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

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

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

An iodine supplement of 150 micrograms (μg) each day is recommended for women before conception, during pregnancy and while breastfeeding.

Iodine is usually combined with other vitamins and minerals in a multivitamin supplement designed for pre-conception, pregnancy and breastfeeding. These supplements are available from pharmacies and supermarkets.

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.

What are the main messages for women?

150 MICROGRAMS (μg) PER DAY

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