

## Seafood

### Cod



Weight

I = 96.6 µg

60g



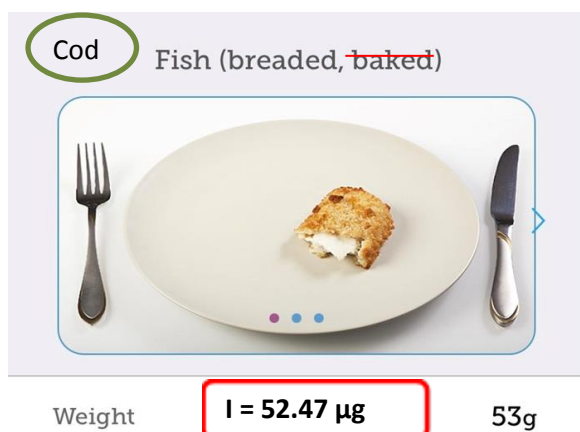
Weight

I = 201.25 µg

125g

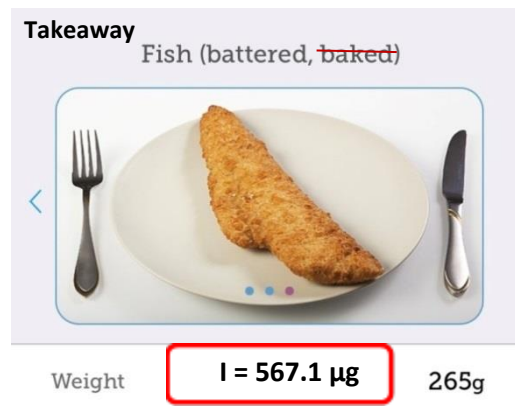
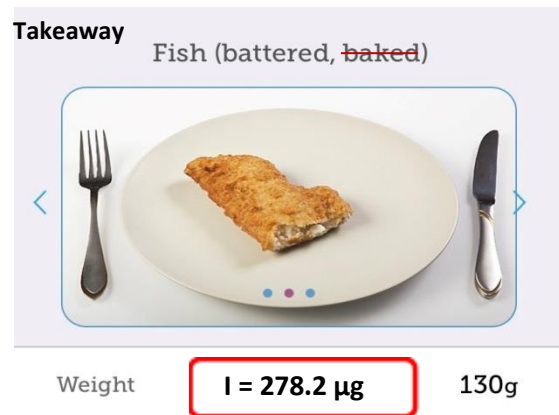
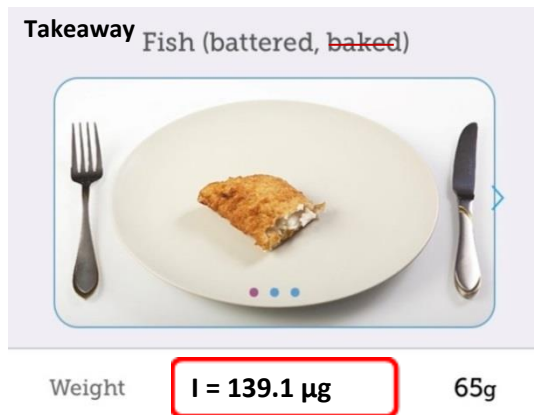
Cooking method, Cod	Iodine intake ug/100g	Iodine intake ug/60g	Iodine intake ug/125g
Cod <b>baked</b>	161	96.6	201.25
Cod, flesh only, <b>grilled</b>	276	165.6	345
Cod, flesh only, <b>microwaved</b>	243	145.8	303.75
Cod, flesh only, <b>steamed</b>	256	153.6	320
Cod, flesh only, <b>salted and smoked, raw</b>	110	66	137.5

## Breaded Fish (Donegal catch, supermarket bought)



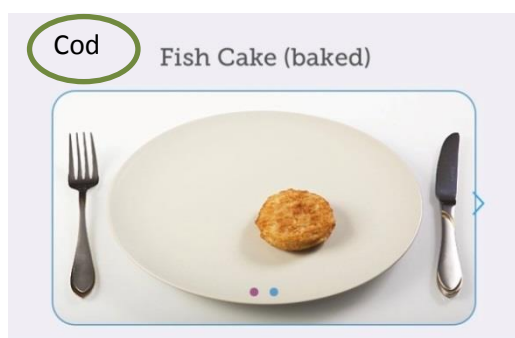
Breaded fish	Iodine intake ug/100g	Iodine intake ug/53g	Iodine intake ug/106g	Iodine intake ug/156g
<b>Cod</b> , in breadcrumbs, baked	99	52.47	104.94	154.44
<b>Haddock</b> , coated in crumbs, frozen, fried in blended oil	250	132.5	265	390
<b>Plaice</b> in breadcrumbs, baked	16	8.48	16.96	24.96

## Fish from the takeaway



Cod - takeaway	Iodine intake ug/100g	Iodine intake ug/65g	Iodine intake ug/130g	Iodine intake ug/265g
Cod, in <b>batter</b> , fried in dripping, <b>takeaway</b>	214	139.1	278.2	567.1
Plaice, in <b>batter</b> , <b>fried</b> in retail blend oil	16	10.4	20.8	42.4

## Fish cakes/fingers



Weight

**I = 30.16 µg**

52g



Weight

**I = 52.2 µg**

90g

Fish cake	Iodine intake ug/100g	Iodine intake ug/52g	Iodine intake ug/90g
Fishcakes, <i>white fish</i> , coated in breadcrumbs, baked	58	30.16	52.2
Fishcakes, <i>salmon</i> , coated in breadcrumbs, baked	6	3.12	5.4



Weight

**I = 23.4 µg**

20g

Fish finger	Iodine intake ug/100g	Iodine intake ug/20g
Fish fingers, <i>cod</i> , <b>grilled/baked</b>	117	23.4
Fish fingers, <i>cod</i> , <b>fried in rapeseed oil</b>	106	21.2
Fish fingers, <i>pollock</i> , <b>grilled</b>	47	9.4
Fish fingers, <i>salmon</i> , <b>grilled/baked</b>	6	1.2

