

Iodine makes our bodies function properly

FACT

Iodine is important because:

- it makes the brain and body function properly
- it is essential to the healthy development of unborn babies and young children
- it helps pregnant women to deliver healthy babies.

A sign of a lack of iodine in the diet is the swelling of the front neck, called goitre.

Everybody needs iodine

Everybody needs enough iodine in their diet to stay healthy and prevent goitre. In particular, pregnant women, breastfeeding women and young children in need enough iodine to make sure the child develops well mentally and physically.

Iodine is found in iodised salt, seafish and seafood.

In areas where it is hard to get seafish and seafood, iodised salt is an important part of every diet.

For babies under 6 months the best source of iodine is breast milk.

ACT

Always use iodised salt when cooking and eating family meals

- ❖ Make sure the salt you buy carries the label “iodised”.
- ❖ Add iodised salt to food on the table or when it is nearly cooked. Do not cook iodised salt too long, it destroys the iodine.

Do not use a lot of salt

- ❖ Do not use more than 1 teaspoon of salt per person per day. Too much salt is not good for your heart and blood pressure.
- ❖ Use herbs, spices, garlic and onions to flavour foods instead of too much salt.
- ❖ The more processed foods you eat the less table salt you should use.