Printed on: October 20, 2025



Hashimoto's Thyroiditis Hashimoto's Thyroiditis

Overview

Suggested CDR Learning Codes: 3020, 5120, 5290; Level 2 Suggested CDR Performance Indicators: 8.1.4, 8.1.5, 8.3.1, 12.2.1

This continuing education course examines Hashimoto's thyroiditis (HT), including the disease process, diagnosis, associated health risks, treatment, nutritional deficiencies, and dietary strategies associated with optimizing health with HT.

Learning Objectives

After completing this continuing education course, nutrition professionals should be better able to:

- 1. Discuss the pathophysiology and treatment of Hashimoto's thyroiditis (HT) and how it relates to nutrition and health.
- 2. Identify nutritional deficiencies common among people with HT.
- 3. Evaluate existing information about the link between HT and gluten.
- 4. Identify common goitrogenic foods and state appropriate guidance for patients with HT.
- 5. List common food and supplement interactions with medications for HT.

Course summary

Available credit:

• 2.00 CDR

Course opens: 09/09/2015 **Course expires:** 09/08/2018

Rating:

ំដង់ជង់ជំ

Cost:\$24.00

Faculty

Accreditation

Register/Take course