

# Iodine Feedback Tool

The following questions are designed to determine whether you are consuming a healthy amount of iodine.

### 1. How many portions of cow's milk and yoghurt do you consume?

One portion= One glass of milk (200 ml) or one pot (125-150 g) with yoghurt.

		Points
Less than three portions/day	<input type="checkbox"/>	0
Three or more portions/day	<input type="checkbox"/>	1

### 2. How often do you consume white sea fish?

White fish include fish species such as cod and haddock. It does not include the oily fish species such as salmon, mackerel, and herring.

		Points
Less than two times per week	<input type="checkbox"/>	0
Two or more times per week	<input type="checkbox"/>	1

### 3. Do you use dietary supplements containing iodine?

If you take a multivitamin and mineral tablet, check if it includes iodine. Be aware that the labelling iodine can be given as iodine, iodide, potassium iodide, and sodium iodide. This does not include seaweed or kelp supplements.

		Points
Once a week or never	<input type="checkbox"/>	0
2-4 times per week	<input type="checkbox"/>	1
5 times or more per week	<input type="checkbox"/>	2
I am not sure	<input type="checkbox"/>	0

### 4. Do you use salt with iodine (labelled as iodised salt) for cooking and baking?

		Points
Never or rarely	<input type="checkbox"/>	0
Several times per week, but not always	<input type="checkbox"/>	1
Yes, I always use salt with iodine	<input type="checkbox"/>	2
I am not sure	<input type="checkbox"/>	0

## Iodine Feedback

**0-1 points:** Based on your answers, it is a good idea to make more healthy iodine choices. Even small changes may have a great impact on your iodine intake.

**≥ 2 points:** Based on your answers, you have healthy iodine habits. It is good to eat a varied diet.

