



The Low Iodine Diet Cookbook: Easy and Delicious Recipes and Tips for Thyroid Cancer Patients

Norene Gilletz

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This updated 2012 Amazon 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.

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