

## **Iodine Sources**

The best sources of iodine available are as follows:

**1. Seaweed**

A 10 gram serving of dried nori seaweed (the type of seaweed used in sushi) contains up to 232 mcg of iodine, more than 1.5 times the daily required minimum.

**2. Cod**

Seafood in general is a great source of iodine, but cod is particularly healthy. A three-ounce serving of baked cod contains 158 mcg of iodine.

**3. Greek Yogurt**

Greek yogurt is an excellent source of iodine. Because Greek yogurt is denser than milk, it has a higher concentration of iodine: up to 116 mcg per eight ounces.

**4. Oysters**

Just three ounces of cooked oysters can provide up to 93 mcg of iodine, nearly two-thirds of what you need per day.

**5. Eggs**

A single hard-boiled egg provides about 26 mcg of iodine.

**6. Liver**

There are few foods that are as nutritionally dense as beef liver. A three-ounce serving of liver can provide 14 mcg of iodine along with the many other vitamins and nutrients it contains.

**7. Legumes**, especially Black-Eyed Peas and Lima Beans