Recommended iodine intake at different stages in life and the portion sizes of dairy that can help meet those needs

The Department of Health recommends that children under two need whole milk and full-fat cheese and yogurt.

If they're over two, they can have semi-skimmed milk and lower-fat dairy products if they are good eaters and growing well.

Skimmed and 1% milks are not suitable for children under five.

Pregnancy & Breastfeeding

The Department of Heath recommendation for pregnant and breastfeeding women is the same as for adults (140 µg/day). However, the WHO recommendation is for 250 µg/day.

See page 11 for information on supplements.

If you do not consume iodine rich foods seek advice from a healthcare professional before changing the diet.

* RNI, Reference Nutrient Intake, is a figure set by the Department of Health, based on the minimum requirements for iodine plus a margin of safety to allow for different dietary patterns.

** Nutrient values for iodine in milk vary throughout the year, the figure given here is based on an average amount.

Age	Iodine needs* (RNI* µg/day)	Portion sizes	Iodine content** (µg)
1-3 years	70	100ml whole milk 60g whole plain yogurt 15g cheddar cheese These portion sizes provide approximately 72µg of iodine	30 38 4.5
4-6 years	100	A small carton (189ml) semi-skimmed milk 80g whole plain yogurt 20g cheddar cheese These portion sizes provide approximately 113µg of iodine	57 50 6
7-10 years	110	A small carton (189ml) semi-skimmed milk 125g low-fat plain yogurt 20g cheddar cheese These portion sizes provide approximately 107µg of iodine	57 43 8
11-14 years	130	200ml semi-skimmed milk 150g low-fat plain yogurt 30g cheddar cheese These portion sizes provide approximately 120µg of iodine	60 51 9
15-18 years	140	250ml semi-skimmed milk 200g low-fat plain yogurt 30g cheddar cheese These portion sizes provide approximately 152µg of iodine	75 68 9
19+ years	140	200ml semi-skimmed milk 150g low-fat plain yogurt 30g cheddar cheese These portion sizes provide approximately 120µg of iodine	60 51 9