



**Hypothyroidism's issue?**  
**甲状腺功能减退症的问题?**

Thyroid

**3 mushrooms Wakame Soup (Vegetarian)**  
三菇海带汤 (素食) @ 5color Diet: Healthy Recipes

Got **hypothyroidism** or want to have **healthy weight management**? 3mushrooms Wakame's food diet therapy is your answer! Mushrooms & Wakame contain iodine which help those who have **hypothyroidism** by balancing their thyroid hormones & benefit those who want to have healthy weight management as this recipe's ingredients have low calories & carbohydrates. In addition, mushrooms have antioxidant, anti-inflammatory & anti-cancer properties, etc.

**Serving size:** 2 rice bowls.

**Benefits:** Improves bone health, cardiovascular, cholesterol, high blood pressure, hormonal balancing, hypothyroidism, strengthen immunity & weight management, etc.

## Ingredients

- (1) **Fresh Button mushrooms, middle size** - 4 nos.
- (2) **Fresh Enoki mushrooms** - 20 nos.
- (3) **Fresh Shitake mushrooms** - 4 nos.
- (4) **Dried Wakame, hand palm size** - 2 pieces. (2 grams)
- (5) **Silken beancurd, ½ inch square size** - 10 pieces.
- (6) **Goji berries** - 10 nos. (2 grams)
- (7) **Miso paste** - 2 teaspoons.
- (8) **Olive oil or Sesame oil** - 2 teaspoons.
- (9) **Pepper powder** - little or as desired.
- (10) **Raw sugar** - 1 teaspoon.
- (11) **Water** - 1 ½ rice bowls = 375 ml.

\* **Daily recommended dosage: Goji Berries 15-30 grams & Wakame 10-20 grams.**

## Preparation

- (1) Soak **dried Wakame** for 15 minutes, rinse with water again & cut into 1 inch size stripes.
- (2) Wash **3 types of Mushrooms** in running tap water, cut into thin slices.
- (3) Fill a pot with water (healthier choice: mineral or distilled water) & boil on high flame. When water starts boiling, add **Mushrooms & Wakame** into pot & cook for 10 minutes.
- (4) After 10 minutes, add **washed Goji Berries, Beancurd, Miso Paste, Canola or Sesame Oil, Pepper & Sugar** and stir well. Turn off flame & scoop into bowls to serve.

## Note

- (1) Suitable for everyone at 1-2 times weekly except those information stated below.

- (2) Moderate intake of **Goji Berries** if you are pregnant or breast-feeding because **Goji Berries** contain a chemical known as **Betaine** which may cause miscarriage.
- (3) For those who are on **hypothyroidism medication**, take in moderation BUT for those who have **hyperthyroidism**, to avoid taking because the iodine in **Mushrooms & Wakame** may increase thyroid hormones level.
- (4) Moderate intake of **Mushrooms** for those who have **Gout, Skin Allergies or Auto-immune diseases such as Multiple Sclerosis, Lupus, Rheumatoid Arthritis, etc** because they contain **uric acid (Purine)** which may aggravate their conditions.
- (5) Moderate intake of **Wakame** for those who have **Gout and Skin Allergies** because **Wakame** may aggravate its symptoms.
- (6) **Mushrooms & Wakame** have not enough reliable information about the safety intake for pregnant or breastfeeding women if you are pregnant or breast feeding so **take in moderation**.
- (7) **Wakame** might increase the **risk of bleeding during and after surgery**. Stop taking **Wakame** at least 2 weeks before a scheduled surgery.
- (8) For those who have **anaemia or low blood pressure**, add more Goji berries.
- (9) **For Thyroid health:** Add some cruciferous vegetables eg: broccoli, cabbage, cauliflower or mustard vegetables, etc to balance your thyroid hormones level.

**Caution:** To drink this soup at an interval of ½ to 1 hours from medications.