

A Brief Guide to Following a Low Iodine Diet (LID) In Canada

The information below provides only the basics of a LID. For further important details see:
www.thryvors.org/pdf/Thryvors_LIDFAQ.pdf

- A LID may be prescribed for approximately 14 days before and 2 days after radioactive iodine (RAI) is given, either for treatment of thyroid cancer or for monitoring via RAI scans.
- A LID (less than 50 micrograms of iodine per day) requires avoiding certain foods that have a high iodine content and limiting those foods with a moderate iodine content. Other foods with little or no iodine may be eaten as desired.
- Choosing foods for a LID requires careful label reading to ensure that the food contains only ingredients that are allowed on a LID.

The following foods and ingredients are NOT ALLOWED on a LID:

- Iodized salt, sea salt, or any specialty salt that contains iodine or sea salt
- Any food containing iodized salt or sea salt, including meat and poultry packaged or treated with brine and any cured meats such as ham, bacon, corned beef, lox, wieners and luncheon meats
- All restaurant and take-out foods
- Sea products including the following foods or ingredients: fish, shellfish, alginate, algin, algae, agar, carrageenan, nori, dulse, seaweed and kelp
- Dairy products; egg yolks, whole eggs or any product containing dairy or egg yolk
- Soybeans or soy protein products including soy sauce, soy milk and tofu (soy lecithin and soybean oil are allowed)
- Potato peel or skin (the flesh of the potato is allowed); rhubarb
- Red dye #3 or erythrosine (used in some red coloured foods, drinks and medications); nutritional supplements containing iodine

The following foods and ingredients are ALLOWED on a LID (Read list of ingredients and other information on labels of packaged foods):

- Bread and cereal products (limit to 4 servings per day) made with allowed ingredients (i.e. no salt, egg, milk); unsalted oatmeal, pasta, rice; salt-free crackers, rice cakes, matzo, popcorn
- Fruit and vegetables (unsalted) and juices except: the skin of potatoes, rhubarb and any fruit or juice containing red dye #3 such as maraschino cherries or red/pink juice drinks
- Unsalted nuts, nut butters and lentils; egg white; unsalted meat and poultry (limit to 5 ounces per day)
- Vegetable oils; salt-free margarine if made from allowed ingredients (no dairy)
- Fresh or dried herbs; salt-free spices or spice mixes; wine vinegar; non-iodized salt
- Sugar (white or brown), honey, maple syrup, marshmallows, hard candy, sorbet, gelatin, jams and jellies (without red dye #3); raisins, homemade desserts (with allowed ingredients); dark chocolate (non-milk); Sesame Snaps® and Popsicles®
- Soft drinks (without red dye #3); coffee/tea (no dairy); alcohol if approved by doctor

Disclaimer: This information is not intended as, and should not be interpreted as, medical advice. For a specific LID plan, consult your own medical doctor(s). Vegetarians and those with a medical condition requiring a special diet should ask their doctor for a referral to a Registered Dietitian.