



# BEST FOOD SOURCES OF IODINE

## SEAWEED/DRIED KELP

KOMBU KELP CONTAINS ~3000MCG OR 2000% THE DV PER SHEET

Nori seaweed is much more common and contains around 43mcg per sheet or 29% the DV. Nori is commonly used to wrap sushi.

## WILD CAUGHT COD

99MCG OR 66% THE DV IN 3 OZ

The cleanest sources of cod come from Alaska.

## YOGURT/RAW MILK

56-75MCG OR 37-50% THE DV IN 1 CUP

Yogurt is best in its raw form from grassfed cows. If no reputable raw milk source, look for a good grassfed yogurt that has been fermented for 24 hours or more.

## EGGS

24 MCG OR 15% THE DV IN 1 EGG

Its best to buy eggs from a local, trusted source as the nutritional content of eggs varies greatly based on the health and well-being of the chickens.

DIAN GINSBERG, MD

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