

Low Iodine Diet

Avoid the following foods for two weeks prior to your radioactive iodine test and until your scan and/or treatment, are completed.

- Iodized salt, sea salt and any vitamins or supplements that contain iodine
- Milk or other dairy products (including ice cream, cheese, yogurt, etc.)
- Egg yolks (note: egg whites are OK)
- Seafood including fish, shellfish, kelp or seaweed
- Foods that contain the additive carrageen, agar-agar, algin alginates
- Cured and corned foods (such as ham, lox, corned beef, sauerkraut)
- Commercially prepared bakery products that could be made with iodate dough conditioners
- FD&C red dye #3 - this appears in many foods or pills that are red or brown, including colas
- Dried fruits
- Canned vegetables
- Chocolate
- Molasses
- Soy products (soy sauce, soy milk, tofu)

Additional guidelines

- Avoid restaurant foods since there is no reasonable way to determine which restaurants use iodized salt.
- Foods that contain small amounts of milk or eggs may be used.
- Non-iodized salt may be used as desired
- Consult your doctor before discontinuing any red-colored medication

Note. Do not use any iodine antiseptics (on skin and/or Betadine douches).

Foods that are OK

- Egg whites
- Fresh non-cured meat from the butcher
- Matzoh
- Homemade bread made with non-iodized salt and oil (not soy!) instead of butter or milk
- Most fresh fruits and vegetables (but not too much spinach & broccoli), washed well
- Frozen vegetables that don't have high-iodine ingredients (like regular salt) added
- Canned peaches, pears and pineapples
- Natural unsalted peanut butter
- Clear sodas
- Coffee or tea, as long as it's made with distilled water. But remember, only non-dairy creamer!
- Popcorn popped in vegetable oil or air popped, with non-iodized salt
- Sorbet - but remember to check the ingredient list for FD&C red dye #3!

Additional ideas for recipes may be found on the following web sites:

<http://www.lightoflifefoundation.org/cookbook.asp>

www.thyca.org

<http://www.thyca.org/Cookbook.pdf>

The Light of Life Foundation Cookbook - Great Recipes for a Low Iodine Diet

Chicken Broth

2 large chickens
2 large onions or 2 leeks diced
5 carrots sliced in large chunks
Small bunch of parsley
pepper to taste

Add chickens and onions to 6 to 8 cups of boiling water. As it boils, skim dark foam off with a slotted spoon.

After boiling for about 20 minutes, add remaining ingredients. Boil slowly for about 40 minutes longer uncovered. When chickens are tender, remove from soup.

(You can always boil down broth if it is too watery).

Strain (to remove veggies) into 1 or 2 pint containers and keep for other recipes. It can be kept in the freezer for up to 5 months.

Strawberry-Spinach Salad

1/4 cup fresh-squeezed orange juice
1 teaspoon sugar
1 teaspoon poppy seeds
1/2 lb. fresh spinach
2 cups fresh, sliced strawberries[orange slices - optional]

Combine first four ingredients, stir well and set aside. Gently tear and toss spinach with strawberries. Arrange in individual plates and drizzle with one tablespoon of dressing.

SERVES 8

Eggplant Salad with Basil

3 medium eggplants, about 4 1/2 pounds in all, cut into 1 1/2 cubes (do not peel)
1 cup best-quality olive oil
4 garlic cloves, peeled and minced
2 large yellow onions, peeled, halved and thinly sliced
freshly ground black peppers, to taste
1 cup chopped fresh basil leaves, coarsely
chopped juice of 2 lemons

Preheat oven to 400F.

Line a roasting pan with foil and add eggplant. Toss with half of the olive oil and the minced garlic. Bake for about 35 minutes, until the eggplant is soft but not mushy. Cool slightly and transfer to a large bowl.

Heat remaining olive oil in a large skillet. Add sliced onions and cook, covered, over low heat until tender, about 15 minutes. Add onions to the eggplant.

Season generously with black pepper; add fresh basil and lemon juice. Toss together. Adjust seasoning and serve at room temperature.

SERVES 6 TO 8 PORTIONS

Watercress Salad With Endive And Orange

1 bunch watercress
2 Belgian endives
2 oranges
1 tablespoon white vinegar
1 tablespoon extra-virgin olive oil
freshly ground pepper to taste

Wash the watercress, pat dry and tear into bite-size sprigs. Cut the endives widthwise into 1/4 strips. Cut the rind [both zest and white pith] off the oranges to expose the flesh.

