

When Pregnant and Breastfeeding

Iodine and Iodine Deficiency

Take one iodine-only tablet daily

Iodine is an essential nutrient required in small amounts to support normal growth and development. **Iodine is essential for normal brain development.** It is important that unborn babies and infants receive enough iodine.

Requirements for iodine increase during pregnancy and breastfeeding. Even with a well-balanced diet, it is difficult to get enough iodine from food alone. Women are advised to choose foods that are important sources of iodine and to supplement their diet throughout pregnancy and breastfeeding with an iodine-only tablet.

Important sources of iodine in foods are: well cooked seafoods*, milk*, eggs*, some cereals, seameal custard* and fortified bread. If salt is used, choose iodised.

- Take one 0.150 milligram (mg)/150 microgram (mcg or µg) iodine-only tablet daily when pregnant and breastfeeding.



- The recommended registered tablet can be purchased at pharmacies (or at a lower cost, when prescribed by your doctor or midwife).

For further information, contact a health professional such as your doctor, midwife, dietitian, nurse or pharmacist.

*See latest advice on food safety on the Ministry of Primary Industries' website at www.foodsmart.govt.nz

Vitamin, mineral and health supplements other than folic acid and iodine should only be taken in consultation with your lead maternity carer.

