## **lodine 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?

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

150 MICROGRAMS (µg) PER DAY



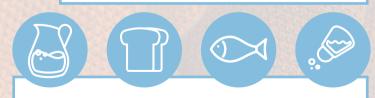
Supplements containing iodine are available from pharmacies and supermarkets. Check that the supplement contains 150

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

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.

SHPN (HSP) 180200

\*National Health and Medical Research Council (2010), NHMRC Public Statement: Iodine supplementation for pregnant and breastfeeding women

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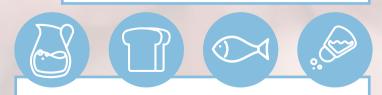
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