

**RECOMMENDED DIET FOR TWO WEEKS BEFORE  
 APPOINTMENTS FOR THYROID TESTS AND  
 TREATMENTS**

To ensure the effectiveness of the treatment and/or the result of the diagnostic test we recommend a well balanced diet that is low in Iodine. Therefore for two weeks before your appointment please follow the advice given below.

<u><b>DO EAT</b></u>	<u><b>TRY NOT TO EAT</b></u>
<ul style="list-style-type: none"> <li>• Fresh and frozen fruit and vegetables</li> <li>• Fresh and frozen meats</li> <li>• Rice, pasta and potatoes</li> <li>• Soft drinks, fruit juices, beer, wine, tea, coffee and soya milk</li> <li>• Plain fats and oils (non-dairy)</li> <li>• Olive oil spread</li> <li>• Fresh and homemade bread</li> </ul> <p>The best way to ensure to make sure of the iodine content is to prepare your food from fresh ingredients listed in the box. Table salt and sea salt with no added iodine may be used. <b>Please do not stop taking any of your regular medicines without speaking to your Thyroid Team.</b></p>	<ul style="list-style-type: none"> <li>• Seafood and Fish</li> <li>• Cow's / goat's milk, cheese, ice cream, yoghurt and butter</li> <li>• Egg yolks</li> <li>• Some cough mixtures and health foods (such as seaweed, kelp, cod liver oil, vitamins and mineral supplements) contain iodine. If the label lists iodine, do not take the supplement while on this diet</li> <li>• Avoid food from restaurants, fast-food chains and takeaways</li> </ul>