THE IMPORTANCE OF IODINE DURING PREGNANCY

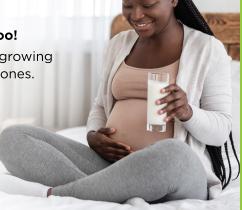
DID YOU KNOW?

lodine 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.
- lodine 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!

- lodine 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 mcg°

Pregnant teens and women 220 mcg^a

Adults and teens 14-18 years 14-18

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 LODINE

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%
	lodized 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%
000,00	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%
X	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-iodinzed sea salt	1/4 tsp	<1	1%

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.

