

Avoid Iodine Deficiency with Healthy Food Choices

It's May and it's the Australian Thyroid Foundation Awareness Month!

The Thyroid Gland is the powerhouse which gives the body and mind energy to perform!

From conception to death, without a health thyroid function, our wellbeing and general health can be affected by a sluggish thyroid function.

Our Thyroid Gland needs an adequate amount of daily iodine enriched foods to produce enough hormones for its function. Without it, our thinking, our energy and our general health can be greatly affected.

To protect your family from iodine deficiency and the consequences of a sluggish thyroid function, ensure you include iodine enriched foods on your shopping list. Foods which are enriched with iodine; dairy milk and dairy products – something milk substitutes don't include, seafood, iodised salt for cooking and for the table – other salts such as Himalayan don't include iodine and commercially made breads which are made using iodised salt, **says Beverley Garside, ATF Chief Executive Officer.**

Australian Government Departments of Health, strongly recommend women of childbearing years ensure they include a daily pregnancy supplement including at least 150mcgs of iodine, to protect the pregnancy and the development of the foetus. A daily supplement including iodine, together with an iodine enriched diet, is recommended for women contemplating pregnancy, during pregnancy and breastfeeding. Thyroid function testing before, during and after pregnancy are also essential to ensure your thyroid hormone levels are adequate during this time, **says Professor Creswell Eastman, ATF Principal Medical Advisor.**

Tobacco smoking, too much alcohol and other substances can all have an affect on a supposedly healthy person's thyroid gland health. Especially if they have a family history of thyroid disorders and it is possible they could develop a thyroid autoimmune disease.

As we age, our body and mind can slow, without knowing why! Don't ignore the importance of a balanced diet which includes iodine enriched foods and use iodised salt for cooking and the table. A low daily iodine intake could affect your thyroid gland production! To ensure you have enough energy and you feel the best you can, make sure your diet includes iodine enriched foods.

Statistics show over 1 million Australians are living with an undiagnosed thyroid disorder, which an iodine enriched diet could help to prevent! Don't become part of the statistics and ensure you include iodine enriched foods in your household's daily diet!

For more information:

- [Thyroid Awareness Month](#)
- [Dietary choices are creating dangerous iodine deficiency in pregnant women and children, writes Creswell Eastman](#)
- [NHMRC Statement](#)
- [Iodine Food Choices](#)
- [The Iodine Deficiency Disorders](#)
- [Why I worry for dairy-deprived mums and kids | Creswell Eastman](#)

About the Australian Thyroid Foundation:

The Australian Thyroid Foundation has been supporting and educating its members and the Australian community with awareness campaigns about the benefits of Good Thyroid Health & Iodine Deficiency for **well over 25 years!** The Australian Thyroid Foundation is very proud to have reached this milestone and look forward to continuing to reach out to future generations with support, education, advocacy and awareness.

For all media enquiries, please contact:

Beverley Garside
Chief Executive Officer
Australian Thyroid Foundation
M: 0416 269 982 | E: beverley@thyroidfoundation.org.au