### Iodine recommendations by age group

<table>
<thead>
<tr>
<th>Age</th>
<th>Iodine needs (RNI* µg/day)</th>
<th>Portion sizes</th>
<th>Iodine content**(µg)</th>
</tr>
</thead>
</table>
| 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 |

** 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.