

Iodine Content in Foods



Iodine is an essential component of thyroid hormone (T3 & T4) and important for normal thyroid functioning. Iodine is found in the soil and the oceans. Iodine content in the soil varies from region to region and subsequently foods grown in different regions vary in iodine content as well.

The Recommended Daily Allowance (RDA) for iodine is 150 micrograms (ug) per day for proper thyroid functioning. However, many other tissues of the body need iodine for good health too. To be certain our bodies are iodine sufficient we can eat foods high in iodine and/or take an iodine supplement.

How much iodine is needed each day?

- ▶ Adults 150 ug/day
- ▶ Children 90-120 ug /day
- ▶ Pregnancy 220 ug/day
- ▶ Breastfeeding 290 ug/day

Higher levels of iodine intake have been shown to be protective against benign breast disease such as fibrocystic breast changes. Studies show a daily intake of 3000- 6000 ug/day to be helpful and tolerable for this condition. These higher levels are similar to the typical daily intake seen in Japan.

Provided is a table listing foods with the highest amount of iodine per serving. Many people assume that all seaweeds have a lot of iodine. But if you look closely at the table, you will notice a great deal of variability in the amount of iodine found in different types of seaweed. Kelp has the most and nori has the least. This means that your weekly nori roll at the sushi restaurant may not be giving you enough iodine to be sufficient!

REFERENCES:

Medical Nutrition from Marz 2nd edition. Russell Marz ND MAcOP C1999 Omni press

Pennington JAT, Schoen SA, Salmon GD, Young B, Johnson RD, Marts RW. Composition of core foods of the U.S. food supply, 1982-1991. III.

Copper, manganese, selenium, iodine. J Food Comp Anal. 1995;8:171-217. <http://www.whfoods.com/genpage.php?tname=nutrient&dbid=69#references>

Teas, J., Pino, S., Critchley, A., Braverman, L.E., 2004. Variability of iodine content in common commercially available edible seaweeds. Thyroid 14, 836-841.

DIETARY SOURCES	IODINE (ug)	SOURCE AMOUNT
SEAWEEDS		
Kelp	3400	1 tsp
Arame	730	1 Tbs
Wakame	80	1 Tbs
Nori	32	1 sheet
FISH		
Cod	341	3 ounces
Shrimp	79	3 ounces
Halibut	56	3 ounces
Herring	56	3 ounces
Sardines	30	3 ounces
Tuna	17	3 ounces
SALT		
Iodized salt	76	1 tsp
DAIRY		
Cow's milk	56	1 cup
Mozzarella cheese	10	1 ounce
Yogurt	87	1 cup
OTHER FOODS		
Turkey breast	34	3 ounces
Strawberries	12	1 cup
Egg	23	1
SUPPLEMENTS		
Iodoral™	12,000	1 tab
Lugol's™	6250	Per drop
Typical multi vitamin	150	Per serving

Please Note: ZRT does not endorse any particular supplement or supplement companies.