

**Table S1 Estimation of Iodine content in food items used for calculation of iodine intake from the adapted DNCT questionnaire.**

Food Items in DNCT questionnaire	Specific Food content in a serving	Serving (gr)	Iodine content ( $\mu\text{g}/100\text{ g}$ ) per food group serving	
			Mean $\pm$ SD	Median (Q1-Q3)
Vegetables 1436 serving	Chard (0.05) Onion (0.39) Green beans (0.07) Carrot (0.05) Tomato (0.14) Lettuce (0.25) Spinach (0.05) Pepper (0.08) Zucchini (0.11) Mushroom (0.07)	150	24.1 $\pm$ 9.4	22.8 (19.5-26.5)
Pieces of fruit (1213 serving)	Oranges (0.20) Apples (0.16) Pears (0.07) Strawberries (0.07) Plums (0.02) Peach (0.02) Banana (0.12) Grapes (0.07) Pineapple (0.06) Kiwi (0.02) Apricot (0.08) Melons (0.11)	160	9.9 $\pm$ 9.3	7.1 (3.2-14.4)
Nuts (205 serving)	Walnuts (0.15) Hazelnuts (0.13) Almonds (0.18) Pistachio (0.22) Peanut (0.32)	20	2.9 $\pm$ 4.5	1.9 (0-4.0)
White fish (276 serving)	Hake (0.22) Whiting (0.27) Cod (0.16) Sole (0.09) Bass (0.21) Snuff (0.07)	150	5.5 $\pm$ 4.3	4.5 (1.1-6.7)
Fatty Fish (227 serving)	Sardine (0.19) Anchovy (0.16) Tuna (0.16) Mackerel (0.11) Trout (0.10) Salmon (0.16) Melva (0.06) Swordfish (0.06)	150	14.3 $\pm$ 10.5	12.9 (4.5-22.5)
Conservas (273 serving)	Tuna (0.25) Sardines (0.23) Mackerel (0.12) Mussel (0.17) Melva (0.07) Cockles (0.06) Anchovies (0.11)	50	11.2 $\pm$ 13.5	9.8 (1.6-19.5)
Shellfish	Mussel (0.24)	150	24.2 $\pm$ 29.9	9.4 (5.2-19.5)

(285 serving)	Prawns (0.30)
	Clams (0.11)
	Squid (0.21)
	Octopus (0.08)
	Crustacean (0.07)

Foods that did not reach 1% consumption (0.01 of serving) were not taken into account