

Food Sources of Iodine

Information about Iodine

- Iodine is mainly used to make thyroid hormones.
- The thyroid helps to manage the rate at which your body uses energy. It also plays a role in growth and development, body temperature, muscle and nerve function.
- You only need very small amounts of iodine for good health. Without iodine your health can be affected over the long term.
- Your body does not make iodine so it needs to come from the foods you eat. Most people can meet their mineral needs by eating a variety of healthy foods and following [Canada's Food Guide](#).
- The iodine content in foods can vary. The mineral content of foods depends on the mineral content of the soil where the food was grown or where the animals were raised.

How Much Iodine Should I Aim For?

<i>Age in years</i>	<i>Aim for an intake of* micrograms (mcg)/day</i>	<i>Stay below* mcg/day</i>
Men 19 and Older	150	1100
Women 19 and Older	150	1100
Pregnant Women 19 and Older	220	1100
Breastfeeding Women 19 and Older	290	1100

*This includes sources of iodine from food and supplements.

Iodine Content of Some Common Foods

- The best natural occurring source of iodine is saltwater seafood. Freshwater seafood also contains iodine. Milk and milk products are also a good source of iodine.

- Iodine is added to all table salt in Canada. 1 teaspoon of table salt contains 380 mcg of iodine.
- Kosher, pickling and sea salt are a source of natural iodine but do not contain as much as iodized table salt.

Food	Serving Size	Iodine (mcg)
Vegetables and Fruit		
Potato with peel, cooked	1 medium	52
Potato without peel, cooked	1 medium	15
Prunes	3 fruit (30 g)	9
Green lima beans, cooked	125 mL (½ cup)	8
Corn, cooked	125 mL (½ cup)	7
Green peas, cooked	125 mL (½ cup)	4
Banana	1 medium	3
Strawberries	125 mL (½ cup)	3
Spinach, boiled	125 mL (½ cup)	2
Grain Foods		
<i>Cereal (check product label for serving size)</i>		
Crisped rice	30 g	20
Oat, o-shaped	30 g	14
Oatmeal, cooked	175 mL (¾ cup)	12
Shredded wheat	30 g	8
Raisin bran	30 g	6
Soda crackers	10 crackers	44

Bread (rye, whole wheat, white)	1 slice (35 g)	17-32
<i>Food</i>	<i>Serving Size</i>	<i>Iodine (mcg)</i>
Tortilla	½ tortilla (35 g)	26
Pasta, enriched, cooked	125 mL (1/2 cup)	16
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	9
Rice, white, cooked	125 mL (½ cup)	4
<i>Protein Foods</i>		
<i>Milk and Alternatives</i>		
Cottage cheese	250 mL (1 cup)	65
Milk (3.3% homo, 2%, skim, chocolate, buttermilk)	250 mL (1 cup)	19-62
Yogurt, plain	175 g (¾ cup)	58
Yogurt, fruit	175 g (¾ cup)	35
Hard cheese, cheddar	50 g (1 ½ oz)	22
<i>Meat and Alternatives</i>		
Liver, beef, cooked	75 g (2 ½ oz)	32
Turkey, light, cooked	75 g (2 ½ oz)	30
Deli meat (salami, bologna)	75 g or 3 slices	16-21
Beef, various cuts, cooked	75 g (2 ½ oz)	11-14
Chicken, light/dark, cooked	75 g (2 ½ oz)	11-13
Pork, various cuts, cooked	75 g (2 ½ oz)	4-9

Food	Serving Size	Iodine (mcg)
Lamb chop, cooked	75 g (2 ½ oz)	8
<i>Fish and Seafood</i>		
Cod, cooked	75 g (2 ½ oz)	87
Haddock, cooked	75 g (2 ½ oz)	87
Tuna, canned	75 g (2 ½ oz)	15
<i>Meat Alternatives</i>		
Soynuts	60 mL (¼ cup)	60
Beans (navy, black-eyed, kidney, pinto), cooked	175 mL (¾ cup)	19-53
Egg, cooked	2 large	48-52
Pecans, unsalted	60 mL (¼ cup)	2
Peanuts, salted	60 mL (¼ cup)	2
Peanut butter	30 mL (2 Tbsp)	1

Source: Institute of Medicine. Dietary Reference Intakes. Washington: National Academies Press; 2006 and Pennington J, Spungen J. Bowes & Church's Food Values Portions Commonly Used, 19E Lippincott Williams and Wilkins, 2010.

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Notes

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