

USDA, FDA, and ODS-NIH Database for the Iodine Content of Common Foods Release 2

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Introduction

Iodine is an essential mineral for human health, functioning as a component of thyroid hormones with important roles in growth and maturation, neurologic development, reproduction, and energy metabolism (Lee et al., 2016a; Rohner et al., 2014). Severe iodine deficiency during pregnancy and early childhood has serious effects on the developing fetus and infant and can cause permanent damage (Swanson et al., 2012). Goiter, enlargement of the thyroid gland, and other disturbances of thyroid function can be seen at all ages in individuals whose diets lack iodine at needed levels.

Adequate dietary iodine intake is crucial, with 150 µg/day as the daily recommended dietary allowance (RDA) for ages 14 years and older, 220 µg/day for pregnant women, and 290 µg/day for lactating women (Institute of Medicine, 2001; Rohner et al., 2014). On the other end of the spectrum, the tolerable upper intake level for iodine is 1100 µg/day for adults (Institute of Medicine, 2001). Excessive intake also can result in adverse health effects such as thyroid dysfunction (e.g., goiter, hyperthyroidism), autoimmune thyroid disease, and cancer (Luo et al., 2014; Ershow et al., 2016).

Iodine intake in the U.S. population overall is generally considered sufficient, but subgroups identified as at-risk for iodine insufficiency include women of reproductive age, young adults, and non-Hispanic blacks, with a trend of increasing deficiency over a 12-year period of the National Health and Nutrition Examination Survey (NHANES) from 2001-2012 (Lee et al., 2016a). Iodine insufficiency in the U.S. is a public health concern especially in pregnant women (Pearce, 2015). NHANES 2007-2010 results suggested that 55% of pregnant women and 37% of non-pregnant women of childbearing age had inadequate iodine intakes as measured by urinary iodine (Caldwell et al., 2013).

To assess iodine status, iodine intake must be estimated, which necessitates the availability of data on iodine content and variability for individual foods (Swanson et al., 2012). Workshops that were convened by the Office of Dietary Supplements, National Institutes of Health (NIH) with other scientists in 2011 and 2014, confirmed the need for food composition tables on iodine content (Swanson et al., 2012; Ershow et al., 2018). Thus, the impetus for this project has been the need for updated and expanded data on the iodine content of foods to address continued public health concerns. The database presented here has been developed, through collaboration between the U.S. Department of Agriculture (USDA) Methods and Application of Food Composition Laboratory (MAFCL) in Beltsville, MD, the U.S. Food and Drug Administration (FDA) Center for Food Safety and Applied Nutrition in College Park, MD and the Office of Dietary Supplements, National Institutes of Health, Bethesda, MD. This release includes about 425 foods.

Background

The FDA collects about 270 kinds of food and beverage samples regionally as part of its Total Diet Study (TDS), and analyzes these samples for nutrient elements, including iodine. These data can be found on-line (FDA, 2020). The TDS program began in 1961, and analysis of TDS samples for iodine began in 1973. The TDS currently monitors levels of over 400 contaminants and nutrients in the average U.S. diet; the number varies slightly from year to year. Juan et al. (2016) used the TDS data and data on iodine concentrations in supplements, water, and salt, along with What We Eat In America (WWEIA), the dietary intake interview portion of NHANES, to estimate intakes of iodine from foods, water, and supplements for the U.S. population. Abt et al. (2018) used updated TDS iodine concentration data to estimate intakes of iodine from food sources.

More recently the USDA has also been analyzing iodine in foods and dietary supplements obtained nationwide (Pehrsson et al., 2016; Ershow et al., 2016; USDA, 2017). These have included notable dietary food sources of iodine e.g., seaweed, fish and other seafood, dairy foods, iodized salt, eggs, (Rohner et al., 2014; Lee et al., 2016b; Pehrsson et al., 2016) and dietary supplements of vitamins and minerals for adults, children, and pregnant women (USDA, 2017).

A wide range of iodine concentrations in individual foods and variable use of iodized salt at the table and in food preparation make intake assessment especially challenging (Swanson et al., 2012). Varying levels in foods are due to factors such as the amount of iodine in soil where crops are grown, extent of iodine supplementation to animals, use of iodophors as sanitizing agents, and iodine-containing ingredients in processed foods (Ershow et al., 2018). Iodine is present naturally at relatively high levels in seaweed, many saltwater fishes and other seafood, due to the ability to concentrate iodine from their seawater environment (Rohner et al., 2014).

Analytical methodology and quality control

FDA's Kansas City Laboratory (Lenexa, KS), FDA's Maryland Laboratory (College Park, MD) and the USDA contract laboratory analyzed the foods for iodine using inductively coupled plasma mass spectrometry (ICP-MS). The USDA samples were solubilized using a strong base, a stabilizer was added followed by dilution and filtration prior to iodine analysis (Sullivan and Zywicki, 2012). The limit of quantitation (LOQ) for the analyses was 10 mcg/100g of iodine for most of the foods and 50 mcg/100g for the salt samples. FDA solubilized TDS samples using tetramethyl-ammonium hydroxide, and a hot block extraction system at 85°C was used to extract the available iodine (Todorov and Gray 2017). FDA's limit of detection (LOD) for iodine ranges from 0.01-0.04 mcg/100g, and the LOQ ranges from 0.1 – 0.5 mcg/100 g.