## Haddock/Pollock



Weight

I = 252.6 µg

60g



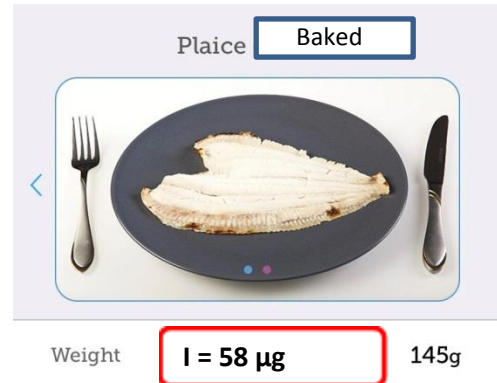
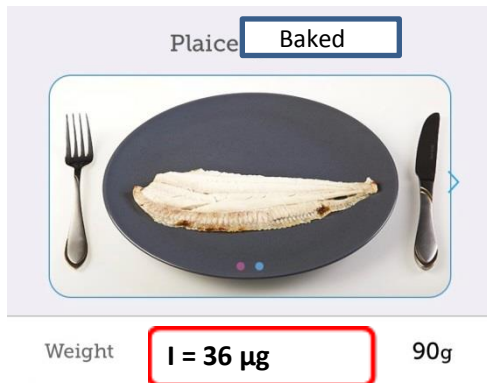
Weight

I = 526.25 µg

125g

Cooking method, Cod	Iodine intake ug/100g	Iodine intake ug/60g	Iodine intake ug/125g
Haddock, flesh only, <b>grilled</b>	421	252.6	526.25
Haddock, flesh only, <b>poached</b>	409	245.4	511.25
Haddock, flesh only, <b>steamed</b>	381	228.6	476.25
Haddock, flesh only, <b>smoked, steamed</b>	257	154.2	321.25

## Plaice



Cooking method, Plaice	Iodine intake ug/100g	Iodine intake ug/90g	Iodine intake ug/145g
Plaice, flesh only, <b>baked</b>	40	36	58
Plaice, flesh only, <b>steamed</b>	37	33.3	53.65

## Salmon

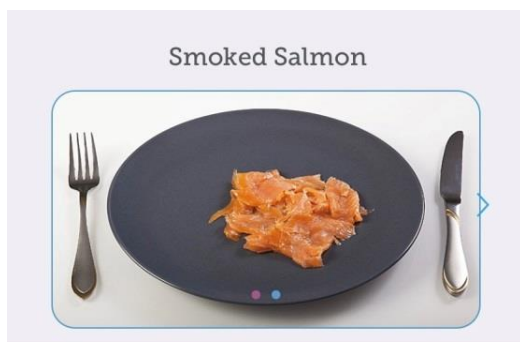


Weight **I = 8.4 µg** 60g

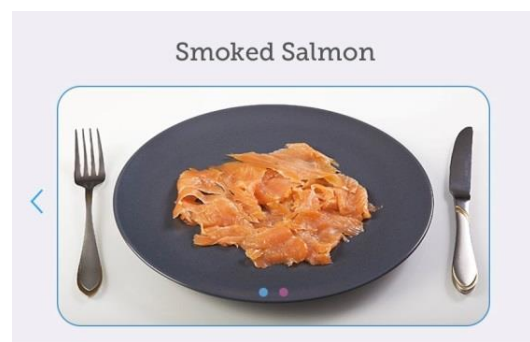


Weight **I = 18.2 µg** 130g

Cooking method, Salmon	Iodine intake ug/100g	Iodine intake ug/60g	Iodine intake ug/130g
Salmon, <i>farmed</i> , flesh only, <b>grilled/baked/steamed</b>	14	8.4	18.2
Salmon, <i>wild</i> , <b>baked</b>	15	9	19.5
Salmon, <i>wild</i> , <b>grilled/steamed</b>	14	8.4	18.2



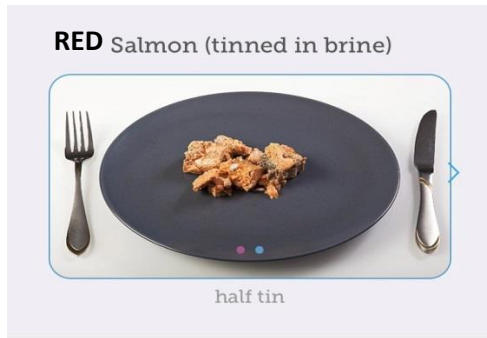
Weight **I = 4.5 µg** 50g



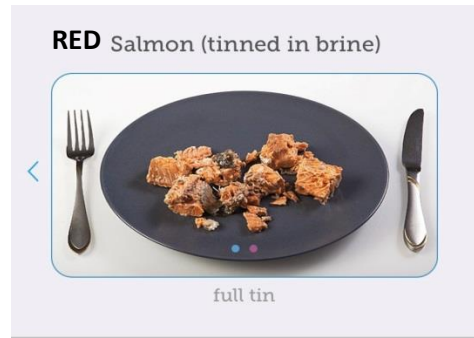
Weight **I = 9 µg** 100g

Smoked salmon	Iodine intake ug/50g	Iodine intake ug/100g
Salmon, <b>smoked</b> (cold/hot-smoked)	4.5	9

