

THE IMPORTANCE OF IODINE DURING PREGNANCY

DID YOU KNOW?

Iodine is key for you because...

- When pregnant, our body needs 50% more iodine.
- Our body can't make iodine, we must get it from food.
- Iodine helps the body make energy from food.
- Many women do not have enough iodine stored in their body before pregnancy.

And for your baby, too!

- Iodine is key for a growing baby's brain and bones.
- Low iodine levels may cause brain defects and lower child IQ.



HOW MUCH IODINE DO YOU NEED?

	Recommended Amount RDA ^a /AI ^b
Breastfeeding teens and women	290 mcg ^a
Pregnant teens and women	220 mcg ^a
Adults and teens 14-18 years	150 mcg ^b

Worried you're not getting enough iodine?

Talk with your healthcare provider about ways to add more iodine rich foods and discuss if a supplement is right for you.

WAYS TO WORK IN MORE IODINE



Milk It: Pair milk with your favorite cereal or oatmeal, blend in smoothies or add to pasta dishes or soups.



Enjoy Yogurt: Yogurt is made from milk and contains nutrients to help baby grow. Top yogurt with fruit, granola or nuts for a balanced breakfast or snack.



Say Cheese: Cheese is an easy option at home or on the go! Pair a cheese stick or slices with fruits and veggies. Top salads, soups or favorite dishes with shredded cheese.



Put an Egg on It: Eggs provide 8 essential nutrients including iodine, choline, vitamin B12 and protein.



Go Fish: Fish and seafood can be good sources of iodine, as well as protein, healthy fats and vitamin B12.


















Lactose intolerant? Choose:

Lactose-free milk - real, great tasting milk with the same nutrition, just without lactose.

Cheddar and Swiss cheese have the lowest lactose.

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WHAT FOODS PROVIDE IODINE?

FOOD	SERVING SIZE	MICROGRAMS (MCG) PER SERVING	PERCENT DAILY VALUE (DV)
 Cod, baked	3 ounces	158	105%
 Yogurt, Greek, plain, fat-free	6 ounces	87	58%
 Low-fat milk (1%)	1 cup	87	58%
 Iodized table salt	1/4 tsp	76	51%
 Fish sticks	3 sticks	58	39%
 Pasta, cooked in iodized salt	1 cup	40	27%
 Cottage cheese (reduced fat)	1/2 cup	39	26%
 Swiss cheese	3 slices*	36	24%
 Crab, canned and cooked	3 ounces	32	21%
 Egg, hardboiled	1 egg	26	17%
 American cheese	3 slices*	18	12%
 Cheddar cheese	3 slices*	15	10%
 Shrimp, pre-cooked	3 ounces	13	9%
 Salmon, baked	3 ounces	14	9%
 Soy beverage	1 cup	7	5%
 Almond beverage	1 cup	2	1%
 Non-iodized sea salt	1/4 tsp	<1	1%

DID YOU KNOW?

1 cup of milk contains **over half** of your daily iodine needs!



Milk is an affordable source of iodine and other important nutrients.

FRUIT PARFAIT

Ingredients

- 2/3 cup non-fat plain or flavored yogurt
- 1/2 cup fruit of choice (fresh; frozen; or canned, drained)
- Toppings of choice

Fruit ideas: Bananas, strawberries, blueberries, blackberries, raspberries, apples, peaches, pears, fruit cocktail

Topping ideas: Slivered almonds, granola, sunflower seeds, pumpkin seeds, chia, hemp or flax seeds, cinnamon, nutmeg

Instructions:

Layer yogurt and fruit. Sprinkle with toppings.



*cracker sized slice of cheese
References: Dietary Guidelines 2020, National Institutes of Health - Iodine Factsheet for Health Professionals.

