

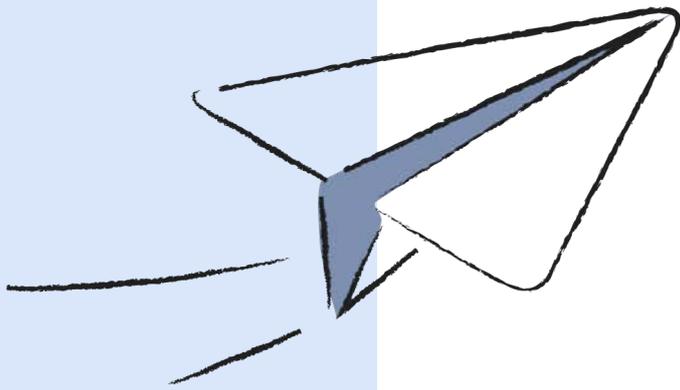


Paloma

Quick Guide: Iodine



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A note from Paloma Health

Paloma Health is the first online medical practice focused on hypothyroidism. We offer at-home blood tests, live video visits with thyroid specialists, & prescription management.

In this guide, learn about iodine's relationship to Hashimoto's, nutritional guidelines, & suggested food sources.

Iodine

Iodine is a vital nutrient in the body and essential for thyroid hormone production. When TSH is secreted from the pituitary, it increases the thyroid's uptake of iodine and stimulates the synthesis and release of T4 and T3. Without sufficient iodine, TSH levels remain elevated and lead to goiter, an enlargement of the thyroid gland that reflects the body's attempt to produce thyroid hormone.

IODINE AND HASHIMOTO'S DISEASE

Iodine deficiency is associated with impaired brain development and other growth abnormalities with the most serious side effects occurring in utero with damage to the growing fetus. Iodine deficiency is the leading cause of hypothyroidism worldwide, but it is rare in the U.S. since iodized salt was introduced in the 1920s. So, while iodine deficiency is the most common cause of hypothyroidism worldwide, Hashimoto's Disease is the leading cause of hypothyroidism in the U.S. - accounting for 90-97% of cases. For this reason, the relationship between iodine and Hashimoto's continues to be debated by thyroid experts.

NUTRITIONAL GUIDELINES

The Recommended Dietary Allowance* (RDA) for iodine is 150 micrograms (mcg) for adults and 220 mcg and 290 mcg for pregnant and lactating women, respectively. Although the Tolerable Upper Intake Level (UL) for adults is set at 1,100 mcg per day, an upper intake limit of 400 mcg per day has been suggested for patients with Hashimoto's. The rationale? Research suggests too much iodine may be an environmental trigger for Hashimoto's disease, particularly when selenium status is low.

Aim for 150-400 mcg per day from a combination of foods, fortified foods, and supplements. Iodized salt, along with fish, dairy, and grains, are major sources of iodine in the standard American diet. Seaweed (such as kelp, nori, kombu, and wakame) is a great food source of iodine, but it's iodine content is widely variable. The amount of iodine in fruits, vegetables, and other plants depends on the soil, fertilizer, and irrigation practices. Keep in mind that although processed foods are often salty, they're rarely fortified with iodine. Supplements containing up to 150 mcg of iodine are found to be tolerated by people with Hashimoto's without increasing thyroid antibodies.

Populations at risk for iodine deficiency include pregnant and lactating women and those eating a vegan or paleo diet. Cruciferous vegetables are high in goitrogens, which are thought to block the intake of iodine in the thyroid gland, but those whose diets contain adequate iodine can safely consume these vegetables in normal amounts, especially when cooked.



FOOD SOURCES OF IODINE

FOOD	SERVING SIZE:	% DAILY VALUE
Seaweed	1 g	11-989%
Cod	3 oz	66%
Yogurt	1 cup	50%
Iodized Salt	1/4 tsp	47%
Milk	1 cup	37%
Enriched Bread	2 slices	30%
Shrimp	3 oz	23%
Macaroni, enriched	1 cup	18%
Egg	1 large	18%
Tuna	3 oz	11%
Cheddar cheese	1 oz	8%
Banana	1 med	2%

*Iodine is not listed on the Nutrition Facts Panel unless the food has been fortified with iodine.