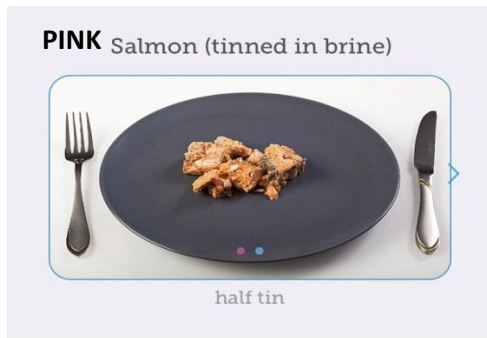
## Tinned Salmon



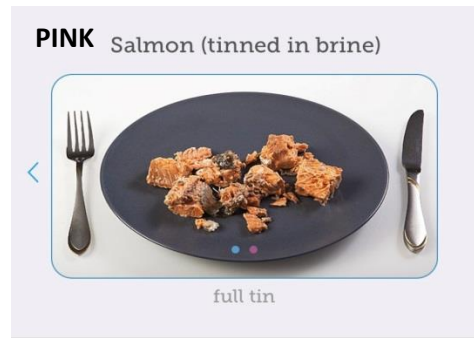
Weight **I = 20.4 µg** 85g



Weight **I = 40.8 µg** 170g



Weight **I = 15.3 µg** 85g

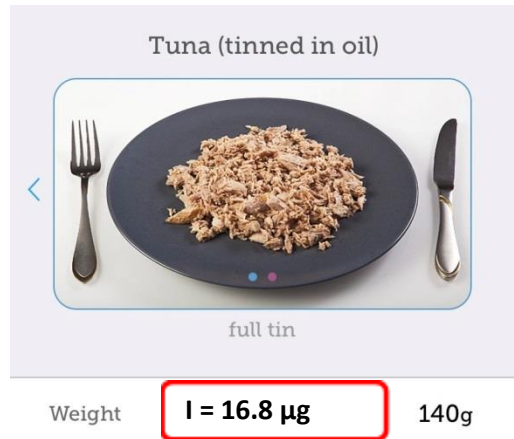
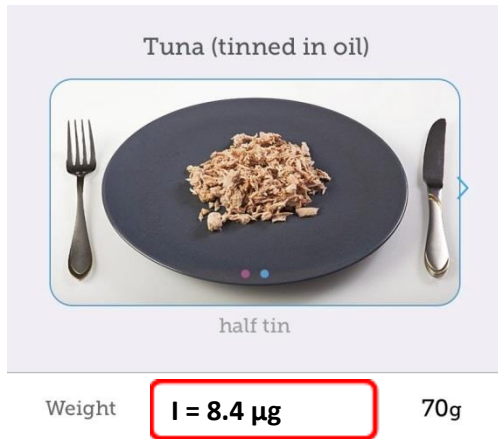
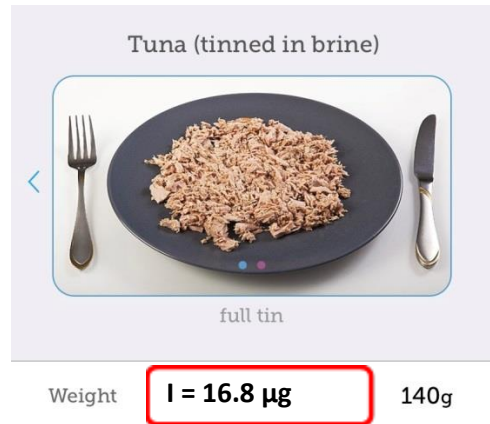
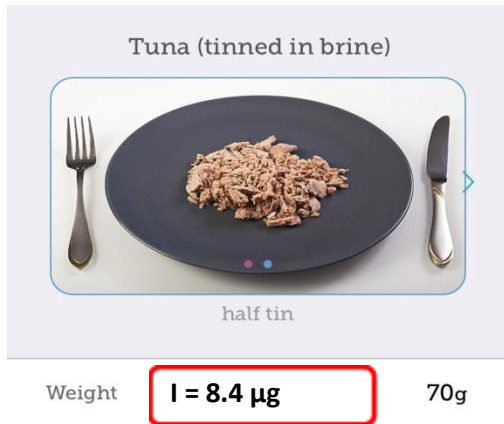


Weight **I = 30.6 µg** 170g

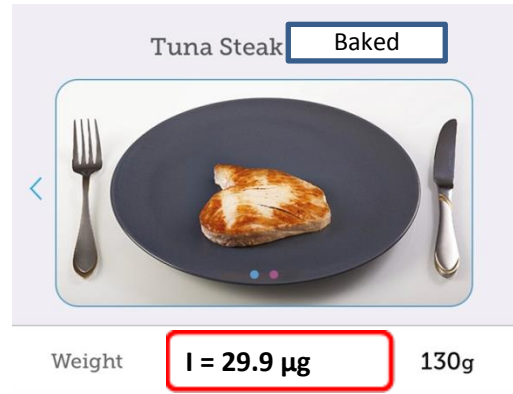
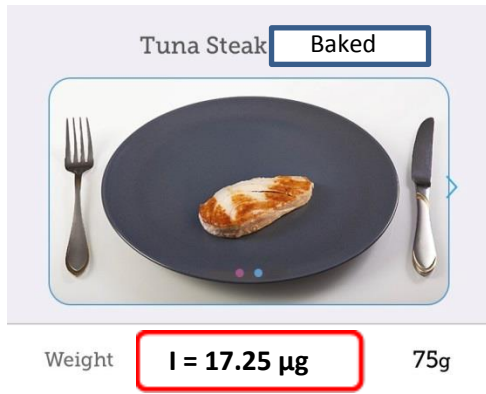
Canned salmon	Iodine intake ug/100g	Iodine intake ug/85g	Iodine intake ug/170g
Salmon, <b>red</b> , canned in brine, skinless and boneless, drained	24	20.4	40.8
Salmon, <b>pink</b> , canned in brine, drained	18	15.3	30.6



