

# Hendricks Endocrinology

*& diabetes specialists*

## LOW IODINE DIET

A diet low in iodine improves the quality of the diagnostic scan you are scheduled for and enhances the effect of radioiodine treatment by letting more of the radioiodine go to the thyroid cancer cells. For the next two weeks and until the scheduled scan and/or treatment is over, please try the following instructions below:

### AVOID THE FOLLOWING

- A. Do NOT drink milk or eat cheese, yogurt, ice cream or white bread.
- B. Avoid ocean fish, shrimp, scallops, kelp and seaweed.
- C. Avoid red dyed foods, such as: pops, cakes, jello's, cereals and candies. Red Meat is OK.
- D. Avoid iodized salt or sea salt when cooking. Regular, non-iodized salt is OK.
- E. Avoid iodine-containing cough medicine and vitamin preparations.

### OMIT THE FOLLOWING

Celery and all vegetables not listed below:

All vegetables, vegetable juices and soups canned with salt

Canned sauerkraut

Bananas

Dried Fruit

Canned applesauce

All other fruits not listed below:

Eggs

All fast food

Canned, dried, salted or cured meats such as bacon, sausage, ham, chipped beef, luncheon meat, liver and chicken

Regular peanut butter

The intention of this low-iodine diet is to reduce the bulk of iodine intake. It is NOT necessary or even possible to avoid all iodine.

### FOODS ALLOWED ON A LOW-IODINE DIET:

#### **FATS**(Unlimited amounts allowed)

Unsalted margarine

Sweet butter

Oil

Vegetable shortening

Oil and Vinegar Dressing

Homemade gravy

**Omit** commercial salad dressings and lard

#### **BREADS**(two servings per day)

Rye or wheat bread-1 slice

Barley-1/2 cup

Oats-1/2 cup

Wheat cereals-1/2 cup

Macaroni, plain-1/2 cup

Spaghetti, plain-1/2 cup

Noodles, plain-1/2 cup

**Omit** white bread, processed boxed cereals & saltine crackers.

**VEGETABLES** (four ½ cup servings per day)

Asparagus  
Beets  
Broccoli (fresh only)  
Brussel sprouts  
Cabbage  
Carrots  
Cauliflower  
Corn  
Cucumbers  
Eggplant  
Green peppers  
Lettuce  
Lima beans (fresh or canned; no added salt)  
Mushrooms  
Mustard greens  
Onions  
Peas (fresh or canned; no added salt)  
Potatoes (fresh only)  
Radishes  
Rutabaga  
Spinach (fresh only)  
String beans  
Squash  
Tomatoes

**MEATS** (Two 3-oz. Servings per day)

Beef  
Veal  
Fresh pork  
Lamb  
Freshwater fish (carp, river bass, lake trout, river perch)  
Low-sodium peanut butter  
Fresh chicken

**FRUITS** (five servings per day)

Apple (Fresh only-1 small)  
Apple Juice- ½ cup  
Apricots (fresh only-2 medium)  
Avocado- ¼ medium  
Berries- ½ cup  
Cherries (fresh only-10 large)  
Cranberries- ½ cup  
Figs (fresh only-1)  
Grapefruit- ½ medium  
Grapefruit juice- ½ cup  
Grapes-12  
Grape Juice- ½ cup  
Lemon juice- ½ cup  
Mango- ½ small  
Melon-1 cup  
Nectarine- 1 small  
Orange-1 small  
Orange juice- ½ cup  
Peach (fresh only-1 medium)  
Pineapple (canned only-1/2)  
Pineapple juice- ½ cup  
Plums-2 medium  
Tangerine-1 medium