

Instructions for Patients & Families



University of Pennsylvania Health System

UNIVERSITY OF PENNSYLVANIA HEALTH SYSTEM CLINICAL NUTRITION SUPPORT SERVICES

LOW IODINE DIET

For 7 days preceding your diagnostic scanning procedures and during the week of your scans, you must follow a **VERY LOW IODINE DIET**. The purpose of this diet is to enhance your scanning and treatment. If you receive radioiodine therapy, the diet should be maintained until 2 days after your treatment.

Iodine is used in the care/feeding of animals, as a stabilizer and/or safety element in food processing, and as a component of red food dyes. Many salt preparations are also supplemented with iodine. Therefore, it may be found in varying amounts in all foods and beverages. The richest sources appear to be iodized salt, dairy products, fish, processed meats, pudding mixes, candies, frozen dinners, “fast” food, and foods containing artificial colorings.

This diet is deficient in calcium because all dairy products must be avoided due to their high iodine content. Calcium supplementation with 1000-1200 mg of calcium carbonate is recommended.

**AVOID IODIZED SALT AND MULTIVITAMINS CONTAINING IODINE.
YOU MAY BUY NON-IODIZED SALT AND USE AS NEEDED.**

	FOODS ALLOWED	FOODS TO AVOID
Dairy	<ul style="list-style-type: none"> • None allowed 	<ul style="list-style-type: none"> • Ice Cream • Cheese • Pudding • Milk/ Evaporated milk • Yogurt/Cottage cheese • Eggnog • Sour Cream
Protein (meat)	<ul style="list-style-type: none"> • Small portions FRESH chicken, turkey (without injected broth), beef, pork, veal 	<ul style="list-style-type: none"> • All cured meats/Luncheon meats • Bacon, Ham, Sausage, chipped beef • Frankfurters, liver • Eggs, egg substitutes
Fish	<ul style="list-style-type: none"> • None allowed 	<ul style="list-style-type: none"> • Fish • Shellfish • Seaweed • Kelp • Sardines • Canned tuna
Grains/Starches	<ul style="list-style-type: none"> • Fresh potatoes (no skin) • Homemade rice (not enriched or a packaged mix) • Pasta (with no salt or eggs) 	<ul style="list-style-type: none"> • Egg noodles • Pastry/cookies • Packaged rice and pasta mixes • All other cold cereals

	<ul style="list-style-type: none"> • 1-2 slices of bread/day (if total sodium content is less than 20 mg per serving) • Cooked Hot cereals without added salt (not instant, i.e. oatmeal, cream of wheat) • Shredded wheat, puffed rice 	<ul style="list-style-type: none"> • Cakes, Pies • Instant cooked cereals
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FOODS ALLOWED

FOODS TO AVOID

Fruits	<ul style="list-style-type: none"> • Fresh fruit • Fresh fruit juices or smoothies (bottles or cartons of natural juice allowed) 	<ul style="list-style-type: none"> • Canned or dried fruit • Tang®, Hi-C® • Canned fruit juices
Vegetables	<ul style="list-style-type: none"> • All fresh except spinach • Homemade tomato sauce with fresh tomatoes 	<ul style="list-style-type: none"> • Canned or frozen vegetables spinach • Vegetables with sauces • Pickles • Sauerkraut • No cans or jars of tomato/pasta sauce
Miscellaneous	<ul style="list-style-type: none"> • Unsalted peanuts butter • Natural Honey • Vegetable and olive oils • Onion Powder • Garlic Powder • Vinegar • Fresh Herbs (plain, dried or fresh) • Natural jam (no food coloring added) • Non-dairy creamer • 100% pure maple syrup 	<ul style="list-style-type: none"> • Carnation Instant Breakfast® • Meat tenderizers, Figurine® diet bars, Carnation Slender Bars®, salted nuts, cocoa mix, garlic salt, onion salt, ketchup, mustard, olives, candy, canned soups, bouillon cubes, salted peanut butter, butter/margarine, commercial salad dressing • Multivitamins with iodine • Soy products (soy milk, tofu, soy sauce) • FOODS CONTAINING RED FOOD DYES (no red dye #3) • Restaurant foods
Snack Foods	<ul style="list-style-type: none"> • Popcorn popped with vegetable or olive oil and non-iodized salt • Unsalted Rice cakes • Natural Sorbet with no added coloring 	<ul style="list-style-type: none"> • Pretzels, Salted chips, Corn chips • Crackers • Red Jello • Candy, milk chocolate, Molasses
Fats	<ul style="list-style-type: none"> • Unsalted peanut butter • Unsalted nuts • Unsalted margarine or butter • Vegetable and olive oil 	<ul style="list-style-type: none"> • Salted peanut butter, butter or margarine • Commercial salad dressings, mayonnaise • Salted nuts
Beverages	<ul style="list-style-type: none"> • Black coffee, tea • Sprite, 7-Up • Water • Homemade lemonade 	<ul style="list-style-type: none"> • Cocoa mix • Kool-Aid, Hi-C • All other sodas • Carnation instant breakfast • Lemonade/iced tea mixes/all powdered drink mixes • Beer • Mineral water containing sodium

Sample Meal Plan

Breakfast

- Any fresh fruit or fresh fruit juices (no canned)

- 1-2 slices toast (as long as total sodium content per serving is less than 20mg) with natural honey, natural jam (no food coloring) or olive oil
- Black coffee or clear tea (may use nondairy creamer)
- Oatmeal
- **No eggs or egg substitutes allowed**

Lunch

- Homemade vegetable or chicken soup
- 3-4 oz. fresh poultry, roast beef, lamb, veal, pork
- Fresh vegetables (no canned, frozen allowed if no added salt)
- Salad, with homemade oil and vinegar dressing (no store-bought dressing)
- Fresh potato (without skin) or homemade rice (not enriched or a packaged mix)
- Coffee, tea or 100% fruit juice (natural, not canned)

Dinner

- 3-4 oz. fresh poultry, roast beef, lamb, veal, pork
- Pasta (with no salt or eggs added) with homemade tomato sauce (sauce made from fresh tomatoes, not canned)
- Fresh vegetables (no canned, frozen allowed if no added salt)
- Salad, with homemade oil and vinegar dressing (no store-bought dressing)
- Fresh potato (without skin) or homemade rice (not enriched or a packaged mix)
- Coffee, tea or 100% fruit juice (natural, not canned)

Snacks

- Avoid soda (except Sprite, 7-Up)
- Fresh fruits
- Fresh vegetables (including salads with homemade dressing, carrot or celery sticks)
- Popcorn (homemade with non-iodized salt and olive or vegetable oil)
- Rice cakes (no salt added) with unsalted peanut butter
- Natural sorbets (no food coloring or added salt)

REVISED 1/02
Reviewed 1/06, 12/08