## Tuna

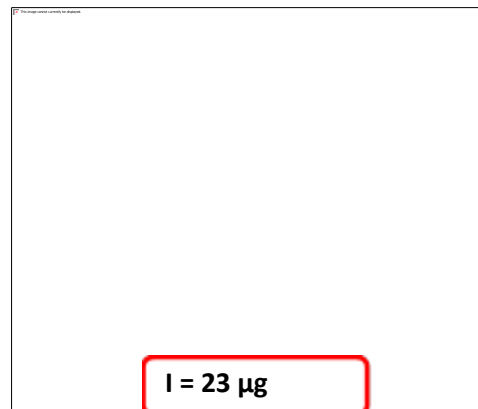
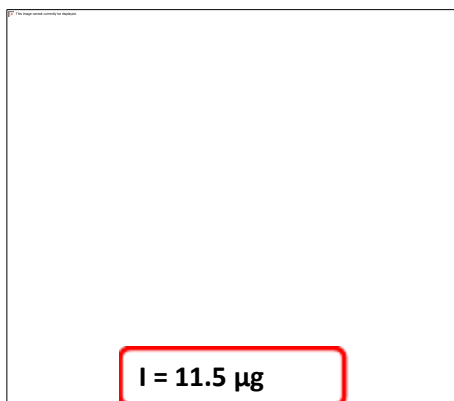
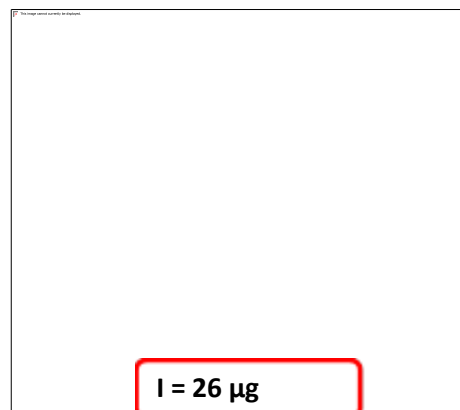
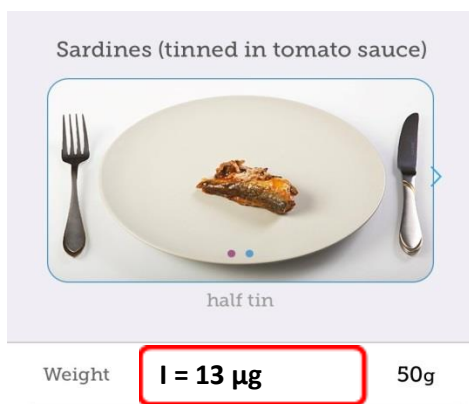
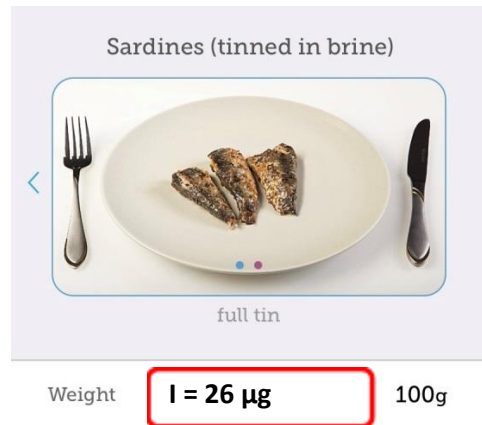
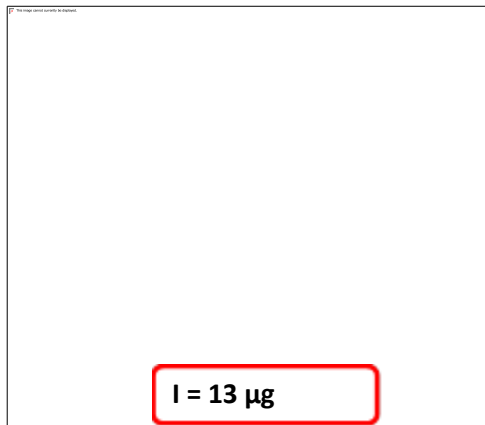


Tuna	Iodine intake ug/100g	Iodine intake ug/70g	Iodine intake ug/140g
Tuna, canned in <b>brine</b> , drained	12	8.4	16.8
Tuna, canned in <b>sunflower oil</b> , drained	12	8.4	16.8



Tuna	Iodine intake ug/100g	Iodine intake ug/75g	Iodine intake ug/130g
Tuna, flesh only, <b>baked</b>	23	17.25	29.9

## Sardines



Sardines	Iodine intake ug/50g	Iodine intake ug/100g
Sardines, canned in <b>brine</b> , drained / tomato sauce	13	26
Sardines, canned in olive/ <b>sunflower oil</b> , drained	11.5	23

# Mackerel



Weight 28g



Weight 57g

Mackerel	Iodine intake ug/100g	Iodine intake ug/28g	Iodine intake ug/57g
Mackerel, flesh only, <b>grilled</b>	35	9.8	19.95



Weight 45g

I = 12.6 µg

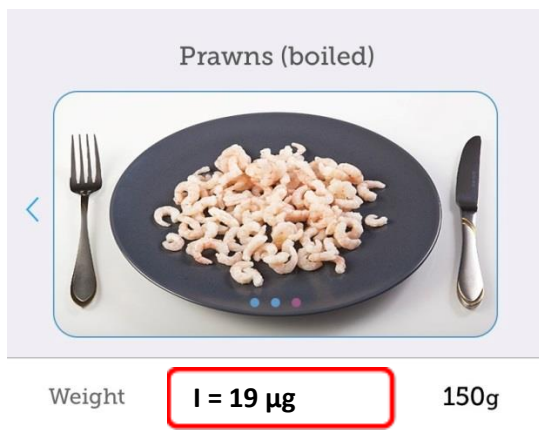
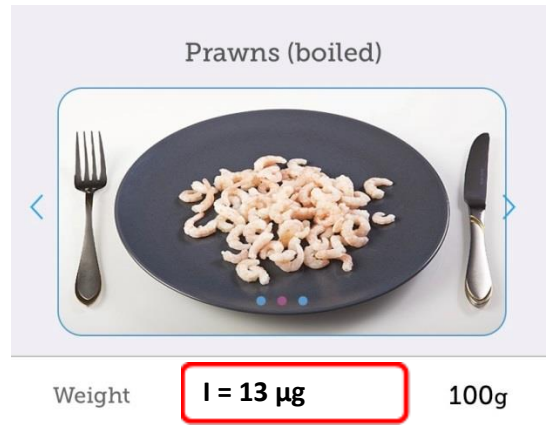
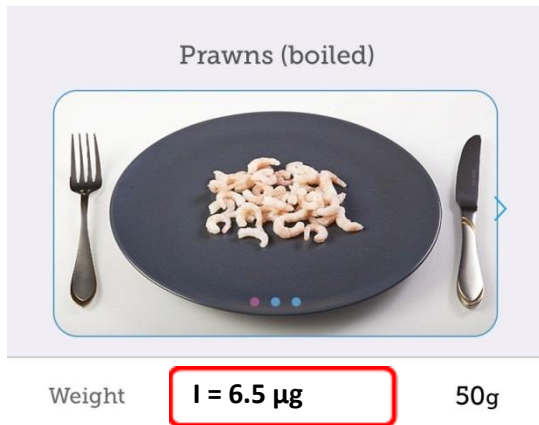


Weight 75g

I = 21 µg

Mackerel	Iodine intake ug/100g	Iodine intake ug/45g	Iodine intake ug/75g
Mackerel, flesh only, <b>smoked</b>	28	12.6	21
Mackerel, flesh only, <b>grilled</b>	35	15.75	26.25

