

For patients who need a strict low iodine diet during their hospitalization at St. Teresa's Hospital, please contact Dietetic Unit in advance (one week prior to admission date) for low iodine diet meal arrangement.



St. Teresa's Hospital  
聖德肋撒醫院

## Low Iodine Diet

- We provide "Octopus hourly parking services"
- Green Line Minicab: 2, 17M, 25M, 46, 70,
- Red Line Minicab: Mongkok to San Po Kong /  
Wong Tai Sin / Kowloon City
- Public Buses: 1, 1A, 2A, 6D, 7B, 9, 12A, 13D, 16, 24,  
27, 42, 95, 98C, 113, 203E, 296C, N216
- MTR
  - \* Lok Fu: 5 mins by taxi
  - \* Mongkok: by red line minibus, get off at Lomond Road
  - \* Sung Wong Toi: Exit B1, about 5-10 minutes walk
- East Rail Line
  - \* Mongkok East: about 5 minutes by taxi
  - \* Kowloon Tong: by green line bus no. 25M
- Rehabus (Dial-a Ride): (852) 2817 8154

Dietetic Unit : (852) 22003544

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PFE-DS-E019

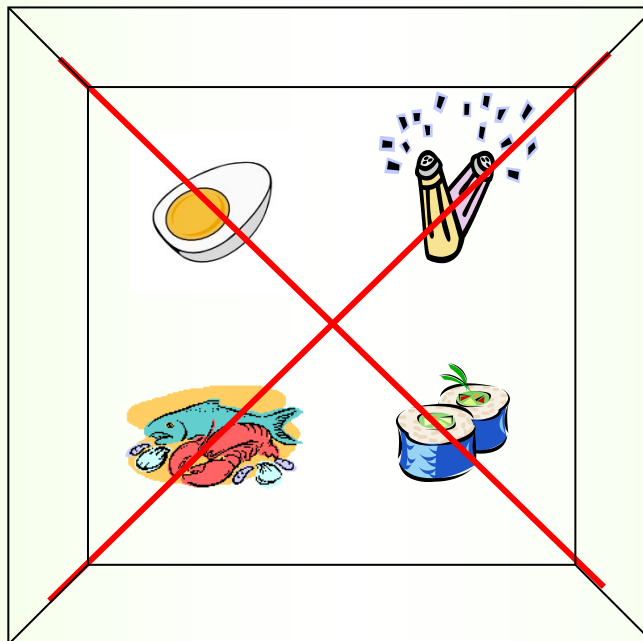
## Health Information

## Low Iodine Diet

### Foods to avoid:

- ✗ Iodized salt and sea salt
- ✗ Seafoods  
e.g. fish, shellfish, seaweed, seaweed tablets, carrageenan, agar-agar, alginate, nori and other seafood or ingredients
- ✗ Egg yolk or foods containing whole eggs. Egg whites are allowed
- ✗ Dairy products of any kind  
e.g. milk, cheese, yogurt, butter, ice cream
- ✗ Most chocolate (due to milk content) Cocoa powder and some dark chocolates are allowed.

- ✗ Soybeans and soybean products such as tofu, Textured Vegetable Protein (TVP), soy milk, soy sauce.
- ✗ Red kidney beans, lima beans, navy beans, pinto beans, and cowpeas
- ✗ Iodine containing vitamins and food supplements.
- ✗ Food coloring E127/Erythrosine/Red Dye No. 3
- ✗ Fruit & Vegetable:  
Maraschino cherries (in canned fruit) & rhubarb
- ✗ Blackstrap molasses (unsulfured molasses is allowed)



### Foods are allowed:

- ✓ Fruits & Vegetables :  
All fruits and vegetables except maraschino cherries and rhubarb
- ✓ Nuts and kernels:  
Unsalted or original nuts
- ✓ Meat:  
All meat (pork, beef, lamb or chicken) and Egg whites
- ✓ Grains:  
All grains without high iodine ingredients
- ✓ Seasonings and condiments:  
Sugar, honey, maple syrup, jam, jelly, non-iodized salt, black pepper, herbs and spices and all vegetable oils
- ✓ Beverages:  
Clear sodas, cola, diet cola, non-instant coffee, non-instant tea, beer, red and white wine, other alcoholic beverages, lemonade, fruit juice etc.