IODINE

Iodine is essential for the synthesis of thyroid hormones, which play a fundamental role in the processes of cell growth and maturation, maintenance of body temperature, regulation of energy expenditure, and protein synthesis.

FOOD SOURCES

Nori Seaweed
116 mcg
(2 tbsp 5 g)

Shrimps
13 mcg
(85 g)

Iodized salt
76 mcg
(1/4 tsp)

Codfish
158 mcg
(85 g)

Egg
26 mcg
(1 units)

Milk
85 mcg
(1 cup)

NUTRITIONAL NEEDS

0 - 6 months old	110 mcg/day
7 - 12 months old	130 mcg/day
1 - 8 years old	90 mcg/day
9 - 13 years old	120 mcg/day
14 - 18 years old	150 mcg/day
+19 years old	150 mcg/day
Pregnant women	220 mcg/day
Breastfeeding women	290 mcg/day

Iodine requirements vary according to age, sex, and physiological situations. The iodine intake is particularly decisive for pregnant women and for their unborn child, as well as during breastfeeding. In children, iodine deficiency can lead to impairments in development and learning abilities.

SIGNS OF DEFICIENCY

Iodine deficiency is associated with an increase in thyroid volume with the appearance of goiter. Severe forms of deficiency can lead to hypothyroidism, and cause fatigue, sensitivity to cold, weight gain, etc.