

## MAIN FUNCTIONS

- Structural component of thyroid hormones
  - » Thus, important for the regulation of body temperature, basal metabolic rate, growth, and reproduction

## DAILY RECOMMENDATION

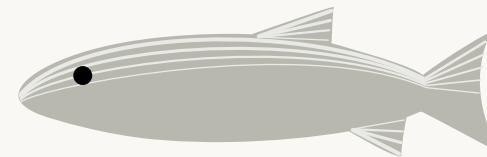
150  
µg

All Adults

## 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



µg = micrograms; a 3-ounce serving of fish is about the size of a deck of cards

## SPECIAL NOTES

- Seafood is rich in iodine because marine animals concentrate iodine from seawater.
- The Recommended Dietary Allowance (RDA) for iodine is significantly increased during pregnancy (220 µg/day) and breast-feeding (290 µg/day).