



Food Sources: Iodine

Iodine is a trace element required for human metabolic processes, particularly thyroid hormone synthesis. Because the iodine content of the soil in which foods are grown has wide geographical variance, it is difficult to reliably determine the iodine content of foods.

The highest iodine concentration occurs in the soil of coastal areas. Naturally, sea vegetables and seafood offer some of the most significant dietary sources of this important micronutrient.

The recommended dietary allowance of iodine for adults is 150 mcg/day. This requirement increases to 220 mcg/day in pregnant women, and 290 mcg/day for women who are breastfeeding. The tolerable upper intake level for adults is 1100 mcg/day.

Food, Standard Serving Size	Average Iodine Content (mcg)
Kombu (<i>Laminaria japonica</i>), 1 gram dried	2380
Hijiki (<i>Hizikia fusiform</i>), 1 gram dried	436
Wakame (<i>Undaria pinnatifida</i>), 1 gram dried	189
Cod, cooked, 3 ounces	99
Cow's milk, 8 ounces	99
Dulse (<i>Palmaria palmata</i>), 1 ounce dried	75
Plain yogurt, low fat, 8 ounces	75
Iodized salt, ¼ teaspoon	71
Potato with peel, 1 medium	60
Shrimp, 3 ounces	35
Nori (<i>Porphyra tenera</i>), 1 gram dried	34
Turkey breast, 3 ounces	34
Navy beans, ½ cup, cooked	32
Egg, 1 large	24
Cheddar cheese, 1.5 ounces	22

References

1. Office of Dietary Supplements. Iodine. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/Iodine-HealthProfessional/>
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3. Iodine. Linus Pauling Institute. <http://lpi.oregonstate.edu/mic/minerals/iodine>. Published January 29, 2018. Accessed May 28, 2018.
4. Bouga M, Combet E. Emergence of seaweed and seaweed-containing foods in the uk: focus on labeling, iodine content, toxicity and nutrition. *Smith CJ, ed. Foods*. 2015;4(2):240-253. doi:10.3390/foods4020240.