



The Low Iodine Diet Cookbook

Norene Gilletz

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The Low Iodine 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, the unique cookbook contains more than 250 kitchen-tested recipes and over 20 milk substitutes and variations, and an exhaustive nutritional analysis chart.

At last, LID recipes are easy and delicious--by the woman critics hail as the "Julia Child" of specialty diet cooking. Always keeping her motto that "food that is good for you should taste good!" in mind, Norene's take on the LID is no exception. This book will change the lives of thyroid cancer patients.

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Lisa Westra:

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