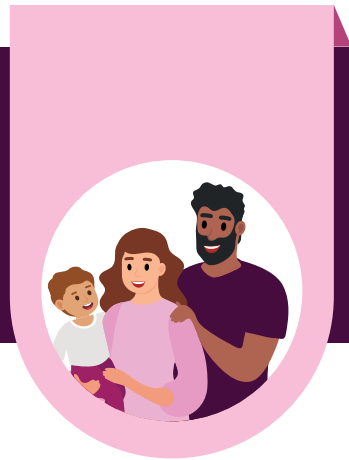


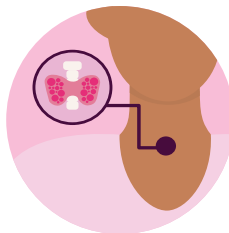
The Importance of Iodine in the Diet



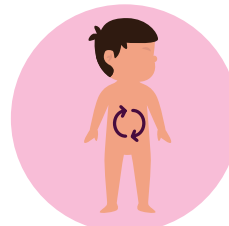
A healthy eating routine can help boost your health today and in the years to come.

Even though the body only needs very small amounts of iodine, it is crucial for very important functions:

- Making thyroid hormones
- Regulating metabolism, growth, and development
- Helping build your baby's bones, nervous system, and brain



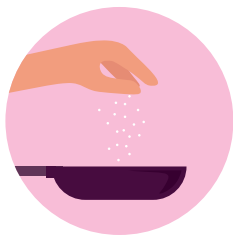
Thyroid Hormones



Regulating Metabolism



Baby's Bones and Brain



Although women of reproductive age generally have adequate iodine intake, some women, particularly those who do not regularly consume dairy products, eggs, and seafood, may not consume enough iodine to meet their increased needs during pregnancy and breastfeeding.

Not all salt contains iodine, so if you add salt to your food, make sure it's iodized. **Use it sparingly.**

GET YOUR NUTRIENTS FROM YOUR WIC* FOODS!

Whole-wheat and/or whole-grain bread, milk, yogurt, cheese, and eggs.

*Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



See other foods that contain iodine from <https://ods.od.nih.gov/factsheets/Iodine-Consumer/>