



## Low Iodine

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

### Breakfast (Available Anytime)

Oatmeal  
 Cream of wheat  
 Corn flakes cereal  
 Mesa flakes with raisins cereal  
 Egg substitute (egg beaters)  
 Plain Juk with green onion garnish

### Available after 11am

Turkey in Broth (ask for gluten free, low iodine)  
 Turkey hamburger patty, no bun  
 Lettuce, onion or tomato  
 Allergy Mash Potatoes  
 White rice  
 Brown rice  
 Prince Edward mixed vegetables  
 Italian blend mixed vegetables  
 Steamed carrots  
 Steamed broccoli  
 Plain Pasta  
 Gluten Free Elbow Pasta  
 Mixed green salad, no dressing  
 Vegetable box, no dressing

### Snacks

Raisins  
 Almonds  
 Tangerine (seasonal)  
 Diced apple  
 Pineapple  
 Melon honeydew  
 Banana  
 Canned pears  
 Diet tropical jello  
 Applesauce

### Beverages

Apple juice  
 Orange juice  
 Cranberry juice, diet  
 Water  
 Tea – chamomile, green tea  
 Peet's coffee regular and decaf

### Condiments

Lemon wedge  
 Smart Balance margarine  
 Pepper  
 Mrs. Dash  
 Sugar  
 Brown sugar  
 Splenda  
 Honey  
 Breakfast syrup, regular or diet  
 Creamer, non-dairy creamer

