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## RADIOACTIVE IODINE

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When I first found out about my diagnosis, I had no idea what a radioactive iodine treatment was, so when I found out I had to get it, I was completely clueless. When you're in a situation like this in any part of your journey, it is important to ask your doctors so they can explain it to you. When you have a question that you think of after the appointment, write it down so you don't forget to ask it next time. My doctor told me to go on a low iodine diet a few weeks before the treatment. Three weeks without salt, dairy, soy, and processed foods?! It is important to realize that it's not just a "fruits and vegetables" diet, which is what I initially thought. There are so many ways to experiment with different recipes. Some of my favorites were low iodine pancakes, seasoned popcorn, and baked apple crumble. The next phase was pre-treatment shots and blood tests. Since you will be going back and forth from the doctor's office often, try to make yourself a schedule to plan school, activities, and doctor appointments in an efficient way. Scans may take up to a couple hours, so wear comfortable clothes to lay down in and think of it as an opportunity to rest!

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## FOLLOW UPS

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After surgery and treatment, it felt like a huge relief. It is helpful to recognize that this is an ongoing situation that will constantly have to be checked on. Again, look at it as an opportunity to check in on your health often to ensure that you have nothing to worry about. It is common to experience anxiety or nervousness before scans, so if you do make sure to talk to a family member or older adult about it. One of the most dangerous things you can do throughout this whole process is keeping emotions and anxiety to yourself - it is okay to share your feelings with others and to receive help. In my case, I was excited for my first follow up to confirm that I could put this experience in the past. However, my doctor was concerned about something and I had to get another scan, which included the low iodine diet and pre-scan injections. Although unsettling and inconvenient at first, it is comforting that my doctors are being extremely cautious in order to prevent further complications.

# THYROID CANCER

FROM A  
*teenager's perspective*

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I am an 18 year old girl and I found out that I had thyroid cancer during the beginning of my senior year of high school. Everyone has a different experience, but this is my advice on what to expect and how to deal with thyroid cancer as a teenager.

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# RADIOACTIVE IODINE TREATMENT

for teenagers

## HOW TO MAINTAIN A HEALTHY LIFESTYLE WHILE ON THE LOW IODINE DIET

Plan meals and snacks ahead of time so you don't feel deprived or hungry

Don't avoid social situations that involve eating - Just eat a sufficient meal ahead of time

Include food from all food groups - don't limit yourself to just vegetables or just carbs in a meal

\*It is important to check with your doctor for specific guidelines regarding the diet

After being diagnosed with thyroid cancer, radioactive iodine may be given as an option for treatment. Your doctor will likely require a diet that limits iodine for a few weeks preceding and during treatment. Although the diet does limit your normal lifestyle, it is important to maintain a healthy eating plan in order to provide yourself with the fuel that your body needs. Below, there are some recipes that may help during the diet.

### BREAKFAST

- Low Iodine Pancakes
- Cinnamon Oatmeal (add egg whites for protein)
- Egg White Omelette
- Egg White Omelette Muffins
- Smoothie Bowl

### LUNCH/DINNER

- Veggie Burgers
- Homemade Tortilla with Guacamole & Vegetables
- Quinoa Salad
- Creamy Avocado Salad Dressing
- Spaghetti Squash

### SNACKS

- Sweet Potato Fries
- Homemade Pickles
- Seasoned Popcorn
- Nut Mix
- Homemade Garlic & Herb Tortilla Chips

### DESSERT

- Peanut Butter Cookies
- Chocolate Ice Cream (made w/ frozen cauliflower)
- Hot Cocoa Coffee (w/ 100% cacao powder & cinnamon)
- Cinnamon Nut Butter Spread
- Dessert Popcorn
- Baked Apple Crumble
- Cinnamon Tortilla



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## LOW IODINE PANCAKES

1 Cup Oat Flour (Blend oats into a flour)  
2 Egg Whites  
2 Tbsp Liquid Coconut Oil  
3 Tsp Baking Powder  
1 Sprinkle Baking Soda  
1 Tbsp Coconut Sugar  
Water (Add until desired pancake batter consistency is reached)

Toppings:

Unsalted Peanut Butter  
100% Pure Maple Syrup

1. Mix all ingredients in a large bowl.
2. Use about 1/4 cup of mix per pancake and heat on medium heat until both sides are lightly browned.
3. Top with unsalted peanut butter and/or 100% Pure Maple Syrup. (Optional)

## CINNAMON OATMEAL

Oats (according to serving size)  
2 Egg Whites  
Water (according to Oatmeal instructions)  
1 Tsp Cinnamon

Toppings:

Coconut Flakes  
Berries  
Chia Seeds

1. Mix oatmeal with water and cinnamon and cook halfway according to Oatmeal instructions.
2. Add in 2 egg whites and continue to cook until done.
3. Top with coconut flakes, berries, and/or chia seeds. (Optional)

## BREAKFAST

## SMOOTHIE BOWL

1 Cup Frozen berries  
1/2 - 3/4 Cup Water  
1 Cup Raw Frozen cauliflower

Toppings:  
Flax seeds  
Chia Seeds  
Coconut Flakes  
100% Cacao Nibs

1. Combine frozen cauliflower, frozen berries, and water in blender and blend until smooth. Add more water if mixture is too thick, but it should be thicker than a smoothie.
2. Pour into bowl and top with desired toppings.