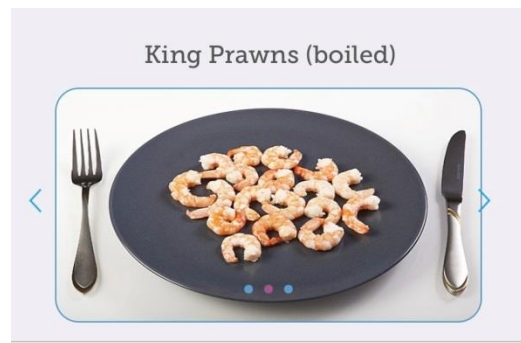
# Prawns



Prawns	Iodine intake ug/50g	Iodine intake ug/100g	Iodine intake ug/150g
Prawns, standard, purchased cooked	6.5	13	19



Weight **I = 6 µg** 50g



Weight **I = 12 µg** 100g



Weight **I = 18 µg** 150g

Prawns	Iodine intake ug/50g	Iodine intake ug/100g	Iodine intake ug/150g
Prawns, king, <b>grilled</b> from raw	3.5	7	10.5
Prawns, king, <b>purchased cooked</b>	6	12	18

# Scampi



Weight **I = 92 µg/100g** 70g



Weight **I = 92 µg/100g** 140g

Scampi	Iodine intake ug/100g	Iodine intake ug/70g	Iodine intake ug/140g
Scampi, coated in breadcrumbs, <b>baked</b>	101	70.7	141.4
Scampi, coated in breadcrumbs, fried in <b>oil</b>	92	64.4	128.8

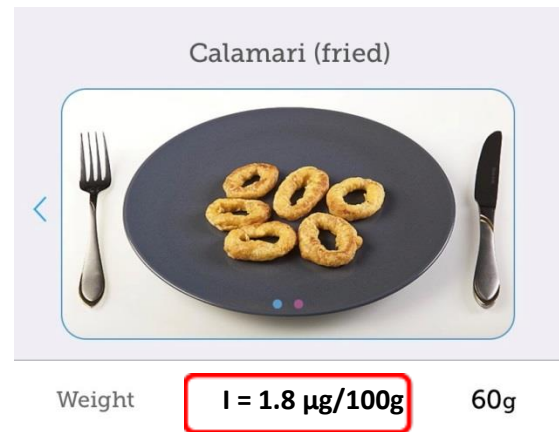
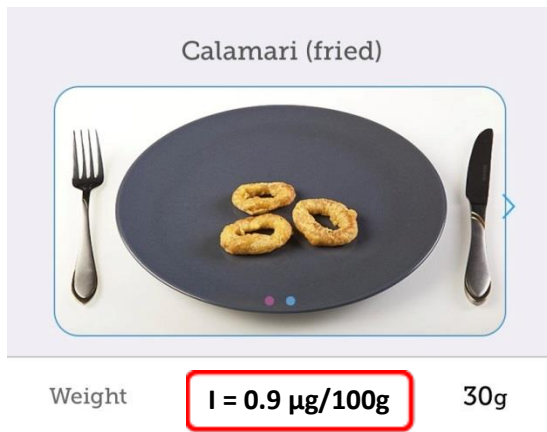
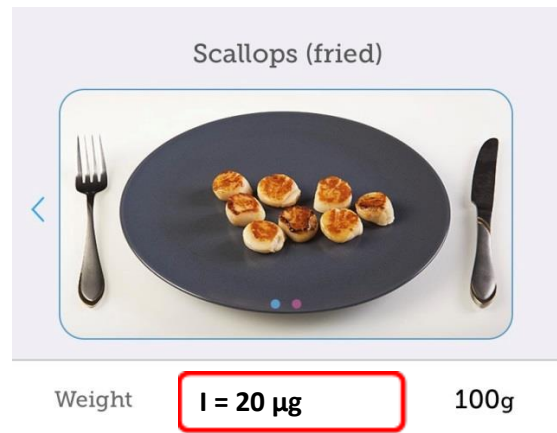
# Crab Meat



Crab meat	Iodine intake ug/100g	Iodine intake ug/30g	Iodine intake ug/60g
Crab, <i>brown meat</i> , purchased cooked	333	99.9	199.8
Crab, <i>white meat</i> , purchased cooked	103	30.9	61.8



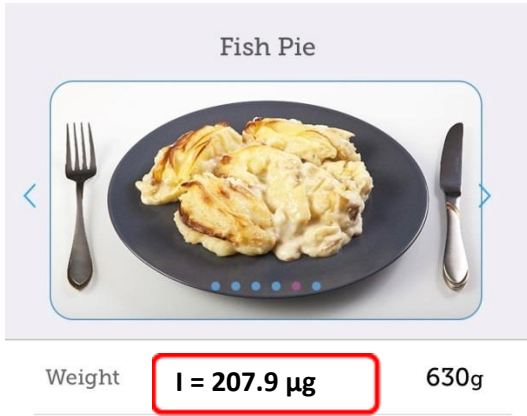
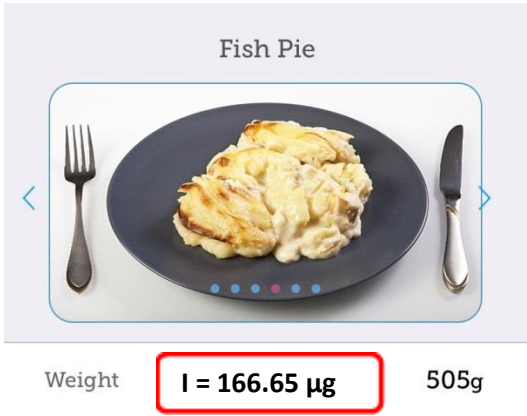
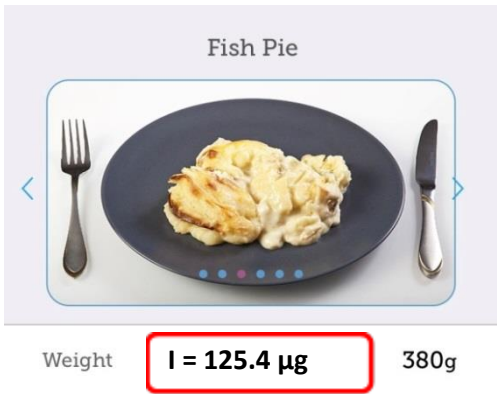
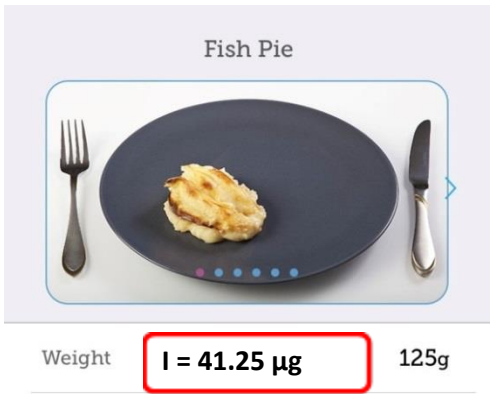
## Other



