

Getting enough Iodine?

Just make sure the lid is screwed on tightly! 😊 😊

You don't need to live near the sea to enjoy the benefits 😎 🏖️

Two eggs, sunny side up, seasoned with iodised salt should do nicely! 😊 😊



Half a serving of sea fish*
60 g of cod



8 pinches of iodised salt**
~ 1/8 teaspoon



2 glasses of milk*
300 ml

Two cafe lattes to go, please! 😍 🥰

500 g of cheese*



Every little helps, but maybe save this option for your occasional cheese fondue night! 😊

WHO recommends intake of 150 µg iodine per day in adults to prevent iodine deficiency diseases (IDD)

Best sources of iodine are seafood, dairy products and iodised salt

* The amounts presented here each contain approximately 150µg iodine but might not reflect the situation in your country. We recommend consulting your medical practitioner for accurate local information.

** WHO recommend a salt intake of less than 5 g per day for adults

Knowing is Half the Battle

Should I satisfy my craving for melted cheese on chocolate before or after dinner? 😊 😊



70% of pregnant women are not aware that iodine deficiency might harm their child

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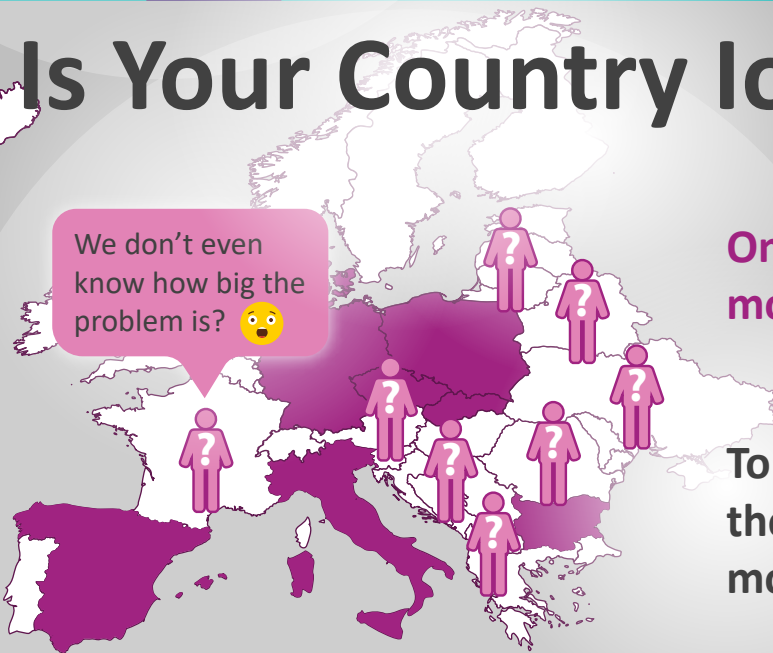
During pregnancy iodine requirement increases. WHO recommends intake of 250 µg iodine per day for pregnant women



Babies in the womb exposed to mild-to-moderate iodine deficiency may have a lower IQ and fail to reach their full cognitive potential

Is Your Country Iodine Sufficient?

We don't even know how big the problem is? 😞



Only 8 EU-member states perform monitoring of iodine supply regularly

To effectively prevent iodine deficiency the WHO recommends regular monitoring of iodine intake

References

- http://www.who.int/nutrition/publications/micronutrients/iodine_deficiency/WHO_NUT_96.13/en
- <https://www.ncbi.nlm.nih.gov/pubmed/27534632>
- <https://www.ncbi.nlm.nih.gov/pubmed/26700864>



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