

Nutrition Recommendations

Sample of low iodine meals can be obtained from the low iodine cookbook available online at thyca.org.

Foods to Avoid

Table salt and sea salt

Dairy Products (milk, yogurt, cheese, butter, ice cream, sour cream, chocolate)

Egg Yolks

Seafood (fish, shellfish, kelp, seaweed)

Soy

Food prepared in restaurants

Prepared foods containing carrageenan (e.g., beer, gelatin desserts, etc.)

Cured and corned food (e.g., ham, smoked fish, corned beef, sauerkraut)

Breads with iodinated dough conditioners (i.e., white bread)

Canned vegetables

Commercial baking products

Molasses

Medications or vitamins containing iodine (check with your Endocrinologist)

Foods containing Red Dye #3 (food/pills that are red/brown, colas)

Foods You Can Eat

Non-iodinated salt (i.e., Kosher salt)

Grains, cereals, and rice (Basmati rice is best for the diet), up to 4 servings per day

Fresh meats up to 5 oz per day (avoid fresh turkey/chicken that are injected with highly salted broth—check package labels)

Unsalted nuts or nut butters

Rye or whole wheat bread or Matzos crackers

Fresh fruits

Raisins and other dried fruit

Fresh vegetables

Sugar, jelly, honey, maple syrup

All vegetable oils

Vegetables, fruit juice, lemonade, soda, wine (Avoid Red Dye #3)

Unsalted rice cakes

Popcorn (homemade)

Sorbet (with no salt, dairy, or Red Dye #3)