Scallops	Iodine intake ug/50g	Iodine intake ug/100g
Scallops, <b>steamed</b>	10	20

Calamari	Iodine intake ug/100g	Iodine intake ug/30g	Iodine intake ug/60g
Calamari, coated in <b>batter, baked</b>	3	0.9	1.8

Fish Pie



Fish pie	Iodine intake ug/100g	Iodine intake ug/125g	Iodine intake ug/380g	Iodine intake ug/505g	Iodine intake ug/630g
Pie, fish, white fish	33	41.25	125.4	166.65	207.9

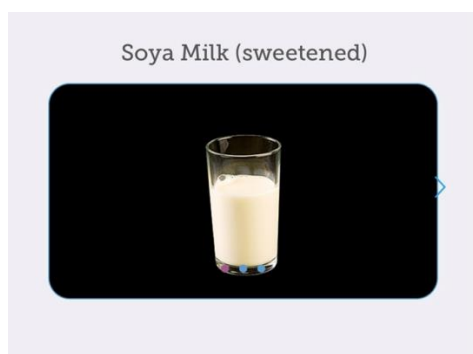
## Mussels

**247 ug/100g**

- Each pound of mussels (500g) = 125g mussel meat = roughly 20-25 mussels – [http://bestofsea.com/wp-content/uploads/2015/11/Mussels\\_Guide\\_Spreads\\_P9.pdf](http://bestofsea.com/wp-content/uploads/2015/11/Mussels_Guide_Spreads_P9.pdf)

## Dairy Alternative products

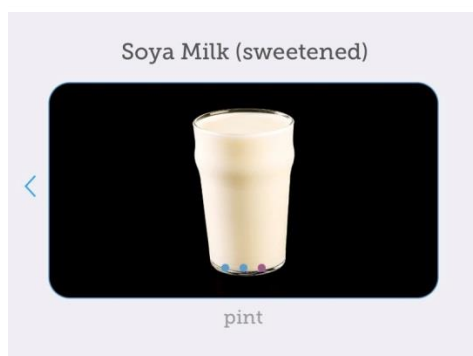
### Milks



Weight 150ml



Weight 284ml



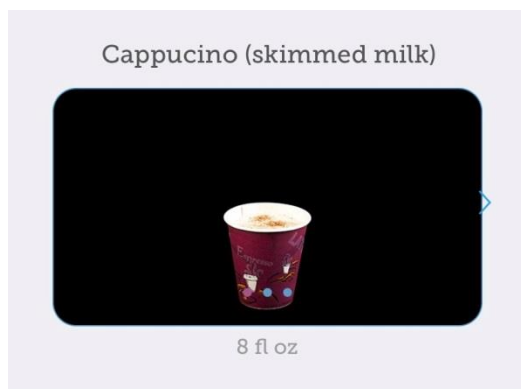
Weight 568ml



Weight 100ml

Iodine fortified Plant based Milks	Iodine content per 100ml
Alpro Soya Growing Up Drink 1-3+	24
Alpro Barista Soya	42
Koko Super Milk (UHT and Chilled)	13
M&S Plant Kitchen Soya Sweetened	45
M&S Plant Kitchen Soya Unsweetened	45
M&S Plant Kitchen Almond Sweetened	45
M&S Plant Kitchen Almond Unsweetened	45
M&S Plant Kitchen Coconut	30
M&S Plant Kitchen Oat	30
M&S Plant Kitchen Chocolate Oat	23
Mighty Pea Original	31
Mighty Pea Unsweetened	31
Oatly Classic Calcium	22.5
Oatly Barista Foamable	22.5
Oatly Chocolate	225

## Milk outside the home



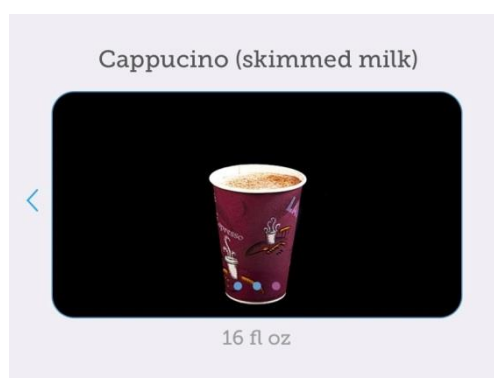
Weight

235ml



Weight

355ml



Weight

475ml

Iodine fortified Plant based Milks	Iodine content per 100ml	Iodine content per 1L
Alpro Soya Growing Up Drink 1-3+	24	240
Alpro Barista Soya	42	420
Koko Super Milk (UHT and Chilled)	13	130
M&S Plant Kitchen Soya Sweetened	45	450
M&S Plant Kitchen Soya Unsweetened	45	450
M&S Plant Kitchen Almond Sweetened	45	450
M&S Plant Kitchen Almond Unsweetened	45	450
M&S Plant Kitchen Coconut	30	300
M&S Plant Kitchen Oat	30	300
M&S Plant Kitchen Chocolate Oat	23	230
Mighty Pea Original	31	310

Mighty Pea Unsweetened	31	310
Oatly Classic Calcium	22.5	225
Oatly Barista Foamable	22.5	225
Oatly Chocolate	225	225

Yogurt



Weight 125g



Weight 125g



Weight 250g

# Permitted cheeses



Weight **I = 7.2 µg** 10g



Weight **I = 14.4 µg** 20g

Parmesan	Iodine intake ug/100g	Iodine intake ug/10g	Iodine intake ug/20g
Parmesan	72	7.2	14.4

