

Iodine recommendations by age group

Pregnancy & Breastfeeding

The Department of Health recommendation for pregnant and breastfeeding women is the same as for adults (140µg/day). However, WHO recommends 250µg/day. (See page 13 for information on supplements.)

* 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.

µg - microgram, or one thousandth of a milligram.

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