

The dietary information below is an example of a 7 day low iodine diet used at Velindre Cancer Centre, Cardiff. Your hospital team may recommend a different diet content and duration.

Help with eating during radioactive Iodine treatment

Your doctor has advised you that in order to get the best from your treatment you need to make sure that you do not eat too many foods which are high in Iodine.

You will need to follow this advice for 7 days before you receive the radioactive iodine medicine. The following advice will help.

Avoid these foods

Fish paste
Cockles
Fish fingers
Kedgeriee
Haddock
Cod fillet
Laver bread
Fancy, filled chocolates (e.g. from a box)
Iodised salt
Dried skimmed milk powder

Limit these foods

Milk $\frac{1}{2}$ pint each day
Eggs 1 -2 each week
Cheese - a small amount about the size of a matchbox once or twice a week

Take only small amounts of these - choose 1 or 2 of these just once a week

Jaffa cakes
Toasted currant bread
Condensed milk
Trifle
Fried eggs
Kippers
Canned salmon
Canned pilchards
Marmite

Although certain foods appear to contain iodine it does not appear to be used by the body so these foods do not need to be avoided

Canned cherries
Glace cherries
Canned strawberries
Spam salami
Cough medicines
Certain vitamin and mineral preparations