

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

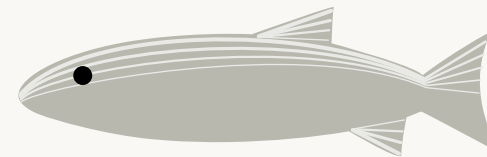
All Adults

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).