

How to Ensure Babies (Six months or older) Have Adequate Iodine Intake?

- When your baby is around 6 months old, continue breastfeeding him or offer him an infant or follow-up formula (for 6 months or above) with iodine and other nutrients content that meet the Codex requirement. You can give your baby whole fat milk to replace formula milk after 12 months old.
- Provide varieties of solid food, including those rich in iodine to ensure adequate iodine intake
- The World Health Organization (WHO) recommends dietary intake of iodine for infants at 90µg per day

What kinds of food are rich in iodine?

- Kelp and seaweed are of highest iodine content
 - ✓ The iodine in the kelp dissolves in water. Congee and rice cooked with a small piece of kelp provides a good source of iodine for your child. Consume this kelp soup congee or rice occasionally, e.g. every 3-4 weeks.
- Seawater fish and seafood (such as prawns, mussels, oysters), milk, egg yolk
 - ✓ Iodine content of individual food

Egg yolk (17g)	20µg
Thread-fin fish(40g)	14µg
Seawater fish (40g) (average)	Around 8µg
Yoghurt(150g)	44µg
Prawn (40g)	18µg
Whole fat milk (fresh milk) (250ml)	23µg

Sample menu to achieve dietary intake of iodine at 90µg per day for

- 6 to 12 months old :
 - ✓ Daily menu

1. 600-700ml infant formula or follow-up formula, and
2. One egg yolk., OR
3. Seawater fish (around 40g, ie about 2 to 3 table spoon)
 - ✓ Use a small piece of kelp or seaweed for cooking congee or rice once every 3 to 4 weeks
- 12 months old or above :
 - ✓ Daily menu

Example A

1. 480ml of follow-up formula for 6 months old or above and
2. One egg yolk or seawater fish (around 40-60g, ie 2 to 4 table spoon)

Example B

1. 240ml of whole fat milk (fresh milk) and
2. Yoghurt (100g) and
3. One egg yolk or seawater fish (around 40-60g, ie 2 to 4 table spoon))
 - ✓ Use a small piece of kelp or seaweed for cooking congee or rice once every 3 to 4 weeks