

Low-Iodine Diet and/or Lasix Preparation

Start Diet Three to Seven days before scan date

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 3-7 days before a radioactive iodine scan or radioactive iodine treatment. (May be longer if on radioactive iodine treatment).
- Avoid food high in iodine (over 20mcg per serving). Eat any foods low in iodine (up to 5 mcg per serving). Limit the quantity of foods moderate in iodine (5 to 20 mcg per serving).
- **Read the ingredient lists on the labels of packaged foods.**

Generally, do not consume:

- **Iodized table salt (Non-iodized salt is fine)**
- **Fast food**
- **Sea food**
- **Dairy (Small portions or very low quantities are fine)**

NOT Allowed-Avoid These Foods and Ingredients

- Iodized salt, sea salt, and any foods containing iodized salt and sea salt.
- Seafood and sea products (fish, shellfish, seaweed tablets, kelp, 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
- Most chocolate (due to milk content). Cocoa powder and some dark chocolates are allowed.
- Some molasses (if sulfured or blackstrap, which is concentrated and has a bitter taste). The milder, fairly sweet unsulfured molasses usually used for cooking is okay.
- Soybeans and soybean products such as tofu, TVP, soy mil, soy sauce. The NIH diet says to avoid some other beans: red kidney beans, lima beans, navy beans, pinto beans, and cowpeas.
- Potato skins. The inside of the potato is fine. Avoid rhubarb also.
- Iodine-containing vitamins and food supplements.
- If you're taking a medication containing iodine, check with your physician.

Easy Snacks for Home, Work, or Travel

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

Allowed Foods and Ingredients

- Fruits except rhubarb and maraschino cherries (with Red Dye #3)
- Vegetables: raw or frozen without salt, except soybeans and (according to the 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 (excepts with Red Dye #3), 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 Quick Meals

- Oatmeal with cinnamon or honey; plus 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

Start Diet: _____

Finish Diet : _____ (after scan is complete)

*For details, and a free downloadable Low-Iodine Cookbook, visit www.thyca.org

***Note: With Lasix, start this diet 4 days before the scan date. Without Lasix, start this diet 7 days before the scan date.

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