

Preparing for Scans with a Low-Iodine Diet

Before undergoing radioactive scanning, you may be asked by your physician to follow a low-iodine diet. The following diet tips and sample menus may help you manage your low-iodine diet. Of course, as with other aspects of your therapy, it's important to consult with your healthcare provider about diet changes and other test preparation.

Foods you can eat

Kosher salt

Egg whites

Fresh non-cured meat from the butcher

Fresh fruits and vegetables, washed well
(limit bananas, spinach, and broccoli)

Frozen vegetables with no added salt

Canned peaches, pears and pineapples

Matza/ Matzah/ MatzoHomemade bread made from
non-iodized salt and oil (not soy) instead of butter or milk

Natural unsalted peanut butter

Clear sodas

Coffee or tea made with distilled water
(with non-dairy creamer only)

Popcorn popped in vegetable oil or air popped,
with non-iodized salt

Sorbet
(without FD&C red dye #3)



Foods to avoid that contain iodine

Iodized salt and sea salt

All dairy products (milk, sour cream,
cheese, cream, yogurt, butter, ice cream)

Margarine

Egg yolks

Seafood (fish, shellfish, seaweed, kelp)

Foods that contain carrageen, agar-agar, align, or alginate
(all of these are made from seaweed)

Cured and corned foods (ham, bacon, sausage, corned beef, tuna, etc.)

Marinated chicken or turkey

Dried fruit

Canned vegetables

Bread products that contain iodate dough conditioners

Chocolate

Molasses

Soy products (soy sauce, soy milk, tofu)

Foods that contain FD&C Red Dye #3



**Please
note**

A low-iodine diet does *not* restrict sodium or salt. It only restricts *iodized* salt or sea salt. Any salt that is labeled **non-iodized** may be used freely.

Menu Suggestions

The sample menus below are examples of meals that are suitable as part of a low-iodine diet

BREAKFAST Sample Menu

- ¼ cup quick-cooking oatmeal, ½ cup water or apple juice, 2 tsp. honey, and 2 tbsp. raisins (optional)
- 1 medium banana, apple, or pear
- 8 oz. (1 cup) orange, grape, or grapefruit juice (fresh or reconstituted with distilled water)
- 1 cup coffee or tea, with 2 tsp. sugar (optional) and 1 tsp. powdered non-dairy creamer (optional)
- 12 oz. (1 ½ cup) distilled water

LUNCH Sample Menu

- 1 roasted chicken breast (meat only) seasoned with black pepper, non-iodized salt, and fresh herbs
- 1 small garden salad seasoned with olive oil and lemon juice to taste
- 1 medium orange, apple, or plum
- 1 cup coffee or tea, with 2 tsp. sugar (optional) and 1 tsp. powdered non-dairy creamer (optional)
- 12 oz. (1 ½ cup) distilled water

DINNER Sample Menu

- 6 oz. fresh chicken, beef, or turkey breast, may use black pepper, fresh or dried herbs, vegetable oil to season
- 1 baked or mashed potato without skin
- 1 cup fresh vegetables (examples: green beans, carrots)
- 1 cup jello made with water (any color but red) or sorbet
- 12 oz. (1 ½ cup) distilled water

More Low-Iodine Diet Tips

- When you are maintaining your low-iodine diet, it would be wise to avoid restaurant food, as it is difficult to determine the exact ingredients being used to prepare the food
- You may want to shop and freeze or store your ingredients before starting your diet to avoid being tempted by iodine-containing foods at the store

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References

Thyroid Cancer Survivors' Association, Inc. (2015). *Low-Iodine Cookbook* (8th ed.). Accessed online at thyca.org February 2016.
The Light of Life Foundation, Inc. (2014). *The Light of Life Foundation Cookbook* (2nd ed.). Accessed online at lightoflifefoundation.org February 2016.

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MAT-US-2019034-v2.0-10/2023