

Denver Center for Endocrine Surgery

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LOW IODINE DIET SUMMARY (BEFORE RADIOACTIVE IODINE TREATMENT FOR THYROID CANCER)

KEY POINTS

- Diet is *LOW* iodine, not *iodine-free*
- Diet is for two weeks prior to radioactive iodine scan/treatment
- READ INGREDIENT LISTS on all packaged foods
 - Avoid foods that are HIGH in iodine (>20 mcg/serving)
 - Limit foods MODERATE in iodine (5-20 mcg/serving)
 - Eat any foods that are LOW in iodine (<5 mcg/serving)

NOT ALLOWED

- Iodized salt, sea salt or foods containing salt
- Seafood and sea products (fish, shellfish, seaweed, etc.)
- Any dairy products (milk, cheese, yogurt, butter, etc.)
- Egg yolks or whole eggs
- Baked goods with iodine or iodine-containing ingredients
- Red Dye #3
- Chocolate (due to milk)
- Sulfured molasses
- Soybeans and soy products (soy milk, tofu, soy sauce, etc.)
- Beans (kidney, pinto, lima, navy, cowpeas, etc.)
- Potato skins (inside is okay)
- Rhubarb or maraschino cherries (Red Dye #3)

ALLOWED

- Fruits (except rhubarb and maraschino cherries)
- Vegetables (raw or frozen) without salt
- Unsalted nuts and unsalted nut butters
- Egg whites
- Fresh meats up to 6 oz. per day
- Grain and cereal products up to 4 servings per day (provided no HIGH iodine ingredients)
- Pasta (with no HIGH iodine ingredients)
- Sugar, jelly, jam, honey, maple syrup
- Black pepper, herbs and spices (except salt)
- All oils (including soy oil)
- Sodas (except with Red Dye #3)
- Coffee and tea (non-instant)
- Beer, wine, alcoholic beverages
- Fruit juices

Meal suggestions

Oatmeal with cinnamon, honey, or fruit

Grilled fresh meat, vegetables, fruit or baked apple

Salad with grilled meat, oil and vinegar dressing

Matzo PB&J sandwich (Matzo crackers with unsalted peanut butter and jelly)

Snack suggestions

Fresh or dried fruits

Raw vegetables

Applesauce

Popcorn (unsalted, unbuttered)

Unsalted nuts

Unsalted peanut butter with fruit, vegetables or rice cakes

Unsalted Matzo or other unsalted crackers

Homemade low iodine bread or muffins

INFORMATION COURTESY OF THYROID CANCER SURVIVORS' ASSOCIATION.

For more information or for the free downloadable "*Low Iodine Cookbook*", visit www.thycs.org.