

HOUSTON THYROID & ENDOCRINE

Specialists



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Low Iodine Diet

- This is a low-iodine diet, (not a no-iodine diet or an iodine-free diet)
- Remain on this diet for two weeks (14 days) before you have a radioactive iodine scan or a radioactive iodine treatment.
- It is important to continue all of your current medications as directed by your doctor, even if the medication contains small amounts of iodine.
- You may eat foods that are low in iodine (up to 5 mcg per serving); limit your intake of foods that have a moderate level of iodine (5 to 20 mcg per serving); and avoid foods high in iodine (over 20 mcg per serving).
- Read the ingredients listed on packaged food labels.

Avoid the following foods beginning **two weeks** prior to your radioactive iodine treatment and until after your scan and treatment are complete

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| • Iodized salt, sea salt | • Chocolate |
| • Eggs | • Molasses |
| • Dairy products including milk, ice cream, cheese and yogurt | • Breads made with iodate dough conditioners |
| • All seafood, including shellfish, kelp and seaweed | • Foods and medications containing red food dye #3 |
| • Foods that contain the following additives: carrageen, agar-agar, algin and alginates | • Cured and/or corned foods, such as ham, lox, corned beef and sauerkraut |
| • Rhubarb | • Soy products |
| • Potato skins. The inside of the potato is fine. | • Iodine-containing multivitamins and food supplements |
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Additional Guidelines

Because some restaurants use iodized salt and there is no way to determine which do, avoid all restaurant food. You may eat foods that contain small amounts of milk or egg. You may use non-iodized salt. Consult your doctor before discontinuing any red-colored medication. For additional information and a free copy of a low-iodine cookbook, visit the Thyroid Cancer Survivor's Association website at www.thyca.org.

Sample Meals Breakfast	Lunch	Dinner
Orange juice Hot cereal Whole wheat toast with margarine Coffee	Turkey sandwich Lettuce and tomato Italian salad dressing Graham crackers Fresh apple Iced tea	Piece of beef Mushroom sauce Green beans with margarine Small dinner roll Lemon sherbet Ice tea

Allowed Foods and Ingredients:

- Fruits and fruit juice (except rhubarb and maraschino cherries with red dye #3)
- Vegetables - raw or frozen without salt, except beans
- Fresh meats up to 6 ounces a day
- Egg whites
- Grain and cereal products up to four servings per day, provided they have no high-iodine ingredients
- Pasta, provided it has no high-iodine ingredients
- Sugar, jelly, jam, honey, maple syrup
- Unsalted nuts
- Unsalted popcorn
- Unsalted matzo crackers and other unsalted crackers
- Homemade low-iodine bread or muffins

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- Unsalted peanut butter or other nut butters (great with apple slices, carrot sticks, unsalted crackers, and unsalted rice cakes)
- Applesauce
- Black pepper, fresh or dried herbs and spices
- All vegetable oils, including soy oil
- Regular and diet sodas (except with red dye #3) , non-instant coffee, non-instant tea, alcoholic beverages, lemonade