



## The LID Life Community: Low Iodine Diet Guidelines

(Adapted from the National Institutes of Health and the American Thyroid Association)

The purpose of this diet is to deplete your body of iodine to avoid competition with the radioactive iodine. This diet is usually for 2-3 weeks before RAI and 24-72 hours after RAI (your doctor will give you specific instructions on the length of the diet).

### **\*\* DO NOT REMOVE SALT FROM YOUR DIET (USE NON-IODIZED SALT) \*\***

This is especially important for patients that are undergoing medication withdrawal. Thyroid medication withdrawal results in hypothyroidism and hyponatremia, and salt restriction in this group is VERY dangerous.

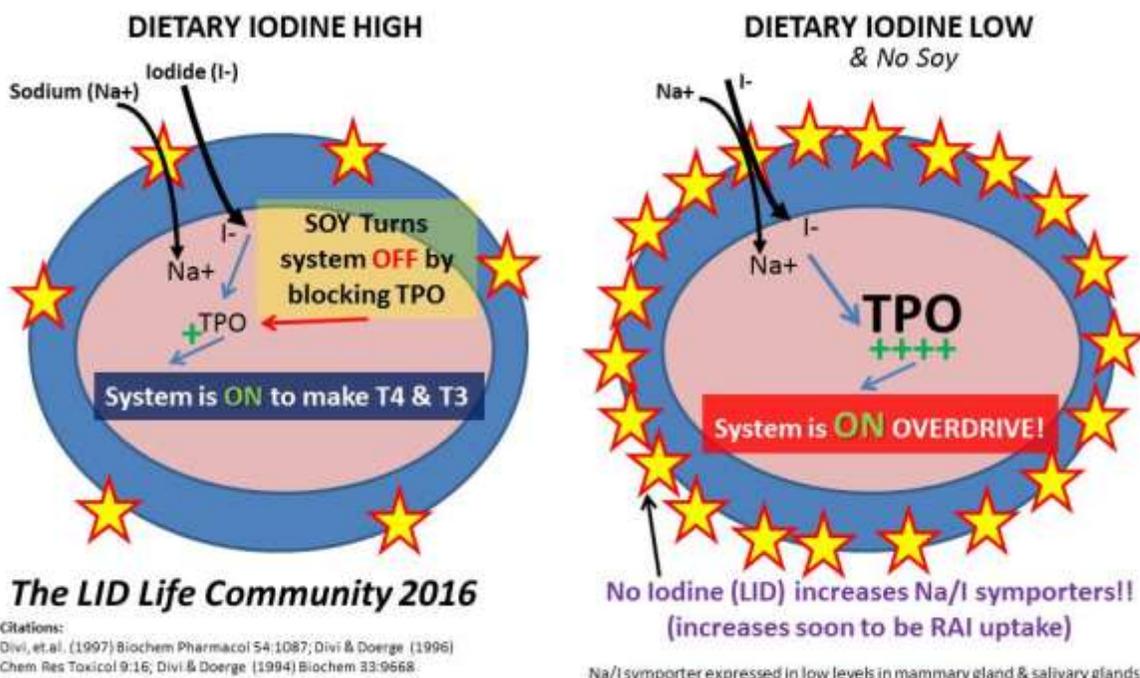
#### MAJOR SOURCES of IODINE and BANNED INGREDIENTS:

- Iodized salt and sea salt (includes Himalayan salt)
- Milk and dairy products (includes whey and lactose)
- Egg yolk (anything with whole eggs)
- Seafood
- Red dye #3 (erythrosine)
- Bread conditioner iodate (iodine, iodate, iodide)
- Blackstrap Molasses (sulphered molasses)
- Food additives (carrageen, agar-agar, alginate, nori, algin, algae, kelp, seaweed, spirulina)

#### MAJOR SOURCES THAT INTERFERE WITH IODINE UPTAKE:

- Soy products (**except soy oil and soy lecithin**)

