

Handy One-Page LID Summary

For the detailed **Free Low-Iodine Cookbook** with hundreds of delicious recipes, visit www.thyca.org.

Key Points

- This is a Low-Iodine Diet (“LID”), *not* a “No-Iodine Diet” or an “Iodine-Free Diet.” The American Thyroid Association suggests a goal of under 50 micrograms (mcg) of iodine per day.
- The diet is for a short time period, usually for the 2 weeks (14 days) before a radioactive iodine scan or treatment and 1-3 days after the scan or treatment.
- Avoid foods and beverages that are high in iodine (>20 mcg/serving). Eat any foods and beverages low in iodine (< 5 mcg/serving). Limit the quantity of foods moderate in iodine (5-20 mcg/serving).

Foods to AVOID	Foods to ENJOY
<ul style="list-style-type: none">• Iodized salt, sea salt, <i>and any foods containing</i> iodized salt or sea salt• Seafood and sea products (fish, shellfish, seaweed, seaweed tablets, calcium carbonate from oyster shells, carrageenan, agar-agar, alginate, arame, dulse, furikake, hiziki, kelp, kombu, nori, wakame, and other sea-based foods or ingredients)• Dairy products of any kind (milk, cheese, yogurt, butter, ice cream, lactose, whey, casein, etc.)• Egg yolks, whole eggs, or foods containing them• Bread and bakery products containing iodine/iodate dough conditioners or high-iodine ingredients such as dairy, eggs, salt• Red Dye #3 (erythrosine or E127 in the EU/UK)• Maraschino cherries (due to the red dye)• Fruit cocktail (due to the Maraschino cherries)• Chocolate that contains dairy• Blackstrap molasses (other types are OK)• Soybeans and soybean products such as tofu, TSP/TVP, soy milk, soy sauce, soy flour; <i>except</i> soy oil and soy lecithin, which are OK.• Rhubarb• Potato skins• Vitamins and food supplements that contain iodine<ul style="list-style-type: none">➤ If you are taking medication or supplements containing iodine, check with your doctor.	<ul style="list-style-type: none">• Fruit, fresh, frozen, or jarred, salt-free and without red food dye; canned in limited quantities; also fruit juices• Vegetables: ideally raw or frozen without salt, except soybeans• Beans: unsalted canned, or cooked from the dry state• Unsalted nuts and unsalted nut butters• Egg whites• Fresh meats (uncured; no added salt or brine solutions) up to 6 ounces a day• The insides of white and sweet potatoes (no skins)• Low-iodine homemade (and some commercial) baked goods• Grain and cereal products up to 4 servings per day, provided they have no high-iodine ingredients• LID-safe pasta (remember to avoid egg noodles)• Sugar, jelly, jam, honey, maple syrup, unsulfured molasses, agave nectar—check to avoid red food dyes• Black pepper, fresh or dried herbs and spices• Vinegars free of salt and red dye• Lemon, lime, and other citrus (for their juice & zest)• All vegetable oils, including soy oil• Vegetable shortening (i.e., the white solid variety)• Sodas (except with Red Dye #3, erythrosine, or E127), cola, diet cola, non-instant coffee and tea, beer, alcoholic beverages (except cooking wine), lemonade• Cocoa powder and some non-dairy dark chocolates

****Remember to check the ingredient list on all packaged foods****

Easy Snacks for Home, Work, or Travel	Easy Quick Meals
<ul style="list-style-type: none">• Fresh fruit or fruit juice• Raisins and other dried fruits• Unsalted nuts and nut butters• Homemade low-iodine bread or muffins• No-salt tortilla chips• Fresh raw vegetables• Salt-free applesauce• Popcorn with non-iodized/non-sea salt• Unsalted matzo and other unsalted crackers• LID-safe soda pop or lemonade	<ul style="list-style-type: none">• Freshly cooked oatmeal with toppings (cinnamon, honey, salt-free applesauce, maple syrup, unsalted nuts, fruit)• Fresh meat with vegetables, fresh fruit, and baked white or sweet potato (no skin)• Salad topped with grilled chicken, beef or pork, oil & vinegar dressing.• “PB&J” with LID-safe peanut butter, jelly, and salt-free matzo or fresh baked LID-safe bread• Baked apples for dessert (can be microwaved)

Our thanks to ThyCa’s medical advisors and conference speakers for the information and input.

Disclaimer: This information is intended for educational purposes only. It is not intended, nor should it be interpreted, as medical advice or directions of any kind. Any person viewing this information is strongly advised to consult their own medical doctor(s) for all matters involving their health and medical care.