## Slices/Grated/Block



Weight 25g



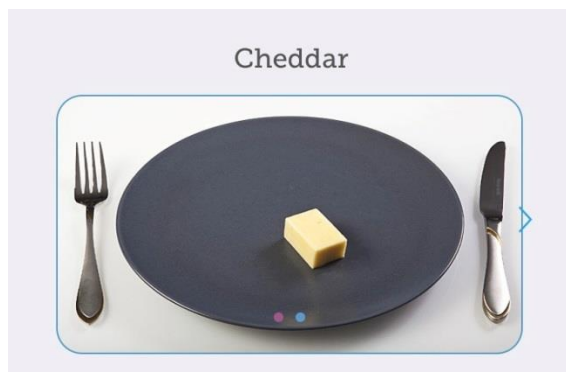
Weight 50g



Weight 25g



Weight 50g



Weight

25g



Weight

50g

Permitted Cheese	Iodine intake ug/100g	Iodine intake ug/25g	Iodine intake ug/50g
Emmental	18	4.5	9
Cheese, hard, average	41	10.25	20.5
Jarlsberg			
Comte			
Gruyere			
<b>Other Cheeses</b>			
Cheese, Brie, with outer rind removed	16	4	8
Cheese, Cheddar, English	30	7.5	15
Cheese, Halloumi	60	15	30
Cheese, Mozzarella, fresh	18	4.5	9
Cheese, processed, plain	27	6.75	13.5
Cheese, spreadable, full fat, soft, white	11	2.75	5.5



## Other foods

### Fresh pasta – 36 µg/100g



Weight

**I = 10.8 µg**

30g



Weight

**I = 32.4 µg**

90g



Weight

**I = 54 µg**

150g



Weight

**I = 75.6 µg**

210g



Weight

**I = 97.2 µg**

270g

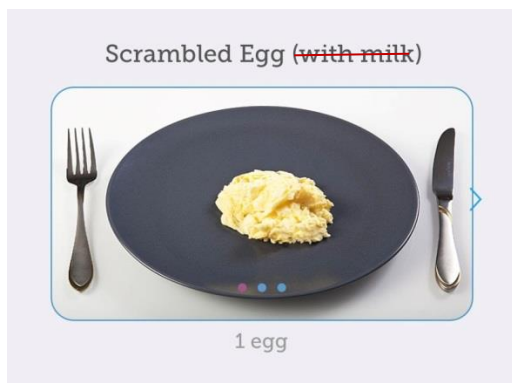


Weight

**I = 118.8 µg**

330g

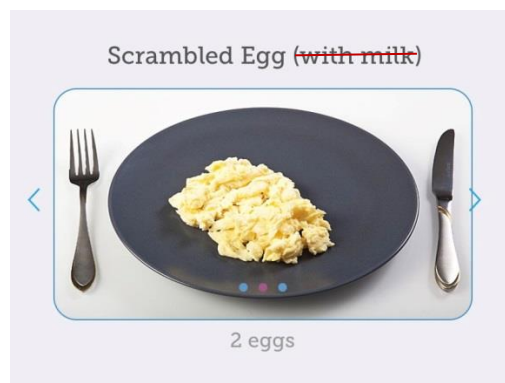
## Eggs - 58 $\mu\text{g}/100\text{g}$



Weight

**I = 40.6  $\mu\text{g}$**

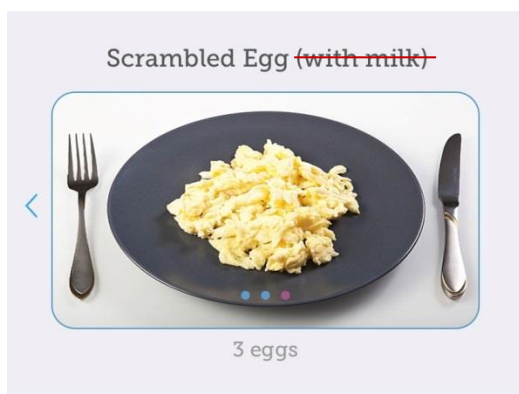
70g



Weight

**I = 69.6  $\mu\text{g}$**

120g

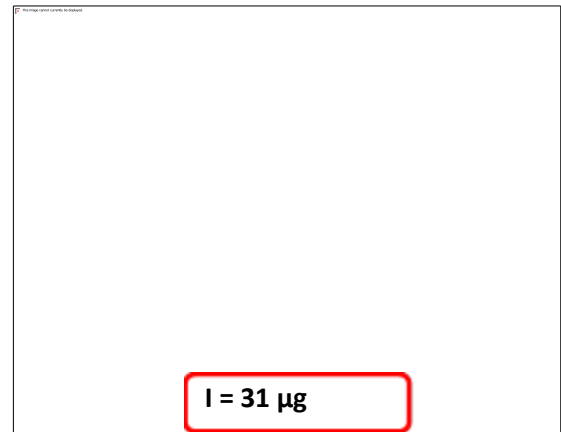
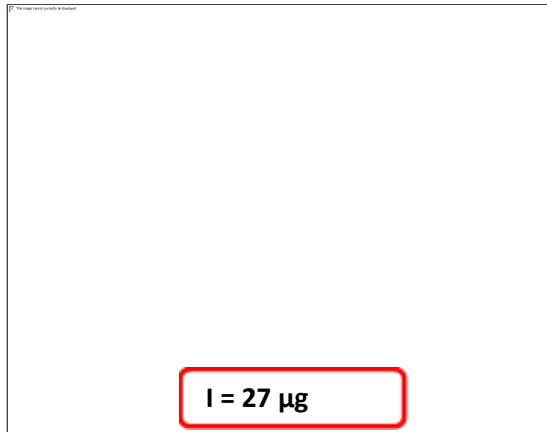


Weight

**I = 104.4  $\mu\text{g}$**

180g

Eggs	Iodine intake $\mu\text{g}/70\text{g}$	Iodine intake $\mu\text{g}/120\text{g}$	Iodine intake $\mu\text{g}/180\text{g}$
Eggs, chicken, whole, scrambled, without milk	40.6	69.6	104.4



