

## 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