

## **Low Iodine diet**

Low iodine diet is recommended before radioactive iodine treatment for thyroid cancer.

Following a low iodine diet increases radioactive iodine uptake of thyroid cells.

We recommend avoiding foods containing iodine 1-2 weeks before radioactive iodine treatment. Exact time frame is decided by your individual physicians.

The diet is stopped 3 days after radioactive iodine treatment.

### Foods to avoid

1. Iodized salt or sea salt, including salty snacks. Okay to
2. Milk or other dairy products (small amounts in prepared foods are allowed)
3. Foods and medicine (eg, vitamin-mineral tablets) containing red food dyes
4. Seafood (especially shellfish, kelp, or seaweed)
5. Breads (usually white breads) made from iodate dough conditioners
6. Soy products
7. Chocolate
9. Cured foods like ham, Corned beef and Sauerkraut
10. Eggs-small amounts in prepared food is allowed
11. Any item with added carrageen, agar-agar, algin, or alginates
12. Whole potato with skins. (Potato skin has iodine in it)

### Foods Allowed

1. Fresh meats
2. Fresh Poultry

3.Rice

4.Potatoes (without skin)

5.Fresh fruit (avoid anything canned)

6.Fresh or frozen vegetables (Unsalted). (avoid anything canned)

7.Wheat or rye bread

8.Fresh juices allowed. Frozen allowed if unsalted.

9.Pasta, Macaroni and sphagetti.

10.All sweets and desserts without milk and red dye.

11.Cereals without fortified Iodine.

These are general instructions. Please discuss specific questions and instructions with your physician.