

Resource Outline

Importance of Iodine

- Essential for thyroid hormone production, regulating growth, development, and biochemical processes.
- Negative health impacts due to iodine deficiency led to the introduction of iodized salt in the early 20th century.

Iodine Concentrations in Different Types of Seaweed

- Brown seaweed: 12 $\mu\text{g/g}$ –10,203 $\mu\text{g/g}$ dry weight
 - Common Example: Kelp
- Green seaweed: 12.9 $\mu\text{g/g}$ –154 $\mu\text{g/g}$ dry weight
 - Common Example: Sea Lettuce
- Red seaweed: 4.3 $\mu\text{g/g}$ –353 $\mu\text{g/g}$ dry weight
 - Common Example: Nori and Dulse

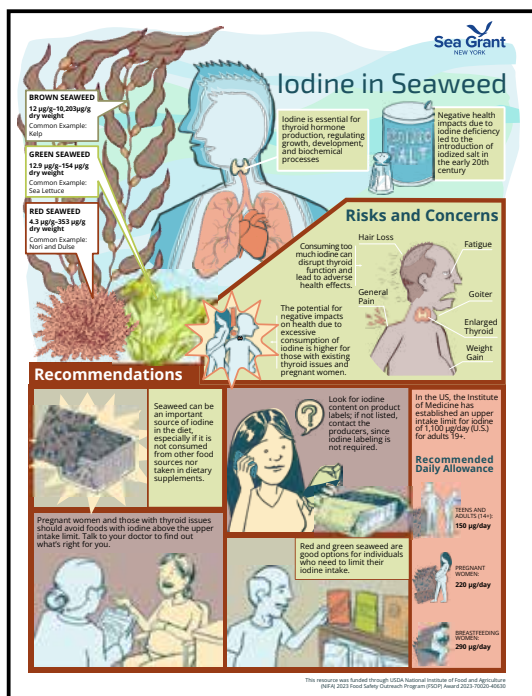
Risks and Concerns

- Consuming too much iodine can disrupt thyroid function and lead to adverse health effects.
 - For example, hypothyroidism (an underactive thyroid) can lead to symptoms such as fatigue, hair loss, general pain, weight gain, and goiter (an enlarged thyroid gland). Excessive iodine in the diet can contribute to the development of hypothyroidism.
- The potential for negative impacts on health due to excessive consumption of iodine is higher for those with existing thyroid issues and pregnant women.

Recommendations

- Seaweed can be an important source of iodine in the diet, especially if it is not consumed from other food sources nor taken in dietary supplements.
- Look for iodine content on product labels; if not listed, contact the producers, since iodine labeling is not required.

- In the US, the Institute of Medicine has established an upper intake limit for iodine of 1,100 µg/day (U.S.) for adults 19+.
- Recommended Daily Allowance (RDA):
- Teens and Adults (14+): 150 µg/day
- Pregnant women: 220 µg/day
- Breastfeeding women: 290 µg/day
- Pregnant women and those with thyroid issues should avoid foods with iodine above the upper intake limit. Talk to your doctor to find out what's right for you.
- Red and green seaweed are good options for individuals who need to manage their iodine intake.



[View the Education Illustration:](https://nyseagrant.info/seaweediodineinfographic)

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