

Table S1. Iodine intake of subjects from various food items.

Food item	Mean \pm SD (μg)	Median (μg)
Cereals and grains	2.1 \pm 1.4	1.8
Rice	0.9 \pm 0.6	0.9
Congee	0 \pm 0	0.1
Noodles	0.3 \pm 0.3	0.2
Steamed bread	0.1 \pm 0.5	0
Bread	0.7 \pm 0.8	0.6
Biscuit	0 \pm 0	0
Starchy rhizomes	0.2 \pm 0.4	0.2
Potato	0.2 \pm 0.4	0.2
Soybeans products	2.8 \pm 5.2	1.3
Tofu	2.1 \pm 4.5	1.1
Dried bean curd	0.2 \pm 0.6	0
Soy milk	0.5 \pm 1.0	0.2
Vegetables and legumes	4.8 \pm 4.0	4
Dark-green leafy vegetables	2.3 \pm 1.9	2.5
Light-green leafy vegetables	0 \pm 0	0
Gourd	0.3 \pm 0.5	0.1
Legume	0.4 \pm 0.8	0.1
Carrot	1.7 \pm 2.3	0.2
Tomato	0.2 \pm 0.4	0.1
Seaweed and mushrooms	15.7 \pm 41.5	5.8
Mushroom	2.7 \pm 4.2	1.4
Kelp	6.1 \pm 23.7	0
Dried seaweed	6.9 \pm 20.4	1.2
Fruits	1.5 \pm 2.1	0.8
Orange	0.6 \pm 0.9	0.3
Apple	0 \pm 0	0
Banana	0.8 \pm 1.5	0.3
Kiwi	0 \pm 0	0
Watermelon	0 \pm 0	0
Mango	0 \pm 0	0
Grape	0 \pm 0	0
Strawberry	0 \pm 0	0
Blueberry	0 \pm 0	0
Nuts and seeds	0.3 \pm 0.9	0
Almond	0.1 \pm 0.4	0
Pistachio	0.1 \pm 0.4	0
Peanut	0.1 \pm 0.3	0

Table S1. Continued.

Food item	Mean \pm SD (μg)	Median (μg)
Poultry	0.4 \pm 1.0	0.2
Pork	0.2 \pm 0.2	0.1
Beef	0 \pm 0.1	0
Lamb	0.1 \pm 2.2	0
Sausage and ham	0.1 \pm 3.2	0.9
Livestock	3.0 \pm 4.6	1.4
Chicken	2.6 \pm 0.1	0.1
Duck	0.3 \pm 0.9	0
Milk and dairy products	16.0 \pm 18.1	10.4
Milk	10.8 \pm 13.3	6.5
Cheese	0.9 \pm 1.6	0.4
Yogurt	4.3 \pm 9.0	0
Eggs	12.3 \pm 13.1	7.6
Egg	11.6 \pm 12.1	7.5
Preserved egg	0.7 \pm 3.2	0
Seafood	14.1 \pm 24.5	8.3
Sea-water fish	3.9 \pm 9.5	0.6
Fresh-water fish	0.3 \pm 0.6	0.1
Sashimi	0.9 \pm 1.9	0.3
Fish ball	2.2 \pm 5.0	1.1
Shrimp	1.0 \pm 2.1	0.3
Crab	2.9 \pm 7.5	0
Shellfish	2.6 \pm 13.0	0.8
Squid	0.4 \pm 1.2	0
Other common foods and drinks	22.9 \pm 52.1	8.9
Egg waffle	1.1 \pm 3.0	0.5
Cake	1.5 \pm 2.2	0.8
French fries	0.7 \pm 1.7	0.3
Chips	0.2 \pm 0.5	0
Seaweed snack	4.9 \pm 19.5	0
Kelp soup	10.1 \pm 44.0	0
Black sesame soup	0 \pm 0	0
Soda drink	0.9 \pm 1.7	0.4
Carton-pack beverage	0 \pm 0	0
Bubble milk tea	2.6 \pm 4.1	1.1
Juice	0.9 \pm 2.2	0