

Low-Iodine Cookbook

Guidelines and Tips for the Low-Iodine Diet

Used for a short time when preparing to receive radioactive iodine (RAI)

*More than 420 Delicious Recipes from more than 200 ThyCa Volunteers,
who are sharing their favorites*

Low-Iodine Diet Guidelines from Medical Professionals

Helpful Tips and Meal Planning Suggestions from Patients and Families

8th Edition



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