**\* MORE EXAMPLES ARE LISTED IN OUR LLC ALBUMS**



**Figure 1.** The effects of low iodine diet and lack of soy on thyroid cell function.



#### SOYBEAN OIL AND SOY LECITHIN:

- Soy oil and soy lecithin are both okay. Thyca.org <http://www.thyca.org/pap-fol/lowiodinediet/>
- The founder of the Low Iodine Diet:  
As Dr. Kenneth Ain explains in the book's Introduction: "Soy lecithin is extracted from soy oil, rather than the protein parts, and has just trace amounts of soy proteins (only enough to bother people with soy allergies). Soy oil, in reasonable amounts (usually as part of a vegetable oil mixture or a minor ingredient) won't add any discernible iodine to the diet and is not goitrogenic. There is no reason to think that soy lecithin is in any way unsafe for the LID. The major reason for misconceptions regarding lecithin and iodine has to do with the term "iodine number." This is an organic chemistry term meaning "a number expressing the percentage of iodine absorbed by a substance; performed as a measure of the proportion of unsaturated linkages present and usually determined in the analysis of oils and fats." The "iodine number" has nothing to do with content of iodine and is merely a laboratory test used when analyzing lecithin. So, don't worry if the label of your food item lists lecithin." [http://yourhealthpress.com/book\\_lidcookbook.shtml11](http://yourhealthpress.com/book_lidcookbook.shtml11)
- Soy oil do not contain isoflavones (these are genistein and daidzein that block TPO). [http://extension.agron.iastate.edu/soybean/uses\\_isoflavones.htm](http://extension.agron.iastate.edu/soybean/uses_isoflavones.htm)
- Other sources: about soy oil/soy lecithin not containing the soy protein: [http://www.hopkinsmedicine.org/healthlibrary/conditions/allergy\\_and\\_asthma/soy\\_allergy\\_diet\\_85,P00036/](http://www.hopkinsmedicine.org/healthlibrary/conditions/allergy_and_asthma/soy_allergy_diet_85,P00036/)

#### **Short List to Banned Ingredients:**

Short list to help read labels: iodized salt, anything from the sea, Himalayan salt, sea salt, red dye #3 (erythrosine), dairy, agar, algin, alginates, bean curd, blackstrap molasses, carrageenan, egg yolks, iodates, iodides, lactose, povidone-iodine, sodium caseinate, soy beans, soy flour, soy protein, spirulina, tempeh, tofu (bean skin), whey, yuba.

(Most forms of soy are banned on LID but soy oil and soy lecithin are LID safe)

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TYPE OF FOOD	FOODS ALLOWED	FOODS NOT ALLOWED
<b>GRAINS, STARCHY VEGGIES, CEREALS, VEGGIES</b>	<p><b>All:</b>            Examples of grains: pasta, bulgar, wheat, rice, couscous, oats, quinoa, polenta, cornmeal</p> <p>Examples of starchy veggies: sweet potatoes, potatoes, peas, lentils, beans, corn</p> <p>Examples of cereals: oatmeal, grits, cream of wheat, corn flakes, wheat flakes, shredded wheat, rice crispies</p> <p>Examples of Veggies: Most fresh, frozen, canned veggies, beans, olives (safe manufacturers for pickled fruits and veggies)</p>	<p>Any foods prepared with banned ingredients.</p> <p>Nori (the black pepper in sushi rolls)</p> <p>Seaweed and seaweed salad</p> <p>Sea vegetables (kelp, algae, carrageen, etc)</p>
<b>FRUITS</b>	<p>All fresh or frozen fruits or fruit juices, canned fruits, dried fruits</p>	<p>Maraschino cherries and fruit cocktail (if red dye #3 present)</p>
<b>NUTS</b>	<p>All unsalted and unprocessed nuts</p> <p>Salted and roasted nuts produced by manufacturers that use non-iodized salt (see lid manufacture album)</p> <p>Unsalted peanut (or nut) butter or peanut butter produced by a lid safe manufacturer</p>	<p>salted nuts (unless it is in the safe manufacturer list)</p> <p>Trail mixes with milk chocolate pieces, M&amp;M's, yogurt covered pieces, white chocolate</p> <p>Watch out for carrageen, Himalayan, and sea salt</p>
<b>ANIMAL PROTEINS</b>	<p>All fresh red meats: beef, pork, lamb, veal</p> <p>All fresh poultry: chicken turkey</p> <p>Wild game: buffalo, venison</p> <p>Luncheon meats: chicken, ham turkey for lid safe brands</p> <p>Other foods: frankfurter, sausage, bacon from lid safe brands</p>	<p>Cured meats: pepperoni, salami, bologna (unless it is produced by a safe manufacturer)</p> <p>Meats injected with broth (iodized salt)</p> <p>Any foods prepared with banned ingredients.</p>



