

LOW IODINE DIET

IODIZED TABLE SALT SHOULD 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.

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| Milk and Milk Products | <ul style="list-style-type: none">- all dairy products are rich 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 | <ul style="list-style-type: none">- avoid all seafood and saltwater fish- fresh water fish is permitted once per week |
| Meat and Poultry | <ul style="list-style-type: none">- limit meat or poultry to 125gms (5 ounces) cooked weight per day |
| Eggs | <ul style="list-style-type: none">- limit to three per week |
| Grain and Cereal Products | <ul style="list-style-type: none">- 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 | <ul style="list-style-type: none">- 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 | <ul style="list-style-type: none">- as desired |

READ THE LABELS OF PRODUCTS YOU ARE PURCHASING

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

- food additives derived from algae, such as alginates, agar-agar and carrageenan 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).