

Iodine is important for the normal development of a baby's brain and nervous system

A daily supplement that includes 150 micrograms of iodine is recommended for women when planning pregnancy, during pregnancy and while breastfeeding.*

What are the main messages for women?

150
MICROGRAMS (μg)
PER DAY



Pregnant and breastfeeding women in Australia are not getting enough iodine through diet alone.

A daily supplement that includes 150 micrograms of iodine is recommended for women when planning pregnancy, during pregnancy and while breastfeeding.

Women with pre-existing thyroid conditions should talk to their doctor before taking a supplement.



Supplements containing iodine are available from pharmacies and supermarkets. Check that the supplement contains 150 micrograms of iodine.

There is no benefit to taking more than 150 micrograms of iodine.



- Bread, eggs, dairy, iodised salt and seafood are the main dietary sources of iodine in Australia.
- Pregnant and breastfeeding women should have no more than two serves of cooked seafood per week due to the high levels of mercury present in some fish.

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