

Community Medical Center Nuclear Medicine Department

Low Iodine Diet

In preparation for your procedure, you are asked to follow the attached low iodine diet.

The purpose of this diet is to enhance your diagnostic imaging procedure or therapeutic radioactive iodine treatment. The low iodine diet will deplete your body and thyroid gland of its natural stores of iodine to help make the radioactive iodine treatment more effective. The premise is that when the radioactive iodine is administered, the thyroid cells will “suck” up the iodine because they have been “starved” of iodine.

Iodine is used in the care/feeding of animals, as a stabilizer and/or safety element in food processing, and as a component of red food dyes. Many salt preparations are also supplemented with iodine. Therefore, it may be found in varying amounts in all food and beverages, the richest sources appear to be iodized salt, dairy products, fish, processed meats, pudding mixes, candies, frozen dinners, “fast” foods, and food containing artificial red colorings.

This diet is deficient in calcium because all dairy products must be avoided due to their high iodine content. Calcium supplementation with 1000-1200 mg of calcium carbonate is, therefore recommended.

For patients having Whole Body Iodine Scans and/or radioactive iodine treatment for thyroid cancer should begin the low iodine diet two (2) weeks before testing and continue through the testing and treatment period.

For patients having radioactive iodine treatment for Grave’s disease, hyperthyroid disease or toxic adenoma/goiter, the length of the diet will vary. Patients will be instructed by the Nuclear Medicine staff.

For all patients receiving radioactive iodine treatment, the diet should be maintained until two (2) days after the treatment.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE CALL THE
NUCLEAR MEDICINE DEPARTMENT AT 732.557.8000, EXT 11159.

Sample Meal Plans

AVOID IODIZED SALT, SEA SALT, SALTY FOODS AND MULTIVITAMINS CONTAINING IODINE. YOU MAY BUY NON-IODIZED SALT (KOSHER) AND USE AS NEEDED

Breakfast	No eggs or egg substitutes allowed Any fresh fruit or fruit juice (not canned) 1-2 slices bread/toast (total sodium content is less than 20 mg per serving) Natural honey & jams (no food coloring) Black coffee or clear tea (may use non-dairy creamer in moderation) Cereal without milk (shredded wheat, puffed rice, raisin brand)
Lunch	Homemade vegetables or chicken soup 3-4 oz fresh poultry, roast beef, lamb, veal, pork Fresh vegetables (not canned, frozen allowed if no salt added) Salad, with oil and vinegar dressing (no store bought dressings) Fresh potatoes (without skin), homemade rice (not enriched or packaged mix) Coffee, tea or 100% fruit juice (natural, not canned)
Dinner	3-4 oz fresh poultry, roast beef, lamb, veal, pork Pasta (with no salt or eggs added) Homemade tomato sauce made from fresh tomatoes or canned – No Salt added. Fresh vegetables (no canned, frozen allowed if no salt added) Fresh potato (without skin) Homemade rice (not enriched or packaged mix) Coffee, tea or 100% fruit juice (natural, not canned)
Snacks	Avoid soda (except Sprite, 7-UP) Fresh fruits and vegetables (carrot and celery sticks) Popcorn (homemade with non-iodized salt and olive or vegetable oil) Rice cakes (no salt added) Natural sorbets (no food coloring or added salt)

Category	Foods Allowed	Food to Avoid
Dairy	<u>None allowed</u>	Ice cream Cheese Pudding Milk Yogurt/cottage cheese Evaporated Milk Sour Cream
Protein	Small portions (3-4 oz) fresh chicken, turkey, beef, pork, veal	Luncheon meats Bacon, sausage frankfurters Egg yolks
Fish	<u>None allowed</u>	Shellfish, seafood Seaweed, kelp Sardines, canned tuna
Grains Starches	Fresh potatoes (without skin) Homemade rice (not enriched or packaged mix) Pasta (with no salt or eggs added) 1-2 slices bread per day if total sodium content is less than 20 mg per serving	Egg noodles Pastry/cookies Packaged rice mixes
Fruits	Fresh fruits and 100 % natural juices Dried fruit, no food coloring or salt	Canned fruit and fruit juices
Vegetables	All fresh, except spinach	Canned vegetables Vegetables with sauces Pickles, sauerkraut, beans and soy-bean products No cans or jars of tomato/pasta sauces
Snack Foods	Popcorn (homemade with non-iodized salt and olive or vegetable oil) Rice cakes (no salt added) Cereal without milk (shredded wheat, puffed rice, raisin brand)	Candy Pretzels Salted chips Corn chips Crackers Chocolate
Miscellaneous	Unsalted peanut butter Natural honey and jams Vegetable and olive oil Margarine, no sat added Onion and garlic powder Vinegar Fresh and dehydrated herbs Egg whites Matzoh	Carnation instant breakfast Carnation Slender bars Figurine diet bars Bouillon cubes Meat tenderizers Canned/powdered soups Salted peanut butter Salted Butter/margarine Commercial salad dressings Salted nuts Cocoa mix Garlic or onion salt Ketchup, mustard, mayonnaise, olives Soy products (sauce, milk, tofu) E127 Erythrosine food coloring Foods that contain carrageen, agar, algin, or alginate
Breads Allowed on Low Iodine Diet	Arnold Jewish Rye Pepperidge Whole Grain Country Kitchen Hearty Canadian Brown, Giant White or Split Wheat J.J. Nissen Italian	