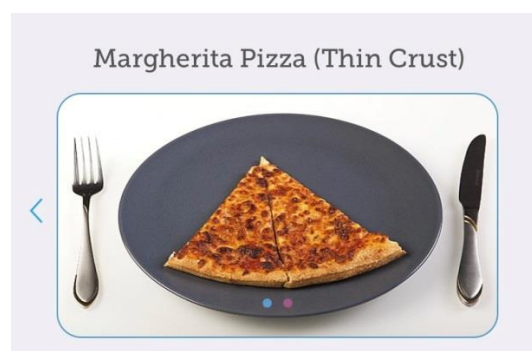
Eggs	Iodine intake ug/100g
Eggs, chicken, whole, poached	54
Eggs, chicken, whole, boiled	52

## Other foods



Weight

40g



Weight

70g

Pizza deep pan/thin crust slices	Type of Pizza	Weight of cheese (g)	Emmental iodine intake	Cheese, hard, average iodine intake	Cheese, Port Salut, St Paulin type iodine intake	Cheese, Mozzarella, fresh iodine intake
5" diameter	Average, cheese & tomato	116	20.88	47.56	27.84	20.88
	Meat/fish	160	28.8	65.6	38.4	28.8
	Vegetarian	150	27	61.5	36	27
	'Special'	190	34.2	77.9		34.2
6" diameter children's	Average, cheese & tomato	220	39.6	90.2	45.6	39.6
7" diameter (serves 1)	Average, cheese & tomato	230	41.4	94.3	55.2	41.4
	Meat/fish	29	5.22	11.89	6.96	5.22
	Vegetarian	300	54	123	72	54
	'Special'	360	64.8	147.6	86.4	64.8
1 slice = ¼ of total weight of pizza						
9-10" diameter (serves 1-2)	Average, cheese & tomato	410	73.8	168.1	98.4	73.8
	Meat/fish	500	90	205	49.2	90
	Vegetarian	500	90	205	49.2	90
	'Special'	580	104.4	237.8	139.2	104.4
1 slice = 1/6 <sup>th</sup> of total weight						

<i>of pizza</i>						
12" diameter (serves 2-3)	Average, cheese & tomato	700	287	287	168	287
	Meat/fish	800	144	328	192	144
	Vegetarian	800	328	328	192	328
	'Special'	890	160.2	364.9	213.6	160.2
<i>1 slice = 1/8<sup>th</sup> of total weight of pizza</i>						

<b>Pizza thin crust slices</b>	<b>Type of Pizza</b>	<b>Weight of cheese (g)</b>	<b>Emmental Iodine intake</b>	<b>Cheese, hard, average Iodine intake</b>	<b>Cheese, Mozzarella, fresh Iodine intake</b>
7" diameter (serves 1)	Average, cheese & tomato	116	20.88	47.56	20.88
	Meat/fish	150	27	11.07	27
	Vegetarian	150	27	11.07	27
	'Special'	190	34.2	77.9	34.2
<i>1 slice = ¼ of total weight of pizza</i>					
9-10" diameter (serves 1-2)	Average, cheese & tomato	260	46.8	106.6	46.8
	Meat/fish	310	55.8	127.1	55.8
	Vegetarian	340	61.2	139.4	61.2
	'Special'	350	63	143.5	63
<i>1 slice = 1/6<sup>th</sup> of total weight of pizza</i>					
12" diameter (serves 2-3)	Average, cheese & tomato	560	163.8	229.6	163.8
	Meat/fish	660	118.8	500.2	118.8
	Vegetarian	660	118.8	500.2	118.8
	'Special'	740	133.2	303.4	133.2
<i>1 slice = 1/8<sup>th</sup> of total weight of pizza</i>					

Type of Pizza	Size	Weight of cheese (g)	Emmental/Moz iodine intake	Cheese, hard, average iodine intake
Chilled/frozen	Large	350-500	63-90	143.5-205
	Medium	200	36	82
Frozen	Fun size	40	7.2	16.4
	Individual slices	100	18	41
	Small	100	18	41
Homemade	Average portion	300	54	123

## Quiche



Weight

100g



Weight

200g



Weight

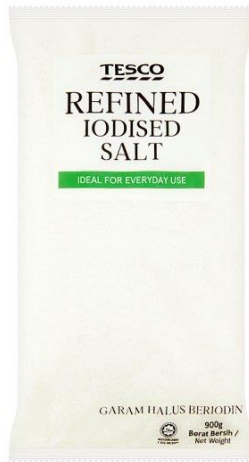
300g



Weight

400g

# Iodised salt



## *Sushi*



Weight

**I = 1.12  $\mu$ g**

28g



Weight

**I = 1.12  $\mu$ g**

15g



Weight

**I = 1.36  $\mu$ g**

34g



Weight

**I = 1.36  $\mu$ g**

15g



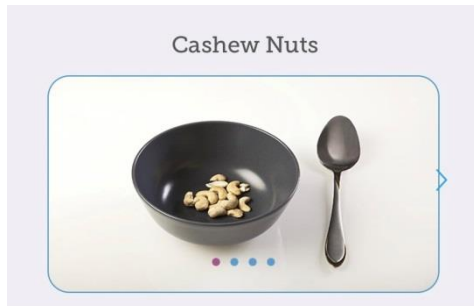
Weight

**I = 5.25  $\mu$ g**

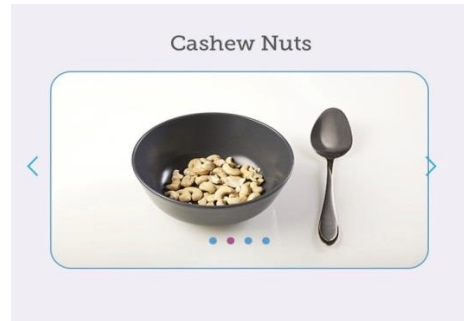
15g



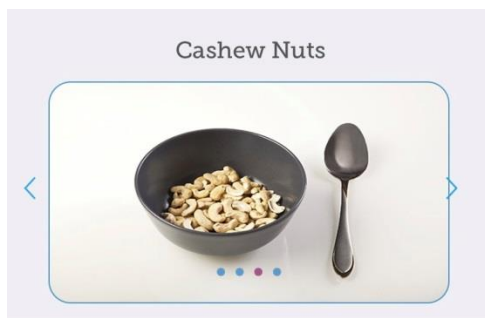
# Cashew Nuts



Weight **I = 1.1  $\mu$ g** 10g



Weight **I = 3.3  $\mu$ g** 30g



Weight **I = 6.6  $\mu$ g** 60g



Weight **I = 11  $\mu$ g** 100g