

## Iodine in Babies

### *How much Iodine do babies need?*

Breastfeeding babies need no extra iodine supplements.

### *What is the danger to my baby if I have too much iodine in my soup?*

Some cases of hypothyroidism have been reported, which means that your baby needs a blood test and perhaps further treatment.

### *What should I do now if I have been eating Seaweed soup?*

1. Stop eating the soup
2. Don't be too anxious – depending on the amount of iodine in the soup, your baby may be unaffected.
3. Make an appointment with your local doctor or obstetrician, and take this brochure and the soup packet with you.

## WHERE TO FIND MORE INFORMATION:

- Royal North Shore Hospital  
Newborn Care Centre  
Phone 02 9926 5317
- Mothersafe Medications In Pregnancy and Lactation Helpline  
Phone 1800 020 653 (Freecall)
- Website: <http://www.health.gov.au/internet/main/publishing.nsf/Content/recall-soymilk>
- Email: [OzFoodNet@health.gov.au](mailto:OzFoodNet@health.gov.au)

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# Warning for Pregnant and Breastfeeding Women

## Seaweed Soup



Miyeok Guk    미역국

## HEALTH WARNING: HIGH LEVELS OF IODINE IN SEAWEED SOUPS



### Iodine

#### *What is iodine?*

Iodine is an essential trace element occurring naturally in a limited number of foods.

#### *What does it do?*

Iodine is needed to make thyroid hormones, which regulate growth and energy use.

#### *How much do I need?*

Pregnancy: 220µg per day

Breastfeeding: 270µg per day

#### *Where does it come from?*

Primarily from foods from the sea,  
One teaspoon of iodised salt provides 150µg of iodine.  
100g of seafood provides about 60µg of iodine.

### Iodine in Pregnancy and Breastfeeding

#### *Do I need extra iodine during pregnancy and breastfeeding?*

If you don't get enough iodine in your diet, you may need a supplement. However great care must be taken not to take too much. Read the iodine levels on all product labels, and check with your doctor before starting.

#### *What if I take too much?*

Too much iodine may have serious health consequences for you and your baby if you are pregnant or breastfeeding.

### WARNING!

**SEAWEED SOUP HAS A VERY HIGH IODINE CONTENT**



### Seaweed soup, Miyeok Guk

#### *Does drinking Seaweed soup help my milk supply?*

There is no scientific evidence that drinking Seaweed Soup increases a mother's breastmilk supply, in fact there is evidence it can be harmful to your baby.

**Dried seaweed for soup contains 9000µg of iodine per 100gm of seaweed. This is over 33 times the recommended daily intake**

*But my mother and grandmother drank this soup—it is culturally important for me.*

The amount of iodine in soups varies, it may not be so high when made from the traditional fresh seaweed. To be safe, take none without checking with your doctor first.