

Tips for getting enough iodine from food:

Eat foods that are rich in iodine including:

Fish eg fresh fish or tinned eg salmon and shell fish eg oysters, and sushi (using seaweed).

Breads.

Dairy foods eg cheddar cheese, Yoghurt, ice cream and milk.

Some salt has iodine added as “iodised salt”. Using too much salt is not recommended

Ask your Doctor for more information about **Listeria**.

Iodine in Pregnancy

**See the Health Worker,
Midwife or Dietitian at your
clinic for more information.**



Iodine in Pregnancy



***Look after yourself
Look after your baby***



What is iodine?

Iodine is a **mineral or trace element** found in different foods that helps your thyroid hormones to work.



Why do you need iodine?

Iodine is needed for normal growth and development. Lack of iodine can cause mental retardation known as Goiter or Cretinism.

Goiter symptoms include dry skin, fatigue and hair loss

When you are pregnant, you need enough iodine to help your baby's brain to grow. Lack of iodine can cause mental deficiency and stop normal growth.

How much iodine do you need?

In pregnancy: 220µg per day.
Breastfeeding mothers: 270µg per day.
Normally women need 150µg per day.

Every day try to have **bread, dairy foods, eggs or fish.**

It's a good idea to ask your doctor if you will need iodine supplements **before, during pregnancy and when breast-feeding.**

With Iodine



Excellent food sources of iodine:

- Oysters
- Sushi (with seaweed)
- Tinned salmon
- Bread
- Fresh Snapper



Good food sources of iodine:

- Cheddar Cheese
- Eggs
- Ice Cream
- Chocolate Milk
- Yoghurt
- Milk
- Tinned Tuna

