

## SIMPLIFIED LOW IODINE DIET

This diet is designed to lower your daily iodine intake to about 50 micrograms (ug) per day instead of greater than 800 ug per day that we usually eat. **AVOID THE FOLLOWING FOODS HIGH IN IODINE UNTIL YOUR RADIOIODINE TEST IS COMPLETED:**

1. Iodized onion, garlic, or sea salt (*non-iodized is allowed*).
2. Milk or other dairy products such as ice cream, cheese or yogurt.
3. Eggs or canned, salted, corned or cured meats such as bacon, sausage, salami, corned beef, or ham (*fresh meats are allowed*).
4. Seafood including fish, shellfish, lox, kelp or seaweed (*common in Asian or processed foods as algin, alginates, or carrageen*).
5. Store-bought white breads (*whole wheat or rye are allowed*).
6. Red or pink dyed foods such as cereals, candies or vitamins.
7. Canned vegetables and fruits (*fresh or frozen is allowed*), all restaurant foods, soy sauce or milk.
8. Instant coffee or tea, store-bought lemonade (*brewed coffee or steeped is allowed*).

Read ingredient labels and avoid foods, vitamins or food supplements containing iodine, iodates or iodides.

Sample Menu for Low Iodine Diet		
Breakfast	Lunch	Dinner
Orange Juice	Roast Beef (or turkey)	Lettuce
Oatmeal	Noodles	Oil and Vinegar
Sweet Butter (or margarine)	Green Beans	Fresh Pork
Sugar	Fresh Apple	Baked Potato
Brewed Coffee	Sweet Butter	Fresh Broccoli
	Graham Crackers	Sweet Butter

++No powdered milk

++Soft drinks are allowed as long as they do not come in a can

**Be sure to contact your AAEDA physician if you have any questions regarding the diet, or you may contact a St. Joseph Mercy Hospital Nuclear Medicine Technologist at 734.712.7130.**