamin D	D
Vitamin E	E
Calcium	Ca
Copper	Cu
Iron	Fe
Magnesium	Mg
Selenium	Se
Zinc	Zn
Omega-3 fatty acids	O3

Additional nutrients supportive to thyroid function:

Iodine	I
Manganese	Mn
Tyrosine	Ty

Additional nutrients supportive to immune function:

EGCG	Eg
Glutathione	Gl
Lycopene	Ly
Probiotics	Pr
Resveratrol	Rv