

THE IMPORTANCE OF IODINE DURING PREGNANCY

DID YOU KNOW?

Iodine is key for you because...

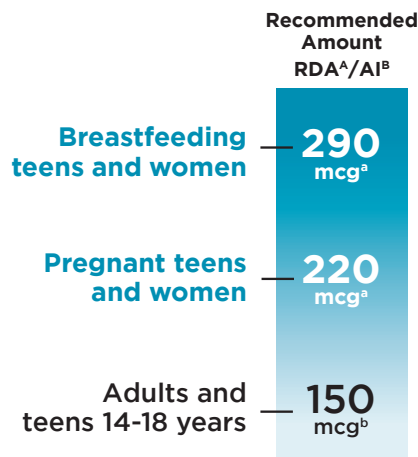
- When pregnant, our body needs 50% more iodine.
- Our body can't make iodine, we must get it from food.
- Iodine helps the body make energy from food.
- Many women do not have enough iodine stored in their body before pregnancy.

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