

Low Iodine Diet Guidelines

Your doctor may ask you to follow a Low Iodine Diet for two to four weeks before a radioactive iodine scan or treatment. Foods containing iodine can be difficult to track because it is not labeled on ingredient lists. Avoiding certain foods that include high amounts of iodine is a good place to start.

Iodine is commonly added to salt in restaurants and small food manufacturing companies. Many large food manufacturing companies use salt without iodine in their foods. Brands of specific items are listed in parentheses.

Food Types	Foods to Avoid	Foods Allowed	Food Types	Foods to Avoid	Foods Allowed
Vegetables, Beans and Grains	<ul style="list-style-type: none"> Nori (black paper in sushi rolls) Seaweed and seaweed salad Kelp and algae (sea vegetables) Sea based additives (carrageenan, agar-agar, alginate) Skin of potato (inside of potato is allowed) Navy beans, red kidney, lima, pinto beans and cowpeas (black eyed peas) Store bought beans, grain or pasta salads containing foods to avoid (egg, dairy, soy products, seafood, iodized salt) 	<ul style="list-style-type: none"> Most fresh and frozen vegetables Canned vegetables and tomato sauces (Green Giant, Hunt's, Classico) Vegetable juice (V8, Hunt's) Most grains including pasta, bulgur, wheat, basmati rice, couscous, oats, quinoa, polenta cornmeal 	Meats	<ul style="list-style-type: none"> Cured meats including pepperoni, salami, bologna 	<ul style="list-style-type: none"> All fresh meats Deli meats including sliced turkey, ham, chicken Frankfurters, sausages, bacon (Oscar Mayer, Hebrew National, Chef Boyardee)
			Eggs	<ul style="list-style-type: none"> Egg yolk Whole eggs 	<ul style="list-style-type: none"> Egg whites (Egg Beaters) Egg substitutes made from egg whites
Nuts	<ul style="list-style-type: none"> Roasted or salted nuts from small manufacturing companies or local markets Trail mix with chocolate or yogurt covered pieces 	<ul style="list-style-type: none"> Unsalted and unprocessed nuts and nut butters Salted/roasted nuts from manufacturing companies that don't use iodized salt (Planters) Peanut butter (Peter Pan) 			

Low iodine diet tips:

- For a free Low-Iodine Cookbook with over 420 recipes visit - www.thyca.org
- Check nutritional supplement ingredient list for iodine
- Ask a Pharmacist if any medications contain iodine and speak with your doctor
- Read all ingredients in packaged food lists for iodine
- Avoid body lotions or topical creams containing iodine or soy products

Companies that use salt without iodine:

- Campbell’s USA
- Conagra Foods
- Frito-Lay
- General Mills
- Heinz
- Kashi
- Kraft Foods
- PepsiCo
- Quakers



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Baked goods	<ul style="list-style-type: none"> Ingredients included in foods to avoid including egg yolks, chocolate, dairy products 	<ul style="list-style-type: none"> Homemade baked goods made with egg whites only, dairy free Cocoa powder and some dark chocolate (dairy free) Packaged cookies (Oreo, Pepperidge Farms, Chips Ahoy, Nabisco, Nilla, Snackwells)
Cereal	<ul style="list-style-type: none"> Hot or cold cereal with milk, milk chocolate pieces or other ingredients in foods to avoid 	<ul style="list-style-type: none"> Cold cereals without milk (Life, GoLean, Chex, Cheerios, Nut Harvest) Oatmeal, Grits, Cream of Wheat without milk
Snack foods	<ul style="list-style-type: none"> Snacks containing chocolate Puddings or custards Ice cream, sherbet Meal replacement shakes containing dairy or soy milk 	<ul style="list-style-type: none"> Packaged crackers (Ritz, Triscuits, Wheat Thins, Graham Crackers) Pretzels (i.e. Rold Gold) Potato Chips (Doritos, Ruffles, Cheetos) Popcorn (Orville Redenbacher) Sugary candies Fruit ice Jell-O
Beverages	<ul style="list-style-type: none"> Cream or milk Any soda with Red Dye No. 3 	<ul style="list-style-type: none"> Coffee, tea Juice, soda (Gatorade, Dole, Pepsi Lipton, Ocean Spray, Brisk, Tropicana) Beer, wine, alcohol (check with doctor)
Fish and Seafood	<ul style="list-style-type: none"> All fresh, frozen or canned fish All fresh, frozen or canned shellfish Fish pastes, sauces Imitation crab meat 	<ul style="list-style-type: none"> None

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Mixed Dishes	<ul style="list-style-type: none"> Any dishes made with butter, cheese, eggs (i.e. lasagna, meatloaf, meatballs) 	<ul style="list-style-type: none"> Non-dairy soups Canned soups (Campbell’s, Progresso, Healthy Choice) Chili, stews and homemade dishes with egg whites, dairy free
Condiments	<ul style="list-style-type: none"> Cream sauces or creamy salad dressing Egg-based mayo (Hellmann’s) Blackstrap molasses Fish sauce, anchovy paste Spices mixed with ionized salt 	<ul style="list-style-type: none"> Ketchup, mustard, sauces (Heinz, A1, Jack Daniels Sauces, Hamburger Helper, Old El Paso) Non-egg mayonnaise (Miracle Whip) Margarine Honey, maple syrup (Aunt Jemima) Oil, vinegar, non-creamy salad dressings Fresh or dried herbs
Soy and vegan proteins	<ul style="list-style-type: none"> Soy products (milk, yogurt, cheese) Soy sauce Soy beans (edamame) Soybean oil Tofu Protein powders/bars with soy or whey Imitation meat products including veggie burgers 	<ul style="list-style-type: none"> Beans Hummus (Sabra) Protein powders and bars from wheat or nuts
Breads	<ul style="list-style-type: none"> Breads containing “calcium iodate” or “potassium iodate” 	<ul style="list-style-type: none"> Homemade breads Breads that do not contain iodate ingredients

Cookbook:

<https://www.thyca.org/download/document/231/Cookbook.pdf>

References:

<http://www.thyca.org/pap-fol/lowiodinediet/>