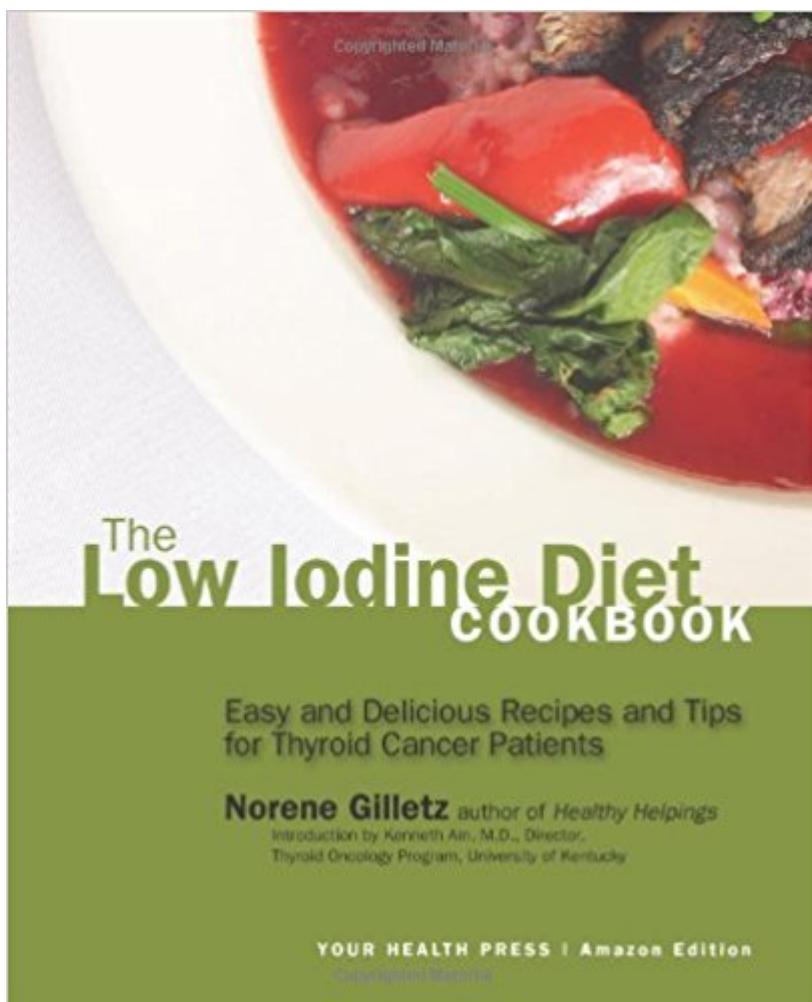


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# The Low Iodine Diet Cookbook: Easy And Delicious Recipes And Tips For Thyroid Cancer Patients



## Synopsis

This updated 2012 edition of The Low Iodine Diet Cookbook is the ultimate cookbook for thyroid cancer patients who need to be on the low iodine diet (LID) for radioactive iodine treatment or scans. Written by a renowned cookbook author who is experienced with the issues involved with special diets and substitutions—particularly diets that don't allow dairy, or store-bought breads. This unique cookbook contains hundreds of kitchen-tested recipes, and even an exhaustive nutritional analysis chart. At last, LID recipes that are easy and delicious—by the woman critics hail as the “Julia Child” of specialty diet cooking.

## Book Information

Paperback: 322 pages

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Product Dimensions: 7.5 x 0.7 x 9.2 inches

Shipping Weight: 1.5 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars 18 customer reviews

Best Sellers Rank: #159,753 in Books (See Top 100 in Books) #38 in Books > Cookbooks, Food & Wine > Special Diet > Cancer #56 in Books > Health, Fitness & Dieting > Diseases & Physical Ailments > Thyroid Conditions #112 in Books > Health, Fitness & Dieting > Diets & Weight Loss > Food Counters

## Customer Reviews

Norene Gilletz is a popular author of specialty cookbooks in North America. Her recipes are developed for a wide audience, but have been long revered for their Kosher sections (many of her recipes use dairy alternatives) and Passover sections (recipes using matzo or matzo products instead of leavened bread) by her devoted Jewish readership. Norene is a food consultant, food writer and columnist, cooking teacher and lecturer. She specializes in Recipe Makeovers for food-related websites, magazines, newspapers, cookbooks and the food service industry. Norene is a Certified Culinary Professional (CCP) with the International Association of Culinary Professionals (IACP).

I am extremely happy with the Low Iodine Cookbook. It helped me manage my iodine intake prior to

my radioactive iodine treatments from my thyroid surgery. The cookbook gave me great recipes to cook during my 4 week diet and I still look to it for new recipes. It came highly recommended and was well worth the purchase. I am glad I purchased it so I can pass it along to others that may need it.

This is an excellent cookbook for all of those "low iodiners" who must go on this type of diet before they partake of the I-123 and I-131 "cocktails". I don't really care for being on this type of diet but if it helps sort out the positives from the negatives, I'll live with it. My wish is that all who use it will be able to use it over and over, again and again, in the future (if needed).

The cookbook was useful, but was not much better than the free LID cookbook available at thyca.org, the thyroid cancer survivor website.

The book was helpful but check out the LIDcommunity.org website and see lots of foods you can eat as well. I am going to pass this onto the Swedish Cancer Library now.

Purchased for Mother who is having to do the special diet for Thyroid Cancer. She is enjoying the book!

A very helpful cookbook, with recipes for a special need. Glad this cookbook was available with recipes for knowing what to eat before surgery.

Excellent cookbook for anyone who is about to embark on the low iodine diet prior to RAI for thyroid cancer!

Best investment! Wish I had it when I had my first RAI treatment. Highly recommend!!!

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