





# Sources of Iodine

Iodine is an essential mineral required for the synthesis of thyroid hormones. Thyroid hormones play important roles in a range of bodily functions including metabolism, bone health, immune response, and brain function.

## The Recommended Dietary Intake (RDI) for iodine

			
19+ male <b>150 mcg/day</b>	19+ female <b>150 mcg/day</b>	Pregnancy <b>220 mg/day</b>	Lactation <b>270 mg/day</b>



Food (serving size)	Iodine (mcg)
<b>Blue mussels</b> , steamed (100g)	268
<b>Pacific oysters</b> (100g, 2 medium oysters)	202
<b>Rock oysters</b> (100g, 3-4 oysters)	162
<b>Scallops</b> , raw (100g)	150
<b>Seaweed</b> , wakame, dried (2.5g, 1 tablespoon)	102
<b>Prawns</b> , wild (100g)	88
<b>Goats cheese</b> , soft (100g, 1 cup)	84
<b>Australian sardines</b> , raw (100g)	76
<b>Goats cheese</b> , firm (100g, 1 cup)	61
<b>Salmon</b> , canned in brine (100g, 1 small tin)	60
<b>Seaweed</b> , nori, dried (2.5g, 1 tablespoon)	58
<b>Smoked cod</b> (100g)	50
<b>Bread</b> (60g, 2 slices) (except organic bread, fortified with iodised salt)	46
<b>Snapper</b> , steamed (100g)	40
<b>Mackerel</b> , grilled (100g)	38
<b>Yellowfin tuna</b> , cooked (100g)	38
<b>Parmesan</b> , grated (100g, 1 cup)	26
<b>Egg</b> , hard-boiled (1 egg)	25
<b>Yoghurt</b> , natural, regular fat (1 cup)	25
<b>Cow's milk</b> , regular fat (1 cup)	23
<b>Cheddar cheese</b> , grated (100g, 1 cup)	23
<b>Miso paste</b> (17g, 1 tablespoon)	20
<b>Soba noodles</b> (100g, 1 cup)	14
<b>Tuna</b> , canned in brine (100g, 1 small tin)	10
<b>Coconut milk</b> , canned (1 cup)	10
<b>Soy milk</b> , regular fat (1 cup)	4
<b>Tofu</b> (soy bean curd), firm, as purchased (100g)	3