

INFORMATION LEAFLET

Meeting Iodine Requirements on Dairy Milk Free Diet

Providing Iodine in your child's diet

- In the UK the best Iodine sources are Dairy foods and Fish
- Alternative Dairy free Milks often do not contain Iodine (check the nutritional information)
- DO NOT use kelp and seaweed supplements as content is variable and can lead to excessive iodine intakes.
- Fussy children can be encouraged to consume fish fingers / scampi for meals/snacks for meeting Iodine requirements
- Using eggs such as in French Toast/ Eggy bread /pancakes is a good way consume Iodine
- Some vitamin and mineral supplements have iodine in but not all, it is best to check the label
- Some brands of Soya/Oat milk are fortified with Iodine

Guide for Iodine requirements by age

| AGE (years) | Iodine requirements |
|-------------|---------------------|
| 0-1 | 60mcg |
| 1-3 | 70mcg |
| 4-6 | 100mcg |
| 7-10 | 110mcg |
| 11-18 | 140mcg |

NB Requirements stated are based on the Dietary Reference Values for Food Energy and Nutrients for the UK, HMSO, 1991

Iodine Content of non Dairy foods

| Food Group | Food | Portion | Average Iodine content per portion (mcg) |
|------------------------|---|---------|--|
| Fish | Haddock | 30g | 98 |
| | Cod | 30g | 58 |
| | Plaice | 30g | 7 |
| | Salmon fillet | 25g | 3.5 |
| | Canned Tuna | 25g | 3 |
| | Fish Fingers | 2 | 60 |
| Shellfish | Prawns | 30g | 3 |
| | Scampi | 43g | 40 |
| Other | Egg | 1 | 25 |
| | Meat/poultry | 30g | 3.3 |
| | **Nuts | 30g | 6 |
| | Bread | 1 slice | 5 |
| | Fruit Veg | 40 | 1.5 |
| Fortified Milks | Alpro growing up Drink Soya Milk | 100ml | 24.5 |
| | Asda Free From Long Life Oat Milk | 100ml | 30 |
| | M&S Made without Dairy Oat Milk | 100ml | 8.9 |

NB Iodine contents can vary with season and fish species, and so this is a guide only. **Don't give whole nuts less than 5 years of age (Use Smooth Nut butters instead)