

Important Notes:

- * Follow this diet for at least two weeks before treatment or according to your doctor's advice.
- * Drink plenty of water and maintain balanced nutrition.
- * Always check ingredient labels for hidden sources of iodine.
- * For in-patients requiring a low iodine diet during admission, a limited selection of low-iodine food items is available for ordering via nursing station during admission (please see attached). For further special diet requests, please contact dietetic unit for dietitian arranged meal consultation one week prior to admission.

Reference:

Petroski, W., & Minich, D. M. (2020). Is There Such a Thing as "Anti-Nutrients"? A Narrative Review of Perceived Problematic Plant Compounds. *Nutrients*, 12(10), 2929.

Pehrsson PR, Patterson KY, Spungen JH, Wirtz MS, Andrews KW, Dwyer JT, Swanson CA. Iodine in food- and dietary supplement-composition databases. *Am J Clin Nutr*. 2016 Sep;104 Suppl 3(Suppl 3):868S-76S.

Yang Y, Wang G, & Pan X. (Eds.). (2002). China Food Composition Table 2002. The Institute of Nutrition and Food Safety, Chinese Center for Disease Control and Prevention. China: Peking University Medical Press. ISBN: 7-81071-180-6.

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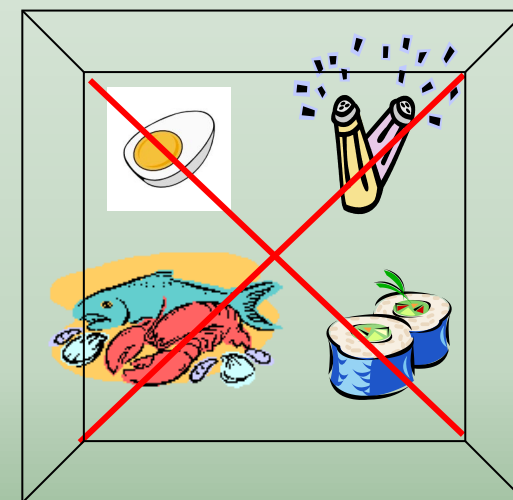
- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong / Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24, 27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
- * Lok Fu: 5 mins by taxi
- * Mongkok: by red line minibus, get off at Lomond Road
- * Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
- * Mongkok East: about 5 minutes by taxi
- * Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154



St. Teresa's Hospital
聖德肋撒醫院

Low Iodine Diet

(Short term diet in preparation for
radioactive iodine treatment)



Health Information

	Foods to avoid – foods high in iodine or affect iodine uptake	Foods allowed
Seafood	<ul style="list-style-type: none"> ● Seafood and all seafood products (fish, shellfish, shrimp, crab, seaweed, kelp, nori) 	<ul style="list-style-type: none"> ● None
Soybean	<ul style="list-style-type: none"> ● Soybean (yellow & black soybeans, edamame) and all soybean products (soy sauce, tofu, soy milk, Textured Vegetable Protein (TVP)) 	<ul style="list-style-type: none"> ● Soy oil or soy lecithin
Meat	<ul style="list-style-type: none"> ● Cured and processed meat and meat products (cold cuts, deli meats, ham, bacon, corned beef, sausages) ● Liver, and organ meats/offal 	<ul style="list-style-type: none"> ● Fresh or frozen meats – beef, chicken, pork, lamb
Eggs	<ul style="list-style-type: none"> ● Egg yolks and foods containing whole eggs 	<ul style="list-style-type: none"> ● Egg white
Beans and nuts	<ul style="list-style-type: none"> ● Red kidney beans, lima beans, navy beans, pinto beans, cowpeas ● Salted nuts and salted nut butters 	<ul style="list-style-type: none"> ● Garbanzo beans (chickpeas) (limit to ~1/2 cup per day) ● Unsalted nuts and unsalted nut butter
Milk and milk alternatives	<ul style="list-style-type: none"> ● Dairy products (milk, cheese, yogurt, butter, ice cream) 	<ul style="list-style-type: none"> ● Non-dairy, non-soy milk alternatives (check label for iodine additives)
Seasoning and condiments	<ul style="list-style-type: none"> ● Iodized salt, sea salt and products containing iodized salt ● Processed foods with additives: Carrageenan (E407), Alginates (E400–E405), Agar-agar (E406), Erythrosine/FD&C Red Dye #3 (E127) ● Soy Sauce, Commercial chicken powder (may contain iodized salt, soy sauce powder and egg—check labels)* ● Black molasses 	<ul style="list-style-type: none"> ● Non-iodized salt or Table Salt ● Oil, vinegar, herbs, black pepper ● Cornstarch, baking soda ● Homemade chicken broth ● Sugar, honey, maple syrup
Vegetables	<ul style="list-style-type: none"> ● Rhubarb ● Vegetables below <u>should be eaten cooked</u>: Spinach, Cruciferous vegetables (such as broccoli, kale, cabbage, cauliflower, Choy sum, Chinese kale, Bok-choy, water cress, radish/turnip) 	<ul style="list-style-type: none"> ● All raw, fresh or frozen (unsalted) vegetables, except for the ones mentioned under “Foods to avoid”
Fruits	<ul style="list-style-type: none"> ● Maraschino cherries (may be found in fruit cake and cocktails due to red dye) 	<ul style="list-style-type: none"> ● All fresh and frozen fruits and fruit juices.
Grains	<ul style="list-style-type: none"> ● Commercial bread or bakery products (may contain iodized salt, iodate dough conditioners, or egg) 	<ul style="list-style-type: none"> ● Homemade bread (without iodized salt) ● Any grains without iodine containing ingredients (rice, pasta, oats)
Beverages	<ul style="list-style-type: none"> ● Dairy-based or Soy-based drinks 	<ul style="list-style-type: none"> ● Water, fruit juices, lemonade, tea and coffee (without milk) ● Other Beverages (check label for iodine additives)
Others	<ul style="list-style-type: none"> ● Milk chocolate, chocolates with dairy ingredients 	<ul style="list-style-type: none"> ● Pure cocoa powder, dark chocolate (70% cocoa or higher, dairy-free—check labels)