## EGG WHITE OMELETTE/MUFFINS

Egg Whites  
Peppers  
Mushrooms

Zucchini  
Olive Oil

1. In a small skillet, add olive oil to coat pan and cook vegetables.
  2. Add egg whites to evenly cover pan.
  3. When fully cooked, fold omelette in half.
- \*For egg white muffins. combine ingredients and pour into muffin tins/Bake in oven at 350 degrees for 20-30 minutes



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## MEXICAN PIZZA

Tortilla:

2 Cups Oat Flour (Blended Oats)

3 Tbsp Vegetable Oil

3/4 Cup Water

Guacamole:

1 Avocado

1 Tsp Garlic powder

Juice from 1/2 Lime

1 Tbsp Chives

Toppings:

Lettuce

Cooked Mushrooms

Cooked Onions

Cucumbers

1. Add water and vegetable oil to oat flour in a large bowl and stir until combined.

2. Knead 10-12 times on a floured surface and let rest for 10 minutes.

3. Divide into eight portions and roll into a thin circle.

4. Cook in large non-stick skillet on each side until lightly browned.

5. In a separate bowl, mash avocado and combine with garlic powder, lime juice, and chives.

6. Spread guacamole onto tortilla and add desired toppings.

## CREAMY AVOCADO SALAD DRESSING

1/2 Avocado

1/2 Cup Vegetable Oil

1 Tablespoon Apple Cider Vinegar

1 Tablespoon Honey

1/2 Teaspoon Oregano

1/2 Cup Minced Cilantro

1/2 Tsp Black Pepper

1. Blend all ingredients until smooth.

## LUNCH/DINNER

## VEGGIE BURGERS

1 Baked Sweet Potato,  
Mashed

1/2 Grated Onion

1 Grated Carrot

1 Grated Zucchini

1 Finely Chopped Red Pepper

1/2 Cup Cooked Unsalted

Quinoa

3 Egg Whites

1 Tsp Garlic Powder

1. Combine all ingredients.

2. Form patties and arrange on baking sheet.

3. Bake for 20-25 minutes at 350 degrees.

## QUINOA SALAD

Unsalted Quinoa (2 cups dry)

1/2 Cup Lemon Juice

1/4 Cup Olive Oil

1 Cucumber, Chopped

3/4 Cup Cherry Tomatoes, Halved

1/2 Red Onion, Chopped

1. Cook quinoa according to instructions.

2. Combine Quinoa with all other ingredients and mix in a large bowl.

## SPAGHETTI SQUASH

1 Spaghetti Squash

1 Chopped Tomato

1 Minced Garlic Clove

1 Chopped Onion

2 Tbsp Vegetable Oil

1. Cut spaghetti squash in half and place face down on a baking sheet. Bake for 30 minutes at 350 degrees.

2. In a skillet combine vegetable oil, tomato, onion, and garlic.

3. Use a fork to remove spaghetti squash and combine with cooked vegetables in a large bowl.



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## SNACKS

### SEASONED POPCORN

1/3 Cup Plain (Unsalted)  
Popcorn Kernels  
2 Tbsp Melted Canola Oil  
1 Tsp Garlic Powder

1 Sprinkle of Rosemary  
1 Sprinkle of Thyme  
1 Sprinkle of Dill

### GARLIC & HERB TORTILLA CHIPS

2 Cups Oat Flour (Blended Oats)  
3 Tbsp Vegetable Oil  
3/4 Cup Water  
1+1/4 Tsp Garlic Powder (Split Up)  
1/2 Tsp Dried Oregano  
1/2 Teaspoon Dried Rosemary  
2 Tsp Olive Oil

1. Combine oat flour and 1 teaspoon of garlic powder in a bowl.
2. Add water and vegetable oil and stir until combined.
3. Knead 10-12 times on a floured surface and let rest for 10 minutes.
4. Divide into eight portions and roll into a thin circle.
5. Cook in large non-stick skillet on each side until lightly browned.
6. In a separate bowl, combine oregano, rosemary, and 1/4 teaspoon of garlic powder.
7. Brush tortillas with oil, cut into wedges, and arrange on a baking sheet.
8. Sprinkle seasoning mixture on wedges and bake at 425 degrees for 5-7 minutes (until lightly browned).