Make V-shaped cuts to remove the individual segments from the membranes, working over a large bowl to catch the juice.

Add the vinegar, oil, salt, and pepper to the orange juice in the bowl and whisk until blended. Just before serving, add the watercress, endives, and orange segments. Gently toss to mix and serve at once.

Mustard Glazed Carrots

2 lbs. carrots
3 1/2 tablespoons unsalted butter
1/2 teaspoon dry mustard (more to taste)
1/4 cup sugar
Chopped parsley

(For variety, you can add sweet potatoes and oranges) Scrape and clean carrots and then cut into 1/2 lengthwise; then cut in half again. Cook carrots until tender. In a small sauce pan, melt butter, add mustard and sugar. Stir until mixture becomes a syrup. Pour over drained carrots. Simmer carrots in mixture for 3 minutes. Sprinkle with parsley and serve.

Roasted Potatoes with Garlic

2 pounds small red potatoes, quartered
2 large garlic cloves, sliced thin
1 1/2 tablespoon olive oil

In a jelly-roll or large baking pan, toss the potatoes with the garlic, the oil, pepper to taste and roast them in the middle of a preheated 500°F oven, stirring once, for 30 minutes.

Serves 6

Italian Vegetables

2 tablespoons plus 2 teaspoons reduced margarine (tub) (salt free)
2 medium zucchini (about 5 ounces each), cut into 1/4-inch-thick slices
1 small eggplant (about 12 ounces), cut into 1/2-inch cubes
1 medium green bell pepper, seeded and cut into thin strips
1/2 cup thinly sliced onion
12 cherry tomatoes, cut into halves
1/2 teaspoon oregano leaves
1/8 teaspoon each garlic powder and pepper, or to taste

In 12-inch non-stick skillet heat margarine over high heat until bubbly and hot; add zucchini, eggplant, bell pepper, and onion and sauté until vegetables are softened, 2 to 3 minutes. Add tomatoes and remaining ingredients and stir to combine thoroughly. Reduce heat to medium-low, cover skillet and cook, stirring occasionally, until vegetables are tender-crisp, 4 to 6 minutes.

MAKES 4 SERVINGS

VARIATION

Here's how to prepare this delicious vegetable side dish outdoors. Divide all ingredients equally onto four 15-inch-long pieces heavy-duty foil tightly to enclose, making 4 packets. Barbecue over hot coals for 8 to 10 minutes, turning packet occasionally.

Fruited Pork Chops

2 pork shoulder or loin chops (6 ounces each)
1/2 cup thinly sliced carrot
1/3 cup unfermented apple cider (no sugar added)
1/4 cup each sliced onion and 1/2 small mango, pared, pitted and diced
1/2 small apple, cored and dices

1 cup cooked long-grained rice (hot)

Italian (flat-leaf) parsley sprigs

On rack in broiling pan broil pork chops 5 inches from heat source, turning once, until rare, 2 to 3 minutes on each side. Remove from broiler and set aside.

Preheat oven to 350°F. In 8 x 8 x 2 inch baking dish combine carrot, cider, onion, mango, apple; top with pork chops. Cover and bake until pork chops are fork-tender and vegetables are thoroughly cooked, 30 to 40 minutes. Serve over hot rice and garnish with parsley.

MAKES 2 SERVINGS

Italian Style Chicken

2 to 3 lbs. of ripe tomatoes
2 1/2 lb. chicken - cut into eighths
1 cup sliced fresh mushrooms
1 cup cut-up onions
1 large red or green pepper- cubed
2 to 4 cloves minced garlic
1 teaspoon oregano
2 to 3 tablespoons of olive oil
1 large green or red pepper

Blanch tomatoes for one minute. Peel and remove seeds (They are very easy to peel, but I don't remove all of the seeds - I cheat and leave some seeds in - it adds bulk and flavor).

In a large skillet or oversize frying pan, brown chicken parts in olive oil, pour off 1/2 of the remaining fat.

Add oregano, garlic, onions and peppers all at the same time. Sauté 5 minutes then add tomatoes. (Be careful, it spatters).

After cooking about 35 minutes add the mushrooms.

Cover and cook over low heat, simmering about 20 to 25 minutes.

