

Fundamental information from UK dietitians
regarding iodine status for each food

Table 1. Food groups used in the dietary analysis according to their nutritional composition and taxonomy

No.	Food group	Food items
1	Noodles	Noodles, hanging noodles, Ramen
2	Rice	Rice, thin rice, brown rice, aromatic rice
3	Beans and products	Soya products, flavoured soy products
4	Meats	Livestock and poultry meat, processed meat products
5	Eggs	Eggs, duck eggs, quail eggs, goose eggs, brined eggs
6	Dairy	Erie Schmaltz milk, flavoured yoghurt, fresh milk
7	Fish, shrimp and shellfish	Marine products
8	Offtake of fungi and algae	Seaweed, seaweed, nori, fungus, seaweed flavoured snacks
9	Vegetables	Lotus root, white radish, carrot, chilli, aubergine, etc.
10	Fruits	Apples, bananas, pears, etc.
11	Nuts	Walnuts, pistachios, Pine nuts, almonds
12	Condiments	Soy sauce, balsamic vinegar, ground ginger, ketchup, shrimp paste
13	Salt	Iodized salt

Food		Portion	Average iodine/ portion (mcg) (actual iodine content will vary)
Milk and dairy products	Cow's milk	200ml	50-100**
	Yoghurt	150g	50-100**
	Cheese	40g	15
Fish	Haddock	120g	390
	Cod	120g	230
	Plaice	130	30
	Salmon fillet	100g	14
	Canned tuna	100g	12
Shellfish	Prawns	60g	6
	Scampi	170g	160
Other	Eggs	1 egg (50g)	25
	Meat/Poultry	100g	10
	Nuts	25g	5
	Bread	1 slice (36g)	5
	Fruit and vegetables	1 portion (80g)	3

**Depending on the season, higher value in winter

Life stage	Iodine required per day (mcg)*
Adults	150
Pregnant women	200
Breastfeeding women	200

*European Food Safety Authority (EFSA) recommendations.

