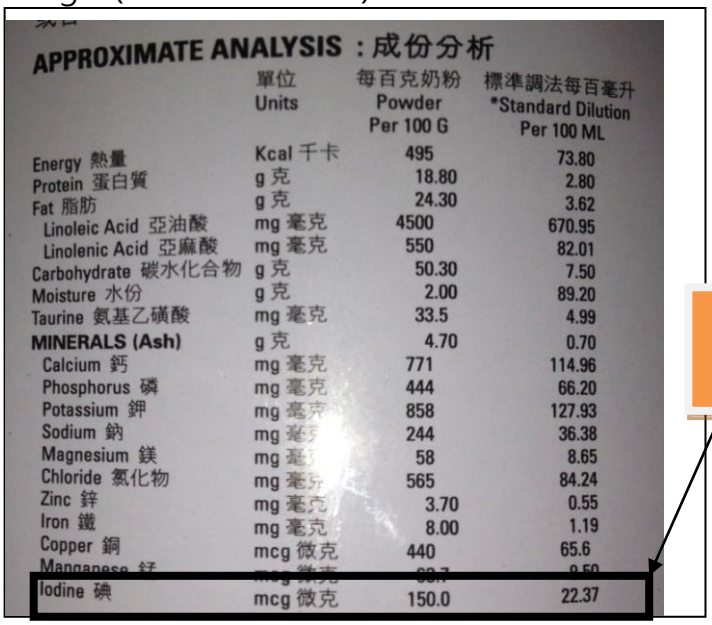
Information for parents with babies ever fed on infant formulae found to have iodine level below recommendation

Newborn to 6 months old babies：

1. If a baby is exclusively fed on these formulae for a long period of time, the thyroid function might be affected because of the low iodine intake. If the baby is occasionally (mixed with breastfeeding) or temporarily fed on these infant formulae, the risk of low iodine intake is relatively lower.
2. Parents are recommended to change to other infant formula with iodine and other nutrients levels that meet the Codex requirement, that is, 10 to 60μg per 100kcal of milk. (Or 6 to 42μg of iodine per 100ml of milk). Parents can read the iodine content as listed on the nutritional information of the package. (as shown below)



3. Parents can also refer to the test result on the nutritional composition of infant and follow-up formula at the Centre of Food Safety website http://www.cfs.gov.hk/english/consumer_zone/foodsafety_Iodine_in_infant_formula.html or Department of Health website http://www.dh.gov.hk/iodine_eng.html
4. Do not give follow-up formula. The higher protein content of the follow-up formula may overload your baby' s kidneys and cause dehydration, gastroenteritis or brain damage.

Is there anything I need to pay attention when changing to another brand of formula milk?

- Different formula milk have different preparation method, parents should follow the instruction as shown on the package.
- Do not mix two or more brands of milk powder when preparing the feed.
- There is no fix rule on how to switch formula milk; parents can switch to new formula milk immediately.
- Parents may notice a change in their baby's bowel habits after switch to new formula milk, whether in terms of frequency, texture and/or colour of the stool. This is because the amount of additives, such as iron, prebiotics, varies amongst the different brands. These are normal phenomenon. Do not over-worry and try to switch to a third brand.
- Please refer to the leaflet on "Switching formulae for your babies" http://www.dh.gov.hk/iodine_eng.html)

5. If you have concerns on your baby being affected by the affected infant formula, you can call the hotline of Department of Health 2125 1111/Maternal and Child Health Centres or visit our websites http://www.dh.gov.hk/iodine_eng.html

