

# THE IMPORTANCE OF IODINE DURING PREGNANCY

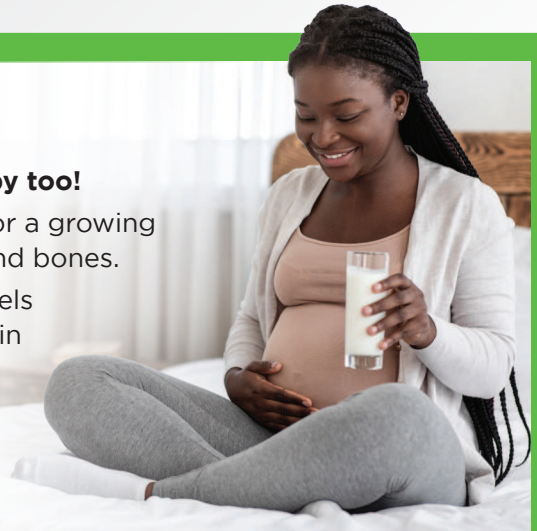
## DID YOU KNOW?

### Iodine is key for you because...

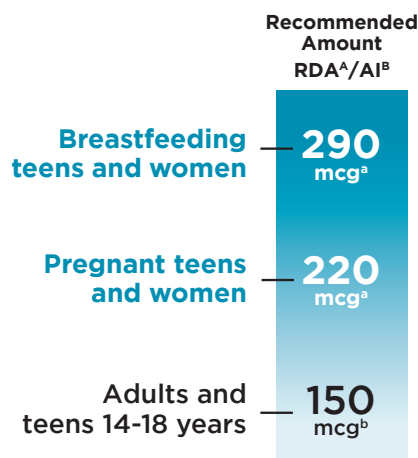
- When pregnant, our body needs 50% more iodine.
- Our body can't make iodine, we must get it from food.
- Iodine helps the body make energy from food.
- Many women do not have enough iodine stored in their body before pregnancy.

### And for your baby too!

- Iodine is key for a growing baby's brain and bones.
- Low iodine levels may cause brain defects and lower child IQ.



## HOW MUCH IODINE DO YOU NEED?



### Worried you're not getting enough iodine?

Talk with your healthcare provider about ways to add more iodine rich foods and discuss if a supplement is right for you.

## WAYS TO WORK IN MORE IODINE



**Milk It:** Pair milk with your favorite cereal or oatmeal, blend in smoothies or add to pasta dishes or soups.



**Enjoy Yogurt:** Yogurt is made from milk and contains nutrients to help baby grow. Top yogurt with fruit, granola or nuts for a balanced breakfast or snack.



**Say Cheese:** Cheese is an easy option at home or on the go! Pair a cheese stick or slices with fruits and veggies. Top salads, soups or favorite dishes with shredded cheese.



**Put an Egg on It:** Eggs provide 8 essential nutrients including iodine, choline, vitamin B12 and protein.



**Go Fish:** Fish and seafood can be good sources of iodine, as well as protein, healthy fats and vitamin B12.


















### Lactose intolerant? Choose

**Lactose-free milk** – real, great tasting milk with the same nutrition, just without lactose.

**Cheddar and Swiss cheese** have the lowest lactose.

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## WHAT FOODS PROVIDE IODINE?

| FOOD  | SERVING SIZE | MICROGRAMS (MCG) PER SERVING | PERCENT DAILY VALUE (DV) |
|---|--------------|------------------------------|--------------------------|
|  <b>Cod, baked</b>                     | 3 ounces     | 158                          | 105%                     |
|  <b>Yogurt, Greek, plain, fat-free</b> | 6 ounces     | 87                           | 58%                      |
|  <b>Low-fat milk (1%)</b>              | 1 cup        | 87                           | 58%                      |
|  <b>Iodized table salt</b>             | 1/4 tsp      | 76                           | 51%                      |
|  <b>Fish sticks</b>                    | 3 sticks     | 58                           | 39%                      |
|  <b>Pasta, cooked in iodized salt</b>  | 1 cup        | 40                           | 27%                      |
|  <b>Cottage cheese (reduced fat)</b>   | 1/2 cup      | 39                           | 26%                      |
|  <b>Swiss cheese</b>                  | 3 slices*    | 36                           | 24%                      |
|  <b>Crab, canned and cooked</b>      | 3 ounces     | 32                           | 21%                      |
|  <b>Egg, hardboiled</b>              | 1 egg        | 26                           | 17%                      |
|  <b>American cheese</b>              | 3 slices*    | 18                           | 12%                      |
|  <b>Cheddar cheese</b>               | 3 slices*    | 15                           | 10%                      |
|  <b>Shrimp, pre-cooked</b>           | 3 ounces     | 13                           | 9%                       |
|  <b>Salmon, baked</b>                | 3 ounces     | 14                           | 9%                       |
|  <b>Soy beverage</b>                 | 1 cup        | 7                            | 5%                       |
|  <b>Almond beverage</b>              | 1 cup        | 2                            | 1%                       |
|  <b>Non-iodized sea salt</b>         | 1/4 tsp      | <1                           | 1%                       |

\*cracker sized slice of cheese

References: Dietary Guidelines 2020, National Institutes of Health - Iodine Factsheet for Health Professionals.

## DID YOU KNOW?

1 cup of milk contains **over half** of your daily iodine needs!



Milk is an affordable source of iodine and other important nutrients.

## FRUIT PARFAIT

### Ingredients

- 2/3 cup non-fat plain or flavored yogurt
- 1/2 cup fruit of choice (fresh, frozen or canned (drained))
- Toppings of choice

**Fruit ideas:** Bananas, strawberries, blueberries, blackberries, raspberries, apples, peaches, pears, fruit cocktail

**Topping ideas:** Slivered almonds, granola, sunflower seeds, pumpkin seeds, chia, hemp or flax seeds, cinnamon, nutmeg

### Instructions

Layer yogurt and fruit. Sprinkle with toppings.



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