## **LOW IODINE DIET**

## IODIZED TABLE SALT SHOUD NOT BE USED

The iodine content of food is exceedingly variable and depends largely upon the geographical locale where food is produced, animal feeding practices and food processing techniques.

The following is a list of foods to be avoided or used in moderate amounts in order to maintain a diet which is low in iodine.

- limit milk to 125ml (1/2 cup) per day

- 30gms (1 ounce) of cheese may be substituted for the milk allowed, if

desired

**Fish and Seafood** - avoid all seafood and saltwater fish

- fresh water fish is permitted once per

week

**Meat and Poultry** - limit meat or poultry to 125gms

(5 ounces) cooked weight per day

Eggs - limit to three per week

Grain and Cereal Products - whole cereal grains are rich in iodine

and should be used in restricted amounts

i.e. twice/week

- white bread or white bread rolls are

relatively low in iodine content and may be used as

desired

Vegetables - avoid using kelp, broccoli, spinach

- restrict potatoes to no more than one

small potato daily

- all other vegetables can be used as desired

Fruits, Fruit Juices - as desired

## READ THE LABELS OF PRODUCTS YOU ARE PURCHASING

<u>Erythrosine</u> is an iodine containing red coloring agent which may be present in various foods (in particular ice cream, jelly, ice cream topping); <u>calcium or potassium iodate</u> are dough conditioners which may be used in bread and other baked goods.

- food additives derived from algae, such as <u>alginates</u>, <u>agar-agar</u> and <u>carrageenan</u> contain iodine and are used widely in food processing
- potassium iodide and kelp are often added to seasoning mixes.
- iodine may be added to vitamin and mineral preparations, cough syrups or other medications.
- some water treatment systems have iodine added (note: Toronto water does not have iodine added).