

Supplementary Tables S1. Iodine content of food groups.

Iodine content of food groups derived from the IEO food composition tables (ref. 18) or from the analysis of food samples by Pastorelli et al. (ref. 19, signalled by the asterisc), mean food consumption assessed by the EPIC food frequency questionnaire (ref. 13), and iodine intake by food group. Note that 30% of iodine is lost by cooking and inappropriate storage.

The mean iodine content and the mean consumption for the food groups that include more than one type of food (as fish + crustaceans + molluscs) are the weighted average of the iodine content and the food consumption of the respective food group components.

MEN	Iodine content (µg/100g)	Mean food consumption (g/day)	Mean Iodine intake (µg/day)	Mean Iodine intake – 30% (µg/day)	Percent contribution to iodine intake
Fish/crustaceans and molluscs	62.0	41.3	23.1	16.2	22.1
Milk/Yogurt*	15.0	149.6	22.4	15.7	21.5
Cheese (fresh and matured)	27.4	58.8	14.6	10.2	14.0
Meat (beef, veal, chicken etc.)	9.1	141.2	11.5	8.1	11.0
Eggs	53.0	18.7	9.9	6.9	9.5
Cereals (pasta, bread and other grains)*	3.2	236.4	7.8	5.4	7.4
Vegetables/ Legumes/potatoes*	3.0	245.1	7.4	5.2	7.1
Fruits	2.5	278.3	4.7	3.3	4.4
Sweets	1.7	41.9	1.0	0.7	1.0
Alcoholic/Non alcoholic beverages	0.3	476.1	1.4	1.0	1.4
Fats	8.0	32.4	0.7	0.5	0.6
Total			104.5	73.2	100

WOMEN	Iodine content (µg/100g)	Mean food consumption (g/d)	Mean Iodine intake (µg/d)	Mean Iodine intake – 30% (µg/d)	Percent contribution to iodine intake
Milk/Yogurt	15.0	194.1	29.1	20.4	29.2
Fish/crustaceans and molluscs	62.0	36.6	20.4	14.3	20.4
Cheese (fresh and matured)	27.4	50.0	11.8	8.2	11.8
Eggs	53.0	17.7	9.4	6.6	9.4
Meat (beef, veal, chicken etc.)	9.1	108.1	8.6	6.1	8.7
Vegetables/ Legumes/potatoes	3.0	245.4	7.4	5.2	7.4
Cereals (pasta, bread and other grains)	3.2	194.4	5.8	4.1	5.8
Fruits	2.5	296.8	4.7	3.3	4.7
Sweets	1.7	40.1	1.1	0.8	1.1
Alcoholic/Non alcoholic beverages	0.3	298.5	0.9	0.6	0.9
Fats	8.1	29.9	0.6	0.4	0.6
Total			99.8	70.0	100