

就懷孕及哺乳的婦女攝取碘質的共同建議

Joint Recommendation on Iodine Intake for pregnant and lactating women

碘質是維持甲狀腺正常功能、生長和發育必需的微量營養素。如果在妊娠中期至嬰兒出生後第三年的關鍵時期碘質不足，兒童的大腦和中樞神經系統便可能受到不可逆轉的損害。由於懷孕及哺乳期間對碘質的需求增加，孕婦和哺乳期婦女特別容易患上碘缺乏疾病。從兒童營養和健康的角度，我們對孕婦和哺乳的婦女攝取足夠碘質達至每天所需的250微克提出以下建議：

Iodine is an essential micronutrient required for normal thyroid function, growth and development. If iodine deficiency exists during the critical period from the second trimester of pregnancy to the third year after birth, the brain and central nervous system of the baby will have irreversible derangement. Pregnant and lactating women are particularly vulnerable to iodine deficiency disorders (IDD) due to the increased daily requirement. From children's nutrition and health perspective, the following recommendations on iodine intake for pregnant and lactating women are made so as to meet their daily requirement of 250 µg iodine:



碘 Iodine

● 每天服用含碘的補充劑

- 建議懷孕及哺乳的婦女定期服用含碘的補充劑，查看補充劑的碘含量以確保每天能夠從補充劑攝取最少150微克的碘。如有疑問，應諮詢醫護人員
- 患病或有甲狀腺問題的婦女應諮詢醫護人員，並跟從其建議服用補充劑

● Take an iodine-containing supplement daily

- Pregnant and lactating women are recommended to take iodine-containing supplements regularly and they should check the iodine content of the supplement to make sure that they have at least 150 µg iodine each day. They should seek advice from healthcare professionals if they have doubt.
- Women with existing medical conditions or thyroid problems should consult healthcare professionals and take supplements as advised by them.



● 選吃碘質豐富的食物

- 食用碘質豐富的食物作為均衡飲食的一部分。碘質豐富的食物包括紫菜、海帶、海產、海魚、雞蛋、牛奶及奶製品等
- 若未能服用含碘的補充劑，懷孕及哺乳的婦女可以透過增加日常飲食中的碘質，以達至每天攝取250微克碘的需要

● Consume a variety of iodine-rich foods

- Consume food with more iodine as part of a healthy balanced diet. Seaweed, kelp, seafood, marine fish, eggs, milk and dairy products are food with more iodine.
- In the event that iodine supplements cannot be taken, pregnant and lactating women may increase iodine intake from diet in order to meet the daily requirement of 250 µg of iodine per day.



● 使用加碘的食鹽

- 使用加碘食鹽代替一般食鹽
- 注意成人每天從膳食攝入的鹽分不應多於5克（不多於1茶匙）
- 由於加碘食鹽內的碘質可能會受濕氣、高溫及陽光影響，加碘食鹽應儲存於密封的有色容器內及放置在陰涼乾燥的地方，並在上菜時才加入菜肴中

● Use iodised salt

- Use iodised salt instead of ordinary table salt.
- Pay attention to keep the overall salt intake to less than 5 g (less than 1 teaspoon) per day.
- As iodine content in iodised salt may be affected by humidity, heat and sunlight, iodised salt should be stored in a tight and coloured container and kept in a cool and dry place. It should be added to food just before serving.



請瀏覽衛生署網頁獲取更多資訊：

碘質調查：https://www.chp.gov.hk/files/pdf/iodine_survey_report_tc.pdf
你攝取足夠碘嗎？：https://www.fhs.gov.hk/tc_chi/health_info/woman/30146.html

For more information, please visit the Department of Health website:
Iodine Survey : https://www.chp.gov.hk/files/pdf/iodine_survey_report_en.pdf
Do you have adequate iodine? : https://www.fhs.gov.hk/english/health_info/woman/30146.html