### NUT MIX

1/2 Cup Unsalted Almonds  
1/2 Cup Unsalted Cashews  
1/2 Cup Unsalted Pecans  
1/4 Cup Unsalted Pumpkin Seeds  
1/4 Cup 100% Cacao Nibs  
1 Tsp Cinnamon  
1/2 Cup Coconut Flakes  
1. Combine all ingredients.

1. Pop popcorn kernels in microwave or on stove according to directions.
2. Combine popcorn with canola oil to coat popcorn.
3. Add in garlic powder, rosemary, thyme, and dill.

### HOMEMADE PICKLES

1 Large Cucumber (Sliced)  
1 Cup White Vinegar  
1 Cup Water

1/2 Tsp Garlic Powder  
1. Combine all ingredients and let sit overnight in fridge before eating.

### SWEET POTATO FRIES

2 Sweet Potatoes  
3 Tbsp Vegetable Oil  
1/4 Tsp Paprika  
1/4 Tsp Garlic Powder

1. Peel sweet potato and cut into wedges.
2. Toss sweet potatoes with vegetable oil in a bowl and add paprika and garlic powder.
3. Arrange on a baking sheet and bake for 20-25 minutes at 425 degrees.



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## PEANUT BUTTER COOKIES

1/2 Cup Coconut Flour  
1/2 Cup Oat Flour (Blended Oats)  
1/2 Cup Unsalted Peanut Butter  
1/2 Tsp Baking Powder  
1 Tsp Cinnamon  
1/4 Cup Maple Syrup  
1/4 Cup Water  
1 Tsp Vanilla Extract

Chocolate Drizzle:  
2 Tbsp Cacao Powder  
1 Tbsp Melted Coconut Oil  
1 Tsp Coconut Sugar

1. Preheat oven to 350 degrees.
2. Mix peanut butter, maple syrup, water, and vanilla extract.
3. Add coconut flour, oat flour, baking powder, and cinnamon.
4. Roll the dough into round pieces and place on a non-stick baking sheet.
5. Flatten with a fork (criss cross).
6. Bake for 10-15 minutes and let cool.
7. Mix the cacao powder, melted coconut oil, and coconut sugar and drizzle over cookies after cooled.

## DESSERT POPCORN

1/3 Cup Plain (Unsalted) Popcorn Kernels  
2 Tbsp Melted Coconut Oil  
1 Tbsp 100% Cacao Powder  
2 Tsp Cinnamon  
1 Tbsp Coconut Sugar

1. Pop popcorn kernels in microwave or on stove according to directions.
2. Combine popcorn with coconut oil to coat popcorn.
3. Add in cacao powder, cinnamon, and coconut sugar.

## SNACKS

### CHOCOLATE ICE CREAM

1 Cup Frozen Cauliflower  
2 Tbsp Cocoa Powder  
1 Tsp Cinnamon  
3/4 Cup Water

1. Blend all ingredients together. Add more water if cauliflower is not blending. Add more cauliflower if mixture is too thin.
2. Store in freezer for 10-15 minutes before eating.

## BAKED APPLE CRUMBLE

1 Diced Peeled Apple  
1 Tbsp Cinnamon  
1 Tbsp Coconut Oil  
2 Tbsp Oats  
1 Tbsp Coconut Flour

1. Mix diced peeled apples with cinnamon in a small oven-safe container/pan.
2. Separately mix coconut oil, oats, and coconut flour.
3. Sprinkle oat mixture over apples.
4. Bake in oven or toaster oven at 350 degrees until apples are soft (about 10-20 minutes).

## CINNAMON TORTILLA

2 Cups Oat Flour (Blended Oats)  
2 Tsp Cinnamon  
1 Tbsp Coconut Sugar  
3 Tbsp Melted Coconut Oil  
3/4 Cup Water

1. Combine oat flour, cinnamon, and coconut sugar in a bowl.
2. Add water and coconut oil and stir until combined.
3. Knead 10-12 times on a floured surface and let rest for 10 minutes.
4. Divide into eight portions and roll into a thin circle.
5. Cook in large non-stick skillet on each side until lightly browned.

## HOT COCOA

1. Brew one cup of coffee and mix with 1 tablespoon of 100% cacao powder, 1 teaspoon of cinnamon and sweetener if desired.

## NUT BUTTER SPREAD

1. Mix all ingredients together.

2 Tbsp Unsalted Peanut Butter or Almond Butter  
1 Tsp Cinnamon  
2 Tsp Coconut Flour