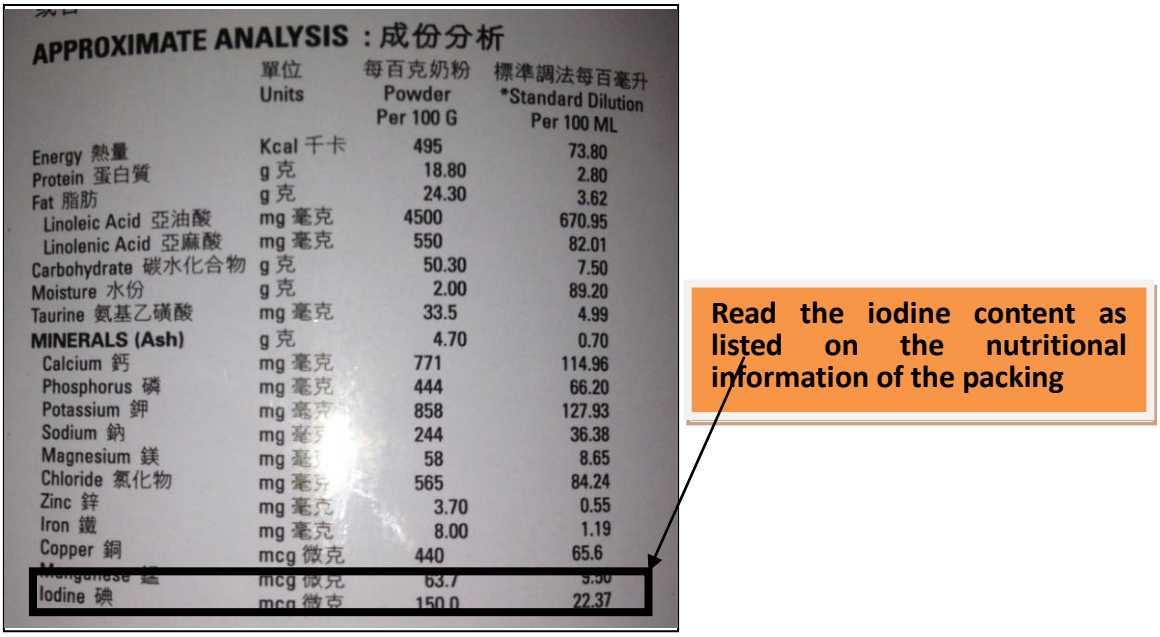
Important Notice: Special arrangements for services related to the low iodine content infant formulae may be adjusted depending on service demand.

6 months old or above:

1. As baby starts to have solid food, he can increase the iodine intake from iodine rich food (such as egg and fish). Therefore, the risk of being affected is relatively lower.
2. Parents are recommended to change to other infant formula with iodine and other nutrients levels that meet the Codex requirement, follow-up formula or whole fat milk (only suitable for child 1 year old or above). Parents can read the iodine content as listed on the nutritional information of the package. (as shown below)

	Codex requirement on	Iodine level per 100ml

	Iodine level per 100kcal of formula milk.	of formula milk prepared by standard method of preparation
Infant formula	10 - 60µg	6 - 42µg
Follow-up formula for 6 months old or above	Not less than 5µg	Not less than 3µg



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4. Introduce a variety of solid food to your child. Choose iodine rich food to ensure adequate iodine (daily dietary intake of 90µg). Allow your child to steadily accumulate iodine.

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

You may ask:

Q: My 12-month baby has been taking one of the low iodine content formula milk since birth. Will it cause iodine deficiency or hypothyroidism?

A: Although the iodine intake from the formula milk is lower than the WHO recommendation, your child has started solid food, he can absorb adequate iodine intake from iodine rich food. The body has a lot of compensatory mechanism to maintain the thyroid hormone at normal level, the risk of develop hypothyroidism is not high.

Q: Should my child double up his iodine intake in order to speed up his body in regaining the normal iodine level?

A: The thyroid gland is unable to absorb large amount of iodine in a short period of time, it may cause adverse effect on the normal thyroid function and decrease the secretion of thyroid hormone. There is no additional advantage for the body if the daily iodine intake is more than 180μg. Parents should ensure the child' s daily dietary iodine intake up to 90μg or slightly more, it allows the child to steadily accumulate iodine to maintain normal thyroid function.