



Low Iodine

This diet restricts foods prepared with iodized salt, foods high in naturally occurring iodine, and is low in sodium.

Breakfast (Available anytime)

Oatmeal
 Cream of wheat
 Corn flakes
 Mesa flakes with raisins
 Egg substitute (Eggbeaters)
 Rice porridge (plain or with green onions)

Available after 11am

Turkey in broth (ask for gluten free, low iodine)
 Turkey burger patty, no bun
 Lettuce, tomato and/or onion
 Allergy mash potatoes
 White or brown rice
 Green beans
 Braised mixed greens
 Steamed carrots
 Gluten free elbow pasta
 Mixed green salad, no dressing
 Vegetable snack box, no dressing

Snacks and Sides

Raisins
 Almonds
 Avocado
 Fruit selections: Sliced apple, Honeydew melon, pineapple, whole banana, seasonal whole fruit, applesauce
 Diet Jello (ask about current flavors)

Beverages

Juice (apple, orange, diet cranberry)
 Tea (chamomile, green)
 Peet's coffee (regular, decaf)

Condiments

Creamer
 Lemon wedge
 Smart Balance margarine
 Pepper
 Mrs. Dash herb seasoning
 Sweeteners: Sugar, brown sugar, Splenda, honey, breakfast syrup (regular or diet)

