

LOW IODINE DIET

Some foods that contain iodine that you may want to avoid are listed below:

- Iodized salt, sea salt, and salty foods. Because it's hard to know which restaurants use iodized salt, you might want to avoid eating out during this time
- 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
- Many prepared and/or cured meats (ham, bacon, sausage, corned beef, etc)
- Fresh chicken or turkey with broth or additives injected
- Dried fruit
- Canned vegetables
- Commercial bakery products
- Chocolate
- Molasses
- Soy products (soy sauce, soy milk, tofu)
- Any vitamins or supplements that contain iodine
- FD&C red dye #3 - this appears in many foods or pills that are red or brown, including colas

NOTE: You should NEVER discontinue any medication before consulting your doctor!

If this seems overwhelming, it may help to know that "iodine" does not mean salt or sodium. Non-iodized salt, like kosher salt, is fine to use on a low-iodine diet.

Selected foods that are okay to keep eating include:

- Egg whites
- Fresh non-cured meat from the butcher
- Matzo
- Homemade bread made with non-iodized salt and oil (not soy!) instead of butter or milk
- Most fresh fruits and vegetables (but not too much spinach & broccoli), washed well
- Frozen vegetables that don't have high-iodine ingredients (like regular salt) added
- Canned peaches, pears and pineapples
- Natural unsalted peanut butter
- 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!

A Low Iodine Cookbook can also be found at www.thyca.org