

# Iodine Rich Foods

The Food and Nutrition Board at the Institute of Medicine recommends the following dietary intake for iodine:

## Infants

0 - 6 months: 110 micrograms per day (mcg/day)

7 - 12 months: 130 mcg/day

## Children

1 - 3 years: 90 mcg/day

4 - 8 years: 90 mcg/day

9 - 13 years: 120 mcg/day

## Adolescents and Adults

Males age 14 and older: 150 mcg/day

Females age 14 and older: 150 mcg/day

| Food                                | Amount  | Calories | Iodine (mcg) |
|-------------------------------------|---------|----------|--------------|
| Cod, raw                            | 4 oz.   | 96       | 130          |
| Yogurt, plain, 0% fat               | 8 oz.   | 150      | 75           |
| Greek Yogurt, plain, 0% fat         | 6 oz.   | 100      | 72           |
| Milk, reduced fat                   | 1 cup   | 130      | 56           |
| Milk, fat-free                      | 1 cup.  | 91       | 51           |
| Shrimp, raw                         | 4 oz.   | 130      | 46           |
| Sardines, raw                       | 3.2 oz. | 110      | 36           |
| Salmon, raw                         | 4 oz.   | 135      | 32           |
| Egg (iodine is in yolk not white)   | 1 large | 72       | 27           |
| Canned Light Tuna in Water, drained | 4 oz.   | 150      | 22           |
| Cheddar cheese                      | 1 oz.   | 100      | 12           |

## NOTES:

1. A 1/4 teaspoon (1.25 ml) of iodized table salt provides 95 micrograms of iodine and 600 mg of sodium. Most people are able to meet the daily recommendations by eating seafood, iodized salt, and plants grown in iodine-rich soil. If you rarely eat seafood use iodized salt for cooking and seasoning.
2. Every 2,400 mg of sodium (about 1 tsp., 2.8 g) of iodized table salt provides 380 mcg of iodine or 2.5 times the recommended daily intake. Processed food manufacturers and fast food restaurants typical list salt as an ingredient but you don't know if it is iodized salt or not.