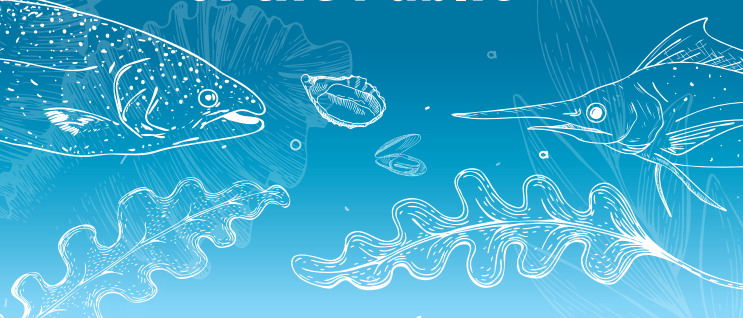


Joint Recommendation on Iodine Intake for Members of the Public



Iodine is an essential micronutrient required for normal thyroid function, growth and development. Throughout the life course, inadequate dietary intake gives rise to iodine deficiency which may result in goitre and hypothyroidism as well as a spectrum of iodine deficiency disorders including impaired mental functioning.

WHO ARE AT RISK?

The Iodine Survey (2019) and Population Health Survey 2020-22 provided useful insights into the population's iodine intake. Other than people aged 15 to 34 years, iodine intake for older age groups was found to be insufficient. While iodine intake of school-aged children was considered adequate, that of pregnant and lactating women was insufficient except for pregnant women taking iodine-containing supplements at average daily intake equal to or above 150 µg/day.

HOW TO MAINTAIN ADEQUATE IODINE NUTRITION?

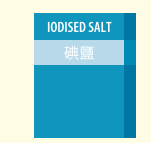
1. Consume iodine-rich foods

- Consume food with more iodine as part of a healthy balanced diet. Seaweed, kelp, seafood, marine fish, eggs, milk, dairy products are food rich in iodine
- When choosing iodine-rich snacks, avoid those which are high in salt or fat content



2. Use iodised salt

- Use iodised salt instead of ordinary table salt, keeping total salt intake below 5 g (1 teaspoon) per day to lower the risk of raised blood pressure
- 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 dry place
- To minimise loss of iodine through the cooking process, in particular from prolonged boiling and pressure cooking, add iodised salt to food as close to the time of serving as possible
- Persons with thyroid problems should seek medical advice regarding use of iodised salt



3. Additional measures for pregnant and lactating women

- Take iodine-containing supplements containing at least 150 µg iodine per day
- Seek medical advice if in doubt
- Persons with existing medical conditions or thyroid problems should consult healthcare professionals and take supplements as instructed

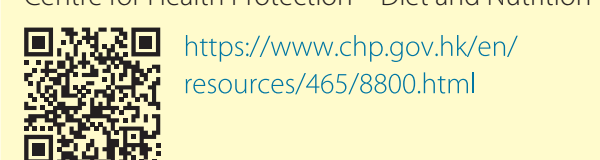


These recommendations will be reviewed and revised in the light of new research findings.

For more information, please visit the Department of Health website: Thematic Report on Iodine Status (Population Health Survey 2020-22): <https://www.chp.gov.hk/en/features/37474.html> Iodine Survey (2019): <https://www.chp.gov.hk/en/static/101168.html>

Related Resources:

Centre for Health Protection – Diet and Nutrition



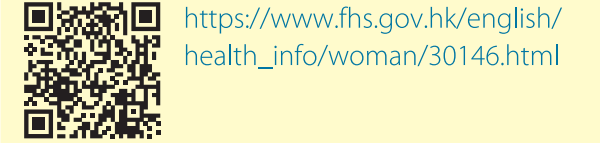
Centre for Food Safety – Iodine In Food



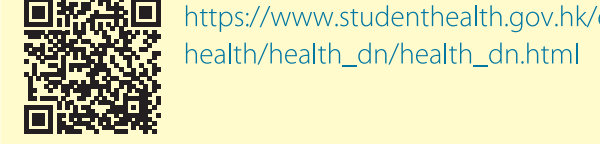
Elderly Health Service – Health Eating



Family Health Service – Do you have adequate iodine?



Student Health Service – Diet and Nutrition



有關市民 攝取碘質 的聯合建議

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。踏入不同人生階段，碘質攝取不足可導致甲狀腺腫大和甲狀腺功能不足，以及一系列的碘缺乏病，包括精神機能受損。

哪些人士 有碘質不足的風險？

碘質水平調查(2019)及2020-22人口健康調查有助深入了解本港人口的碘攝取量。調查發現，除了15-34歲人士外，其他較年長組別人士的碘攝取量並不足夠。同時，雖然學齡兒童的碘攝取量屬於足夠，但懷孕及哺乳婦女的碘攝取量並不足夠，而平均每天服用含最少150微克碘補充劑的懷孕婦女則除外。

如何維持足夠的碘營養？

1. 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
- 選吃碘質豐富的零食時，避免高鹽或高脂肪的零食

2. 使用加碘的食鹽

- 以加碘食鹽代替一般食鹽，並確保每天食鹽的總攝入量少於5克（1茶匙）以降低患上高血壓的風險
- 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
- 為減低碘質在烹調過程中流失，尤其經長時間烹煮和壓力鍋烹煮導致流失，應盡量在上菜時才把加碘食鹽加入菜肴中
- 有甲狀腺問題的人士應就使用加碘食鹽諮詢醫學建議

3. 給懷孕及哺乳婦女的額外建議

- 每天服用含最少150微克碘的補充劑
- 如有疑問，應諮詢醫學建議
- 患病或有甲狀腺問題的人士應諮詢醫護人員，並按指引服用補充劑

以上的建議將會隨著新的研究結果而檢視及修訂。

請瀏覽衛生署網頁獲取更多資訊：

碘質水平主題性報告(2020-22年度人口健康調查)：

<https://www.chp.gov.hk/tc/features/37474.html>

碘質水平調查(2019)：

<https://www.chp.gov.hk/tc/static/101168.html>

相關資訊：

衛生防護中心 — 飲食與營養



<https://www.chp.gov.hk/tc/resources/465/8800.html>

食物安全中心 — 食物中的碘



https://www.cfs.gov.hk/tc_chi/programme/programme_fii/programme_fii.html

長者健康服務 — 健康飲食



https://www.elderly.gov.hk/tc_chi/healthy_ageing/healthy_diet/index.html

家庭健康服務 — 你攝取足夠碘嗎？



https://www.fhs.gov.hk/tc_chi/health_info/woman/30146.html

學生健康服務 — 飲食與營養



https://www.studenthealth.gov.hk/tc_chi/health/health_dn/health_dn.html