Main Functions

- Structural component of thyroid hormones

Thus, important for the regulation of body temperature, basal metabolic rate, growth, and reproduction.

Good Sources

- **Seafood**
  - Fish, shrimp, seaweed
  - Cod, 3 ounces, 99 µg

- **Dairy Products**
  - Milk, cheese, yogurt
  - Cow's Milk, 1 cup, 99 µg

- **Iodized Salt**
  - Iodized Salt, 1 gram, 77 µg

Special Notes

- Seafood is rich in iodine because marine animals concentrate iodine from seawater.

\[\text{µg} = \text{micrograms}; \text{a 3-ounce serving of fish is about the size of a deck of cards}\]

- The Recommended Dietary Allowance (RDA) for iodine is significantly increased during pregnancy (220 µg/day) and breast-feeding (290 µg/day).