You can also use chicken breasts and you will not have to cook more than 45 minutes.

Either way, it can be put into serving portions and it freezes well. It's great over pasta, rice or barley. I use brown rice, lots of nutritional value; we have to stay healthy!!!

Salad Dressing

3 large cloves of garlic - minced
1/3 cup of white vinegar
1/4 cup of olive oil
1/4 cup of vegetable oil
pinch of pepper; pinch of dried oregano; pinch of dried basil

In a medium size bowl add all ingredients except oils.

Slowly whisk in oil. This dressing stays well in the refrigerator, well covered, for a week. (In fact, it tastes better after a day or two).

Penne with Roasted Peppers

3 Cups [2/3 pound] imported penne

FOR THE SAUCE

3 large bell peppers [ideally, 1 red, 1 yellow, and 1 green]
1 small clove garlic, minced [1/2 teaspoon]
2 scallions, whites minced, greens finely chopped
1/4 cup finely chopped fresh herbs [basil, oregano, parsley]
3 tablespoons capers [optional]
3 tablespoons white vinegar
2 teaspoons extra-virgin olive- oil
2 tablespoons chicken stock [optional]
freshly ground pepper to taste

Bring at least 4 quarts of water to a boil in a large pot. Boil the penne 6 to 8 minutes, or until cooked but still al dente. Drain pasta in a colander and rinse well with cold water. Let drain.

To make the sauce, roast the peppers over a high flame or directly on an electric burner [set on high] until black and charred on all sides. If you like, you can sauté the peppers, garlic and scallions in a pan with a little olive-oil. This method works well too. If you roasted the peppers, scrape the skin off the peppers using a paring knife if [rinse under cold water to remove any bits of charred skin]. Core and seed the peppers and cut into penne-sized pieces.

Combine the garlic, scallions, and herbs in a large bowl. Add the peppers, capers, vinegar, olive oil stock. Stir in the penne. Correct the seasoning and vinegar to taste.

Serves 4 to 6.

Microwave Nutty Apple

4 small Red or Golden Delicious Apples, cored
2 teaspoons sugar, divided
2 tablespoons chunky peanut butter (no salt)
Ground cinnamon

Into each of four 6-ounce custard cups place one apple; sprinkle core cavity of each apple with 1/4 teaspoon sugar, fill each with 1 1/2 teaspoons peanut butter, and top each with 1/4 teaspoon sugar. Sprinkle each apple with an equal amount of

cinnamon and microwave on High for 3 to 4 minutes.*
Makes 4 servings, 1 apple each.

* Timing may be different in your microwave oven. To ensure good results, be sure to check for doneness while cooking.

Basic Tomato Sauce

2 to 3 lbs ripe tomatoes- Roma or Beefsteak
3 to 4 cloves of garlic-chopped or sliced
5 leaves of fresh sweet basil or 1/2 teaspoon of dried basil
1 teaspoon of dried oregano
1/4 teaspoon of paprika
2 tablespoons of olive oil

Blanch tomatoes for 1 minute and then peel and remove seeds and hard core.

In a large stock pot lightly sauté garlic, basil, oregano, and pepper

In olive oil for 2 to 3 minutes

Cut tomatoes into 1/4's and slowly add to pot of spices.

When it comes to a boil, simmer and cook for about 1 1/2 hours.

Stir once and awhile.

You can always add more spices as needed.

*** I have cooked a pound of pasta added with the sauce and put it into pint size containers, put labels on them and take a few to the hospital, when I go in for my treatment. Often it's a lot better than hospital food. I do the same with my soups. I have found there is always an aide who will heat it in the micro for you and gingerly hand it to you through the door.

VARIATIONS: 1 large green pepper and 1 large onion diced can be added to the sauce along with the spices and lightly cooked prior to adding tomatoes.

If you want to make it into a faux meat sauce, you can by using ground chicken or ground turkey.

Brown the meat along with the spices and then add the tomatoes.

***PLEASE BUY FRESH GROUND CHICKEN OR TURKEY . THE PRE-PACKAGE ONES USUALLY HAVE ADDED SALT AND PRESERVATIVES. THAT IS SOMETHING YOU WANT TO AVOID.**

To enjoy more of these delicious recipes more information for a complete cookbook is available from
www.lightoflife.foundation.org

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