

Menu Suggestions

Breakfast

Sample Menu:

- 1/4 cup quick-cooking oatmeal, 1/2 cup water or apple juice, 2 tsp honey, and 2 tbsp raisins (optional)
- 1 medium banana, apple or pear
- 8 oz. (1 cup) orange, grape or grapefruit juice (fresh or reconstituted with distilled water)
- 1 cup coffee or tea with 2 tsp sugar (optional) and 1 tsp powdered non-dairy creamer (optional)
- 12 oz. (1 1/2 cup) distilled water

Lunch

Sample Menu:

- 1 roasted chicken breast (meat only) seasoned with black pepper, non-iodized salt and fresh herbs
- 1 small garden salad seasoned with olive oil and lemon juice to taste
- 1 cup coffee or tea with 2 tsp sugar (optional) and 1 tsp powdered non-dairy creamer (optional)
- 1 medium orange, apple or plum
- 12 oz. (1 1/2 cup) distilled water

Dinner

Sample Menu:

- Home made meal: saute together 3 oz. Turkey Breast (not breaded, seasoned or deli meat), 1 medium microwaved, boiled or mashed potato (no skin), 1/4 onion, 1/2 green pepper, 1 tbsp oil, black pepper and non-iodized seasoning to taste
- 1 cup boiled or steamed broccoli, green beans or carrots
- 1 cup jello made with water (any color but red) with fresh peach slices

*The above menu suggestions are examples of food that are suitable as part of a low-iodine diet.

More Low-iodine Diet Tips

- When you are maintaining your diet, it would be wise to avoid restaurant food because it is hard to determine the exact ingredients being used to prepare the food.
- You may want to shop and freeze or store your ingredients before starting your diet to avoid being tempted by iodine-containing foods at the store.

References:

Gilletz, N. The Low Iodine Diet Cookbook - Easy and Delicious Recipes & Tips for Thyroid Cancer Patients. Your Health Press 2005.
Thyroid Cancer Survivors' Association, Inc. Low-iodine Cookbook. Accessed online at thyca.org on March 2007

genzyme

Copyright ©2007, Genzyme Corporation.
All rights reserved. THY/US/P177/10/07

Low Iodine Diet - Preparing for Scans



Before undergoing radioactive scanning, you may be asked by your physician to follow a low-iodine diet. The following is a combination of diet tips that may help you. Of course, as with other aspects of your therapy, it's important to consult with your healthcare provider about diet changes and other test preparation.

AVOID

Iodized salt and sea salt

All dairy products (milk, sour cream, cheese, cream, yogurt, butter, ice cream)

Margarine

Egg yolks

Seafood (fish, shellfish, seaweed, kelp)

Foods that contain carrageen, agar-agar, algin, or alginate — all of these are made from seaweed

Cured and corned foods (ham, bacon, sausage, corned beef, tuna, etc)

Marinated chicken or turkey

Dried fruit

Canned vegetables

Bread products that contain iodate dough conditioners

Chocolate

Molasses

Soy products (soy sauce, soy milk, tofu)

Foods and medications that contain iodine FD&C Red Dye #3 — consult your physician about discontinuing or substituting for any red-colored medicines

EAT

Egg whites

Fresh chicken, turkey and beef in moderate amounts. Do not add any iodine-containing ingredients

Black pepper and fresh or dried herbs

Homemade bread made with non-iodized salt and oil (not soy!) instead of butter or milk

Most fresh fruits and vegetables (but not skins of potatoes), washed well

Frozen vegetables that don't have high-iodine ingredients (without salt) added

Canned peaches, pears and pineapples

Unsalted nuts

Unsalted Matzo crackers and unsalted rice cakes

Clear sodas

Coffee or tea, as long as it's made with distilled water. But remember, only non-dairy creamer!

Popcorn popped in vegetable oil or air popped, with non-iodized salt

Sorbet — but remember to check the ingredient list for FD&C red dye #3!

Other Helpful Suggestions: This diet does *not* restrict sodium or salt. It only restricts *iodized* salt or sea salt. Any salt that is labeled as NON-IODIZED may be used freely.