

Information about Iodine

- Iodine is mainly used to make thyroid hormones.
- The thyroid helps to regulate the rate at which your body uses energy. It also plays a role in growth and development.
- You only need very small amounts of iodine for good health. Without iodine your health can be affected over the long term.
- Your body does not make iodine so it needs to come from the foods you eat. Most people can meet their mineral needs by eating a variety of healthy foods and following "Eating Well with Canada's Food Guide" at www.healthcanada.gc.ca/foodguide.
- The iodine content in foods can vary. The mineral content of foods depends on the mineral content of the soil where the food was grown or where the animals were raised.

How Much Iodine Should I Aim For?

Age in Years	Aim for an intake of* micrograms (mcg)/day	Stay below* mcg/day
Men 19 and Older	150	1100
Women 19 and Older	150	1100
Pregnant Women 19 and Older	220	1100
Breastfeeding Women 19 and Older	290	1100

*This includes sources of iodine from food and supplements.

Iodine Content of Some Common Foods

- The best natural occurring source of iodine is saltwater seafood. Freshwater seafood also contains iodine.
- Iodine is added to all table salt in Canada. 1 teaspoon of table salt contains 380 mcg of iodine.
- Kosher, pickling and sea salt are a source of natural iodine but do not contain as much as iodized table salt.



Food	Serving Size	Iodine (mcg)
Vegetables and Fruits		
Lima beans, cooked	125 mL (1/2 cup)	8
Corn, cooked	125 mL (1/2 cup)	7
Green peas, cooked	125 mL (1/2 cup)	3-4
Grain Products		
<i>Cereal (check product label for serving size)</i>		
Crisped rice	30 g	20
Oat, o-shaped	30 g	14
Shredded wheat	30 g	8
Raisin bran	30 g	6
<i>Other</i>		
Soda crackers	10 crackers	44
Bread (rye, whole wheat, white)	1 slice (35g)	17-32
Tortilla	½ tortilla (35g)	26
Pasta, egg noodles, enriched, cooked	125 mL (1/2 cup)	9
Rice, white, cooked	125 mL (1/2 cup)	4
Milk and Alternatives		
Cottage cheese	250 mL (1 cup)	65
Milk (3.3% homo, 2%, skim, chocolate, buttermilk)	250 mL (1 cup)	52-62
Yogurt, plain	175 g (3/4 cup)	58
Yogurt, fruit	175 g (3/4 cup)	35
Hard cheese, cheddar	50 g (1 ½ oz)	22



Meat and Alternatives		
Turkey, light, cooked	75 g (2 ½ oz)	30
Deli meat (salami, bologna)	75 g (2 ½ oz) ou 3 tranches	16-21
Beef, various cuts, cooked	75 g (2 ½ oz)	11-14
Chicken, light or dark, cooked	75 g (2 ½ oz)	11-13
Pork, various cuts, cooked	75 g (2 ½ oz)	5-9
Lamb chop, cooked	75 g (2 ½ oz)	8
<i>Organ Meats</i>		
Liver, beef, cooked	75 g (2 ½ oz)	32
<i>Fish and Seafood</i>		
Cod, cooked	75 g (2 ½ oz)	87
Haddock, cooked	75 g (2 ½ oz)	87
Tuna, canned	75 g (2 ½ oz)	15
<i>Meat Alternatives</i>		
Soynuts	60 mL (1/4 cup)	60
Beans (navy, black-eyed), cooked	175 mL (3/4 cup)	46-53
Egg, cooked	2 large	48-52
Beans (pinto, kidney), cooked	175 mL (3/4 cup)	19-28

Source: Institute of Medicine. Dietary Reference Intakes. Washington: The National Academies Press;2006 and Pennington, J. and Douglass, J. Bowes and Church's Food Values of Portions Commonly Used, 18 E. Lippincott Williams and Wilkins, 2005.



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