

## **LOW IODINE DIET<50mcg**

*(Restrict the following)*

1. Iodized table salt ( use plain table salt)
2. Eggs
3. Dairy products
4. Sea foods
5. Algae containing foods
6. Bread containing iodine
7. All artificially red- colored foods
8. Avoid eating in restaurants
9. Kelp
10. Sea weed
11. Sea salt