

# What is Iodine and where is it found

There are several foods with high iodine content, as shown below. The amount of iodine content found in these foods is dependent on a variety of factors, which include: the iodine content of the soil, the distance to the sea, the time of the year and farming practices.



Dairy Products



Seafood



Seaweed



Eggs



Certain Fruits  
and Vegetables



Fortified  
Food Products



Iodized Salt

It can be difficult to meet the higher recommendations for iodine during pregnancy and breastfeeding through diet alone, especially if you do not eat rich sources of iodine.

## **The following information is particularly important for women who are pregnant, or planning to be pregnant:**

- Dietary iodine requirements are higher in pregnant women.
- Avoid kelp (seaweed) based products due to the varying levels of iodine and potential heavy metal contamination.
- Monitor fish intake as there are unresolved issues around levels of mercury in some fish and its potential impact on the growing foetus.
- According to the American Thyroid Association, iodized salt is not enough for women even from regions with borderline iodine deficiency who are pregnant or planning to become pregnant.
- Iodized salt may rapidly lose its iodine content during the cooking process or while stored. Therefore you may not get the desired iodine amount from the used iodized salt.
- Too much salt in your diet can also lead to hypertension and cardiovascular diseases.
- Organic milk has been found to have a lower iodine content than conventional milk. If you choose organic products, you need to ensure that other good iodine sources are included in your diet.



Ask your doctor for advice about your individual daily needs, especially women with pre-existing thyroid conditions.

