



The Importance Of Iodine

An Essential Mineral for Healthy Human Development

Did you know? Women need about 50% more iodine during pregnancy and almost double while breast feeding.

Recommended Dietary Allowance (RDA) for Iodine		
Life Stage	Age	mcg/day
Adults	18 and older	150
Pregnancy	All ages	220
Breast-feeding	All ages	290

Why is iodine so important?

- Having adequate iodine intake is *necessary* to the production of thyroid hormones that are important for normal **growth, metabolism and development**
 - Iodine deficiency leads to **hypothyroidism** and disorders ranging from goiters to severely stunted growth
- During pregnancy and lactation, women need more iodine to provide enough for the developing fetus
 - Maternal hypothyroidism has been associated with increased risk for **preeclampsia, miscarriage, preterm birth, and neurological impairment**

Are Americans getting enough iodine?

- **Iodine content in grains, fruits and vegetables depends largely on the soil content of iodine where it was grown.** In the US, the Northwest, Great Lakes, and Appalachian regions are known as the "Goiter Belt" because of low soil iodine content and higher rates of goiter.
- Recent NHANES data revealed that we seem to be eating less iodine and current intake from natural sources, fortification, and supplements seems to be **inadequate for most women in the 1st and 2nd trimester—which is the time that the baby needs it most!**

Is it dangerous to get too much iodine?

As with most nutrients, excess iodine may have negative health effects, especially if you have preexisting thyroid disease. Avoid supplementing with more than 100% of the Daily Value (DV)—check labels.

Ask Endo-Nutrition Send your questions to lshack@montefiore.org and look out for answers in next month's issue!

Food Sources of Iodine

Salt

Since the 1920's iodine has been added to some table salts to prevent goiter, but sea salt typically is not fortified with iodine

- Although packaged and restaurant foods contain a lot of sodium, they usually don't contain iodized salt!

Other Food Sources:

- Dairy: milk, yogurt, cheese, ice cream
- Salt water and shellfish
- Seaweed
- Eggs

Prenatal Vitamins

The American Thyroid Association and Endocrine Society recommend supplementing with **150mcg** of iodine daily during preconception, pregnancy and lactation. This can be found in:

- Centrum Specialist
- One A Day Women's
- Enfamil Expecta
- Nature's Way Alive! Gummies
- Deva Vegan

Our Dietitians



Michelle Ravin



Lindsay Shack