

Iodine in Seaweed

BROWN SEAWEED

12 µg/g-10,203 µg/g
dry weight

Common Example:
Kelp

GREEN SEAWEED

12.9 µg/g-154 µg/g
dry weight

Common Example:
Sea Lettuce

RED SEAWEED

4.3 µg/g-353 µg/g
dry weight

Common Example:
Nori and Dulse

Iodine is 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

Risks and Concerns

Consuming too much iodine can disrupt thyroid function and lead to adverse health effects.

The potential for negative impacts on health due to excessive consumption of iodine is higher for those with existing thyroid issues and pregnant women.

Hair Loss

Fatigue

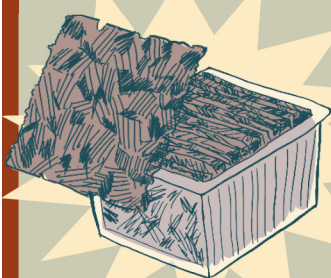
General Pain

Goiter

Enlarged Thyroid

Weight Gain

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

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 limit their iodine intake.

