

Low Iodine Diet

You are having a whole body radioiodine scan or treatment. To get ready for this test, **DO NOT** eat the following foods that are high in iodine:

1. Iodized salt;
2. Milk or other dairy products like ice cream, cheese, yogurt, etc.;
3. Eggs;
4. Seafood, including fish, shellfish, kelp, or seaweed;
5. Breads from a commercial bakery;
6. Foods that have red food dyes, such as red or pink cereals, candies, or vitamins;
7. Restaurant foods;
8. Chocolate (made with milk);
9. Molasses;
10. Soy products, such as soy sauce, soy milk, tofu, etc.;
11. Multivitamins.

The common table salt we buy in Canada has iodine added. You can buy salt with **no iodine** (“non-iodized”) at most grocery stores. This is OK to use. Food made from fresh meats or poultry (like chicken or turkey), fresh or frozen vegetables, and fresh fruit are all fine for this diet.

Looking for more health information?

Contact your local public library for books, videos, magazines, and other resources.
For more information go to <http://library.novascotia.ca>

*Nova Scotia Health Authority promotes a smoke-free, vape-free, and scent-free environment.
Please do not use perfumed products. Thank you!*

Nova Scotia Health Authority
www.nshealth.ca

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