

Low Iodine Diet Instructions

A low iodine diet is recommended to prepare for your I-131 treatment so that when the treatment is given, any thyroid cells (whether they are normal thyroid cells or thyroid cancer cells) will be “hungry” for iodine. This will help those cells “grab” on to the radioactive material and eventually be destroyed by it, which is the goal of this treatment. Give yourself time to review and prepare for the diet in advance. You should start this diet two weeks before radioiodine treatment and resume your normal diet one day after treatment.

Notes on the diet:

- Food prepared from any fresh meats, fresh poultry, fresh or frozen vegetables and fresh fruits should be fine for this diet, provided that you do not add any of the ingredients listed to avoid below.
- Noniodized salt may be used as desired. *Low iodine has nothing to do with sodium.*
- Avoid restaurant foods since there is no good way to determine which restaurants use iodized salt.
- Avoid cough medicines as many contain large amounts of iodine.
- Avoid herbal preparations that may contain iodine.
- Many contrast agents are used in radiology testing, such as CT, contain iodine. Consult your physician before having any such testing. If you have had an imaging test done recently, your I-131 treatment may be postponed to allow time for iodine to clear from your body. Your doctor may do a urine test to determine if enough time has passed.
- The recommendation is to limit the iodine intake to 50 micrograms/day.
- You may find helpful recipes and additional information at www.thyca.org.

Avoid These Foods	OK to Eat
<ul style="list-style-type: none">- Iodized salt, sea salt- Breads (unless prepared with noniodized salt). If unsure of the iodine content in a bread, <i>avoid</i> it.- Soy products (soy sauce, soy milk, tofu)- Dairy products (milk, cheese, cream, yogurt, butter, ice cream)- Seafood (fish, shellfish, seaweed, kelp)- Cured or corned foods (ham, corned beef, sauerkraut, sausage, salami)- Prepared/processed foods (lunch meats)- Eggs (except you may eat egg whites)- Chocolate- Molasses- Vitamins- Foods that contain red food dyes (agar-agar, alginate, carageenan, red dye FD&C #3 - erythrosine)- Ketchup <p>Do the best you can and do not worry if you accidentally eat something on this list.</p>	<ul style="list-style-type: none">- Flour, pasta, potatoes, matzo, rolled oats- Fresh meat and poultry- Apple sauce, fresh and frozen fruits and vegetables (Avoid large amounts of spinach and broccoli)- Sodas, such as cola, 7-Up or Sprite- Noninstant coffee, noninstant tea, beer, wine, other nonalcoholic beverages, lemonade, fruit juice- Dried beans- Egg white- Honey, raisins- All vegetable oils, including soy and olive- Sorbet- Unsalted nuts, unsalted peanut butter- Sugar, jelly/jam, honey, maple syrup, black pepper, fresh or dried herbs and spices.