<p><b>DAIRY: MILK, YOGURT, CHEESE EGGS</b></p>	<p>Use substitutes: almond milk, hemp milk, rice milk, coconut milk, non-dairy cream substitutes</p> <p>Egg whites and egg substitutes made from egg whites</p>	<p>Milk (all kinds), buttermilk, powdered milk, milk-based drinks (egg nog, kefir, yogurt), cream, cream-based sauces, yogurt, cheese, ice cream, milk shakes, whey, lactose, butter</p> <p>Egg yolk, whole eggs</p> <p>If using a milk, butter, or cheese substitutes, check for banned ingredients</p> <p>Any foods prepared with banned ingredients.</p> <p>Watch out for carrageen and sea salt</p>
<p><b>BREADS, BAKED GOODS</b></p>	<p>Breads that do not have iodate, iodine, iodide as a bread conditioner</p> <p>Homemade breads made with allowed ingredients</p> <p>Store breads with allowed ingredients and from lid safe brands</p> <p>Homemade cakes, cookies, and fruit desserts with allowed ingredients</p> <p>Store baked goods with allowed ingredients from lid safe brands</p>	<p>Any bread with calcium iodate or potassium iodate on the label</p> <p>Any bread or baked goods with any banned ingredients</p> <p>Watch out for carrageen and sea salt</p> <p>Items that contain salt should be from one of the safe manufacturers. Check for banned ingredients (egg yolks, dairy, etc)</p>
<p><b>SNACK FOODS</b></p>	<p>Chips and Crackers: crackers, pretzels, graham crackers, chips, popcorns (from trusted manufacturers if contain salt)</p>	<p>hot milk chocolate, meal replacement with banned ingredients</p> <p>Any foods prepared with banned ingredients.</p>



<p><b>DESSERTS</b></p>	<p>sugary candies, fruit ice, popsicles, Jell-O, ice cream substitutes, cocoa, dark chocolate (dairy-free), fruit pies, cookies, Substitute ice cream and whip topping (from trusted manufacturers +)</p>	<p>Milk chocolate, white chocolate, puddings, custards, sherbet, ice cream, hot milk chocolate, any item with banned ingredients</p> <p>Remember to check dark chocolate for milk products and other banned ingredients</p>
<p><b>VEGAN PROTEINS</b></p>	<p>Beans, protein powders and meal replacements made from wheat, nuts, pea, etc</p>	<p>Soy milk, soy yogurt, protein powders made from milk, lactose, or whey</p>
<p><b>CONDIMENTS</b></p>	<p>Savory: catsup, mustard, gravy (without milk or butter), margarine from lid safe brands</p> <p>Sweet: honey, pancake syrup, jellies, unsulphered molasses (brown sugar)</p> <p>Dressings, marinades, herbs: oil, vinegar, non-creamy salad dressings, marinades, fresh and dried herbs and spices from lid safe brands</p>	<p>Cream sauces and toppings: cream, sour cream, creamy salad dressings, white or cream sauces</p> <p>Sweet: blackstrap molasses, sulphered molasses</p> <p>Other sauces, pastas, herbs: fish sauce, anchovy paste, spice mixtures or seasoning packets (unless safe manufacturer +)</p> <p>Any foods prepared with banned ingredients.</p>
<p><b>BEVERAGES</b></p>	<p>All except for milk, cream, or soy based</p> <p>Examples: water, coffee, tea, carbonated beverage, fruit juice, beer, wine, alcohol</p>	<p>Milk or cream</p> <p>Any beverage with banned ingredients</p>

- *Restaurants: only a few restaurants have LID safe options. These are available in the LLC restaurant album. For other restaurants, here are some tips to be lid safe: 1) choose plainly prepared foods, special request the food to not have banned ingredients (no sauces or salt), use oil and vinegar for your salad, ask for herbs and spices for food flavoring not salt.*
- *Weird items that may have banned ingredients: toothpaste, antiseptics, creams & lotions, cough medicine, calcium supplements (oyster shells), antibiotics (red dye 3).*
- Watch out for carrageen and sea salt

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