LOW IODINE DIET

The purpose of the low-iodine diet is to deplete the body of its natural stores of iodine to help make the radioactive test and treatment more effective. The premise is that when the radioactive iodine is administered, the thyroid cells will "suck" up the iodine because it has been so depleted.

Eliminate the following foods from your diet for 2 weeks before your scan. After the scan, if treatment is indicated, you will continue the diet until the treatment has been completed.

- Vitamins with iodine (If you are unsure, do not take them
- Seafood (saltwater and fresh water fish and shellfish
- Iodized salt, sea salt
- Canned foods: soups, meats, sauces
- Chocolate
- Soy sauce
- Processed meats: hotdogs, lunchmeat, bacon, ham, corned beef, sausage, and canned meats.
- Sauerkraut
- Bread mixes, pancake and muffin mixes
- Molasses
- Food containing red-dyes
- Foods with "iodate" added

Restrict the following foods to a total of no more than 1-2 servings per day:

- Milk
- Yogurt
- Ice cream
- Non-dairy coffee creamer
- Cheese
- Eggnog

DO YOUR BEST !

For further information and recipes check the following web site: www.thyca.org
or call toll-free **1-877-588-7904.**