

Special Issue

Iodine Fortification in Food Production and Human Health

Message from the Guest Editors

The importance of iodine in human nutrition is well known. Iodine is indeed a limiting element in thyroid hormone synthesis, derived exclusively from diet. The iodine prophylaxis campaign is based on different strategies, aiming to address the needs and characteristics of the population it is directed toward. It can be based on the promotion of iodized salt use (mandatory or voluntary), the use of iodized salt in bread, the use of iodine-containing cattle feeds (to make cow milk and dairy products a good source of iodine), the use of iodized oil (especially in low-income countries), iodized water and the use of iodize salt in industrial processes. Vegan and vegetarian diets are known to be at a high risk of iodine deficit, with cow milk and dairy products and fish being important secondary sources of iodine. Consequently, many strategies based on iodine-enriched products and/or seaweeds are expanding. The aim of the present Special Issue is to analyze the last progress in iodine fortification in food production.

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Nutrients is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

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