

MEET IODINE NEEDS WITH DAIRY PRODUCTS

How Much Iodine Do You Need?

| LIFE STAGE | AMOUNT (RDA/AI) |
|--------------------------------|-----------------|
| Pregnant (Teens & Adults) | 220 mcg |
| Breastfeeding (Teens & Adults) | 290 mcg |
| Newborns 0-6 Months | 110 mcg |
| Infants 7-12 Months | 130 mcg |
| Children 1-8 years old | 90 mcg |
| Children 9-13 years old | 120 mcg |
| Teens 14-18 years old | 150 mcg |
| Adults | 150 mcg |



Why is Iodine Important?

Iodine is an **essential** micronutrient needed to make thyroid hormones, which are important for metabolism, as well as **proper brain and bone development** during pregnancy and infancy.

Iodine needs increase by **more than 50% during pregnancy**. This is concerning because prenatal iodine deficiency may lead to **irreversible neurocognitive defects and lower childhood IQ**.

Few foods are excellent sources of iodine. Dairy products, seafood (cod, fish sticks, crab), eggs, and iodized salt are best. It's important to note that popular pink Himalayan salts and roughly half of U.S. prenatal multivitamins **do not contain iodine**. If using iodine supplements, remember they have the potential to interact with several types of medications. Always disclose your supplement intake to your physician.

The Power of Dairy

A single serving of dairy provides **60% of the daily value for iodine**, making it one of the richest food sources of the micronutrient. Dairy is also a **versatile ingredient**. It can easily be added to soups, dips, smoothies, oatmeal, and more, making it one of the easiest and most convenient options for meeting iodine needs.

Prevent Neurocognitive Defects: Easy Iodine Ideas

Scrambled Eggs for Breakfast

Eggs provide 8 essential nutrients including iodine, choline, vitamin B12 and protein.

Yogurt Bowl for Lunch

Yogurt is a low lactose, fermented food that also provides iodine, vitamin B12, protein and calcium.

Seafood for Dinner

Fish can be good sources of iodine, protein, omega-3 fatty acids and vitamin B12. Choose fish lower in methylmercury, like cod and salmon.

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