

## Foods to avoid for two weeks before 131-I scanning and treatment

Iodized salt or sea salt, including salty snacks
Milk or other dairy products (small amounts in prepared foods are allowed)
Eggs (small amounts in prepared foods are allowed)
Seafood, especially shellfish, kelp, or seaweed
Any item with added carrageen, agar-agar, algin, or alginates
Cured foods, such as ham, corned beef, and sauerkraut
Breads (usually white breads) made from iodate dough conditioners
Foods and medicine (eg, vitamin-mineral tablets) containing red food dyes
Chocolate
Molasses
Soy products
Restaurant foods and Asian food
Pizza
Chili
<b>Foods allowed</b>
Fresh meat
Poultry
Potatoes or rice
Wheat or rye bread
Fresh or frozen vegetables
Fresh or frozen fruit

*Adapted from Cavalieri, RR, Thyroid 1996; 5:485.*