

Wellness Tidbits



DIET FOCUS: THYROID & IODINE

Iodine is required for the thyroid to produce hormones. The body does not produce iodine, so it needs to come from dietary sources.

The Right Amount

Not enough or too much iodine can cause problems, so it is important to consider your consumption. Food and Nutrition Board of the National Academies (formerly the National Academy of Science), states the recommended dietary allowance (RDA) for iodine in the United States ranges anywhere from 90 mcg per day for toddlers to 150 mcg for teens and adults.

Examples of Iodine Sources

Cod (3 ounces): 99 mcg

Plain low-fat yogurt (1 cup): 75 mcg

Reduced fat milk (1 cup): 56 mcg

Shrimp (3 ounces): 35 mcg

Enriched macaroni (1 cup): 27 mcg

Egg (1 large): 24 mcg

Cheddar cheese (1 ounce): 12 mcg



Resource:

<https://www.verywellhealth.com/iodine-and-the-thyroid-3231870>

Join the Monthly TSHBP Fitbit® Challenge!

How to Play

- 1) Read the article above.
- 2) Click the button on the right to answer
- 3) A winner will be chosen randomly from correct responses

Question

What is the recommended dietary allowance for iodine in the US for teens and adults?

**ANSWER FITBIT®
CHALLENGE HERE!**



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