

Iodine Fact Sheet

IODINE is a mineral the body needs in very small amounts, but it is very important for good health. It helps the thyroid gland work properly. The thyroid controls energy levels, growth, and how the body uses food. Without enough iodine, people can feel tired, gain weight easily, and in severe cases, develop thyroid problems. Iodine supports normal growth and development of many organs, especially the brain, so is important during pregnancy and in young children to support growth, muscle control, and prevent learning and intellectual disability. Iodine is part of many pregnancy supplements.

Usual Sources

The best natural sources of iodine are seafood such as fish, prawns and oysters, seaweed (including kelp). In Australia, iodine intake is currently affected due to naturally low levels in our soils, which means fruit, vegetables, grains, and meat products tend to be lower in iodine than expected. Dairy foods also contain less iodine than in the past due to changes in sterilising practices on farms. Commercial chickens are fed an iodine enriched food so their eggs are a good source of iodine. The iodine in home-bred chicken eggs will not be as high. Iodised salt is an easy way to boost intake if needed. Your dietitian can help you assess this.

Iodine fortification

In 2009, **mandatory fortification of iodized salt into both wheat and gluten-free bread products began**. If eaten, this fortification can add approximately 54ug of iodine into the daily intake. The levels are consistent with our body's iodine requirement. It is not anticipated that sensitivity reactions will occur to this fortification. Further information on iodine and mandatory fortification is available on the FSANZ website at: [Iodine fortification | Food Standards Australia New Zealand](#)

Organic breads, salt free breads, any bread or gluten free bread mix to be made at home, and non-yeasted gluten free commercial breads **do not need to be fortified**. Manufacturers have been given the choice to fortify these foods if they wish too, **but only the wheat bread and gluten free ready-made yeasted breads have mandatory fortification requirements**. If iodized salt has been used in a product the Manufacturer must list "iodised salt" in the ingredient list on the packaging of that food product.

FOR FURTHER INFORMATION

1300 458 836 • Info@coeliac.org.au • coeliac.org.au

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In Australia the recommended daily dietary intake of iodine is:

Approximate Age	0-6 months	7-12 months	1-8 years	9-13 years	14-18 years	19+	During pregnancy	During breast feeding
Iodine (µg per day)	90	110	90	120	150	150*	220*	270*

µg or mcg = microgram (one millionth of a gram)

Approximate quantities of Iodine in foods

Per serving size	Average iodine (µg)	100g Food contains	Average iodine (µg)
Haddock, 120g	390	*Gluten-free bread, fortified, 1 slice (30g)	38
1 teaspoon of iodised salt	220	Lobster, 100g	34
*Oysters (x6 = ~80g)	130	Shrimp, 100g	31
*Sushi (with seaweed wrap)	92	Mackerel, 100g	~30
*Canned salmon, 100g	60	*Canned tuna, 100g	10
*Regular milk, 1 cup (250ml)	59	*Ice cream, 2 scoops (75g)	9.2
Atlantic Salmon fresh, 100g	15-76	*Cheddar cheese, 30g	7.6
*eggs, 2 large (120g)	57	*Beef, pork, lamb, 65g	<1.5
*Chocolate Milk, 1 cup (250ml)	56	Legumes, 1 cup (150g) baked beans, 150g	<0.5 - 2.2
Nori seaweed (2.5g)	55	*Apple, orange, grape, banana	<0.5
Cod, 100g	50	*Bread unfortified, 1 slice (30g)	0.1-3
*Steamed snapper, 100g	40	*Gluten-free bread, unfortified	0-8
*Flavoured Yoghurt, 200g	40	*Tap water (varies site to site), 1 cup (250ml)	0.5-20

* Source: Food Standards Australia New Zealand, Mandatory Iodine Fortification.

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If **bread is not in your diet**, 2 seafood meals a week will contribute much of the iodine requirement.

Commercial eggs and iodised salt can boost this. Although health advice recommends limiting salt intake, many people still consume more salt than advised, often from processed foods that do not use iodised salt. **A balanced diet with regular seafood, dairy, eggs and fortified bread is usually enough for most people.** Foods that reduce how much iodine the body absorbs include cabbage, broccoli, cauliflower, kale, spinach, soy products, flaxseed, peaches, strawberries, peanuts, cassava, sweet potatoes, and some legumes. Eating large amounts of these foods may increase iodine needs, especially if overall iodine intake is low.

Seek your doctors' advice with some medical conditions

Certain health conditions require care with iodine. People with thyroid disease, kidney disease, or other conditions may need to avoid very high iodine foods such as kelp, seaweed, or large amounts of seafood, unless advised by a doctor. Both too little and too much iodine can affect thyroid health. Very high intake, especially from supplements, can be harmful. Iodine supplements should only be taken with doctors' advice.

References

Nutrition Australia iodine fact sheets. [Iodine.pdf](#)

Association of UK Dietitians iodine fact sheet

Australian Food Composition Database - Release 3.0

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