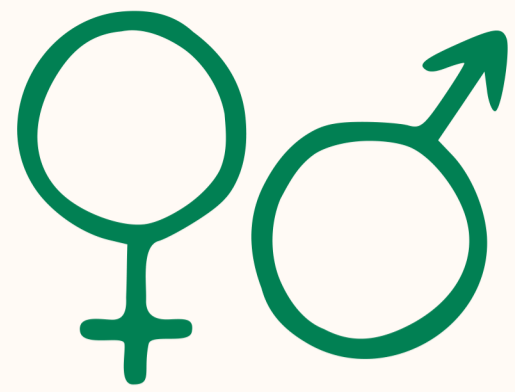




Iodine



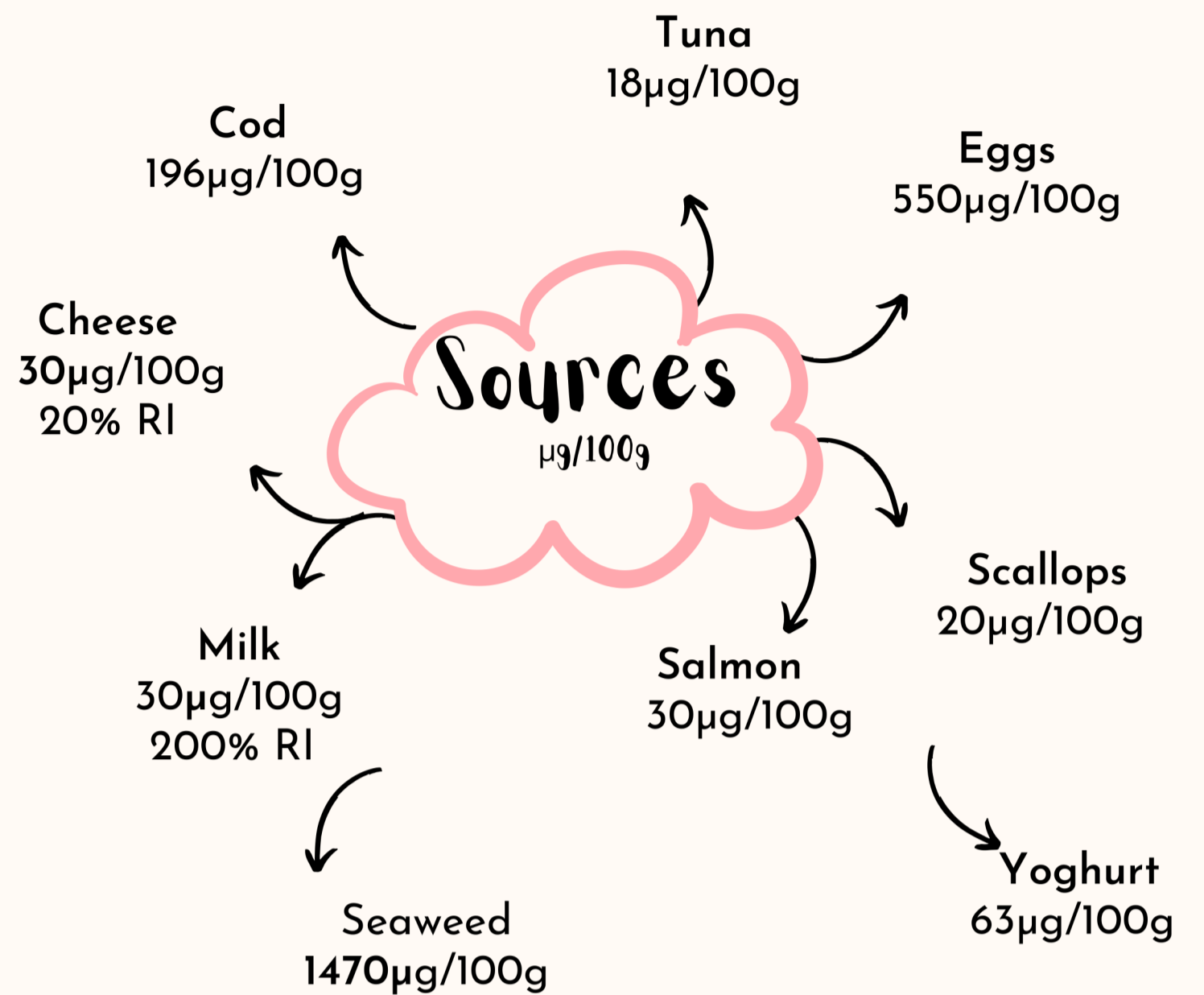
What does it do?

Iodine is responsible for the production of thyroid hormone which help to regulate normal metabolism

During pregnancy and breastfeeding the body requires more thyroid hormones, therefore the need for iodine increases

The foetus is solely dependent on the maternal thyroid during the first 10-20 weeks of gestation

Sufficient thyroid hormones ensure normal brain development and growth of baby



How much do I need?

RI - Females:
140µg per day

RI - Males:
140µg per day

Pregnancy

EFSA advise that the adequate intake for pregnant and breastfeeding women is 200 µg of iodine per day

Recipe Idea...

Cod Traybake

Ingredients

- 2 Medium Cod Fillets
- 1 Red Pepper
- 1 Red Onion
- 30g Kalamata Olives
- ¼ Jar Passata
- 1 tbsp Harissa Paste
- ½ Can Butter Beans
- Handful Fresh Basil

Method

- Slice the red pepper and red onion
- Lay the cod fillets in the a roasting tin
- Add the pasta and harissa paste
- Drain the butter beans and add to the roasting tin
- Add the sliced veg
- Bake in an oven at 180°C for 25 minutes
- Top with fresh basil to serve

Per Portion

Kcals: 326
Iodine: 182µg (121% RI)