



Low Iodine Diet Shopping List



Vegetables

- Bell peppers
- Broccoli
- Carrots
- Cauliflower
- Celery
- Cucumbers
- Eggplant
- Lettuce
- Onions
- Potatoes
- Squash
- Sweet potatoes
- Tomatoes
- Zucchini

Protein Sources

- Chicken
- Eggs
- Freshwater fish (non-seafood)
- Lean beef
- Pork
- Turkey

Grains and Cereals

- Brown rice
- Oats
- Quinoa
- Whole wheat bread
- Whole wheat pasta

Legumes

- Lentils
- Chickpeas
- Black beans
- Kidney beans

Condiments

- Honey
- Olive oil
- Pure maple syrup
- Dried herbs and spices (without added iodized salt)
- Fresh herbs (e.g., basil, cilantro, parsley)
- Mustard (without added iodized salt)
- Vinegar (e.g., apple cider vinegar, balsamic vinegar)

Fruit

- Apples
- Bananas
- Blueberries
- Lemons
- Oranges
- Peaches
- Pineapple
- Raspberries
- Strawberries
- Watermelon

Dairy Alternatives

- Almond milk
- Coconut milk
- Rice milk

Snacks

- Rice cakes (plain)
- Popcorn (air-popped or with minimal salt)
- Unsalted rice crackers
- Unsalted nuts



SHOP FASTER. MAKE LISTS IN THE LISTONIC APP

