

Low Iodine Diet Guidelines

Key Points

- This is a Low-Iodine Diet, **not** a “No-Iodine Diet” or an “Iodine-Free Diet.”
- The diet is for a short time period, usually for the 2 weeks (14 days) before a radioactive iodine scan or treatment.
- **Avoid** foods and beverages that are high in iodine.
- **Eat** any foods and beverages low in iodine.
- **Limit** the quantity of foods moderate in iodine.
- Read the ingredient lists on labels of packaged foods. Check with your physician about medications you’re taking.

Foods and Ingredients Not Allowed:

- Iodized salt, sea salt, and any foods containing iodized salt and sea salt.
- Seafood and sea products (fish, shellfish, seaweed, seaweed tablets, carrageenan, agar- agar, alginate, nori, and other sea-based foods or ingredients).
- Dairy products of any kind (milk, cheese, yogurt, butter, ice cream).
- Egg yolks or whole eggs or foods containing whole eggs.
- Bakery products containing iodine/iodate dough conditioners or high-iodine ingredients. Low- iodine homemade and commercial baked goods are fine.
- Red Dye #3. (E127 in the United Kingdom)
- Most Chocolate (due to milk content). Cocoa powder and some dark chocolates are allowed.
- Some molasses (blackstrap). The more common and sweeter molasses is okay (often labeled as unsulfured molasses. Sulfur does not relate to iodine.)

- Soybeans and soybean products such as tofu, TVP, soy milk, soy sauce. One diet says to avoid some other beans: red kidney beans, lima beans, navy beans, pinto beans, and cowpeas.
- On some diets, rhubarb and potato skins (inside of the potato is fine).
- Iodine-containing vitamins and food supplements.
- If you're taking a medication containing iodine, check with your physician.

Allowed Foods and Ingredients

- Kosher Salt
- Fruits, (except, in some diet guidelines, maraschino cherries (with Red Dye #3 — or E127 in the United Kingdom) and rhubarb.)
- Vegetables: preferably raw or frozen without salt, except soybeans and (according to the original NIH diet) a few other beans.
- Unsalted nuts and unsalted nut butters.
- Whites of eggs.
- Fresh meats up to 6 ounces a day.
- Grain and cereal products up to 4 servings per day, provided they have no high-iodine ingredients.
- Pasta, provided it has no high-iodine ingredients.
- Sugar, jelly, jam, honey, maple syrup.
- Black pepper, fresh or dried herbs and spices.
- Oils. All vegetable oils, including soy oil.
- Sodas (except with Red Dye #3 or E127 in the UK), cola, diet cola, non-instant coffee, non-instant tea, beer, wine, other alcoholic beverages, lemonade, fruit juices.
- Read the ingredient list on all packaged foods.

Easy Snacks for Home, Work, or Travel

- Fresh fruit or fruit juice
- Fresh raw vegetables
- Dried fruits such as raisins
- Applesauce
- Popcorn
- Unsalted nuts
- Sodas other than those with Red Dye #3 (E127 in the UK)
- Unsalted peanut butter or other nut butters (great with apple slices, carrot sticks, crackers, and rice cakes)
- Unsalted Matzo crackers, other unsalted crackers
- Homemade low-iodine bread or muffins

Easy Quick Meals

- Oatmeal with toppings (cinnamon, honey, applesauce, maple syrup and walnuts, fruit)
- Grilled fresh meat, vegetables, fresh fruit, or baked apple
- Salad topped with grilled chicken or beef, oil and vinegar dressing
- "Sandwich" with Matzo crackers, plain peanut butter, jelly

Where can I learn more?

For more details and recipes visit: <http://www.thyca.org/pap-fol/lowiodinediet/>

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Adapted from: ThyCa. Low Iodine Cookbook, 8th edition, 2015. Access at: <http://www.thyca.org>

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