

Tri-City Endocrinology and Metabolism  
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## Low Iodine Diet

Prior to whole body scan, radioactive iodine therapy and radioactive uptake and scan or if your current diet is high on iodine.

Three weeks prior to your test, and until the end of your radioactive test; avoid the following foods that are high in iodine:

1. Iodized salt, sea salt. Salt substitutes without Iodine are OK in small amounts.
2. Milk or other dairy products including ice cream, cheese, yogurt, etc.  
Exception: when in small amounts in prepared foods.
3. Eggs
4. Seafood, including fish, shellfish, kelp or seaweed.
5. Breads made with iodate dough conditioners.
6. Red food dyes such as in red or pink cereals, candies or vitamins.
7. Minimize restaurant foods.

Check ingredient labels and avoid food containing any of the following:  
Iodized salt, sea salt, iodates, iodides, algin, alginates, carragen or agar.

Although the food industry generally does not use iodized salt in processing, most of the table salt used in American households is iodized. Restaurant food often is high in iodine content. Seaweed derivatives such as algin are often used as stabilizers in processed foods. Food products that contain small amounts of milk or eggs may be used.

A hidden source of iodine is a food color known as Red Dye No. 3, used in foods and medicines. Since there are various types of red food color, it is difficult to differentiate in which foods it has been used. Ask about discontinuing any red-colored or iodine-containing medicine you are taking if it contains dye. Your pharmacist can also be a resource. A sample diet and low iodine cookbook can be found on:  
[http://www.cc.nih.gov/cc/patient\\_education/pepubs/lowio.pdf](http://www.cc.nih.gov/cc/patient_education/pepubs/lowio.pdf)