Quality control materials used for analysis of the USDA samples included certified standard reference materials (SRMs) from the National Institute of Standards and Technology (NIST, Gaithersburg MD 20899): SRM 1548a, SRM 1549, SRM 1849, and SRM 3530. In addition, secondary reference materials from Virginia Tech (Phillips et al., 2006) that have been cross-validated against the SRMs were also used. FDA used SRM 1549a (whole milk powder) as a reference material for quality control of their iodine analyses. All the data, from the reference materials as well as the samples, were examined either by the quality control committee at USDA or by FDA, depending on the source of the data, before acceptance. As a crucial aspect of the data review process, a conservative approach was used; every value that seemed illogical was investigated and was rejected, or retested at the lab if possible, and was accepted only by consensus among the scientific panel after thorough consideration.

Source and handling of samples: USDA

Many of the samples analyzed by USDA came from the National Food and Nutrient Analysis Program (NFNAP), which has been in progress since 1999 (Haytowitz and Pehrsson, 2018). The foods collected under this study, and other related studies, were processed by Virginia Tech, Blacksburg, VA. Foods that required preparation were made using directions on the packages. For most of the foods, other than milk, eggs, salt, almond beverage, and soy beverage, described below, samples from more than one location were combined.

Where appropriate, the samples were processed with liquid nitrogen, frozen and sent out for analysis with additional aliquots of the food samples stored long-term at -60°C. It was determined that iodine in the samples remains stable under such conditions, by having five samples with different matrices sent for iodine analysis and five years later analyzing aliquots of the same samples. The results did not show any loss of iodine over time, within the limits of analytical uncertainty.

While this program has been running for over 20 years, many if not most of the food samples are more recent. For example, the whole raw fresh eggs were collected and analyzed in 2019, and the other types of eggs, dried and frozen, primarily for commercial use, were collected in 2017. The non-flavored fluid milks were collected and analyzed in 2018-19. Also collected and analyzed in 2018-19 were the salt samples which included iodized table salt and iodized sea salt, as well as non-iodized sea salt.

Along with looking at the uptake of sodium by pasta boiled in salted water, Virginia Tech scientists had the pasta analyzed for iodine uptake since iodized salt was used (Bianchi et al., 2019). Included in the data are replicate samples using the recommended amount of salt in the cooking water based on the label instructions.

Some samples of white bread, whole wheat bread, and hamburger/hot dog rolls that were obtained in 2019 had labels listing potassium iodate or calcium iodate as a dough conditioner. These baked products were analyzed for iodine to provide information on the amount derived from the dough conditioner.

In an earlier study to determine the fluoride content of tap water in the U.S. (Pehrsson et al., 2006), USDA collected tap water samples from 144 locations around the country. A random subset of 40 of these archived water samples was analyzed for iodine by the FDA laboratory.

Source and handling of samples: FDA

TDS data included in this iodine content database were limited to results for samples collected beginning in 2016, because of a change in analytical methodology at that time. Prior to 2016, TDS samples were analyzed for iodine concentrations using ultraviolet-visible (UV-VIS) spectrophotometry through the catalysis of the Cesium +4/Arsenic +3 reaction (adapted from Fischer et al., 1986). The ICP-MS method in use for iodine analysis since 2016 has limits of detection (LODs) and LOQs that are lower (i.e., better) than the older method, and there is less interference from other signals; these factors affect estimates of element concentrations and exposures.

After receipt of samples, FDA prepares foods as for consumption; for example, apples are washed, bananas are peeled, and oatmeal is cooked. Deionized water is used in washing, cooking, and beverage preparation. Non-iodized salt was used in cooking food mixtures (e.g., cornbread, scrambled eggs, tuna casserole), but no salt was used in cooking single items (e.g., cooked cereals, vegetables).

Prior to the 2018 fiscal year (October 2017 – September 2018), TDS foods were obtained in four regional market basket (MB) collections per year. For each regional collection, products purchased in each of the three cities within the region were composited to form single analytical samples. All TDS foods were collected in each MB.

The TDS food list and sampling plan were modified at the beginning of the 2018 fiscal year as part of FDA's modernization of the program. Some TDS foods were dropped, and others were added. TDS foods

were categorized as “regional” foods (possibly varying in nutrient or contaminant concentrations by region or season) or “national” foods (less likely to vary in nutrient and contaminant concentrations by region or season). Under the new sampling plan, regional TDS foods are collected in each of six U.S. regions, in each of two time periods (November – April and May – October), and results are presented as collection #1 (October) through collection #12 (September). For each regional collection, products purchased in each of the three cities within a collection region are composited to form single analytical samples. National foods are collected once per year, in Lenexa, KS and the results are presented as collection #13.

In anticipation of the upcoming major change to the TDS sampling plan, FDA conducted a pilot of the new sampling procedures in the last market basket of 2017 (July). Available data include results for 86 regional foods.

Recent soy beverage and almond beverage sampling was done by USDA with analyses by FDA as described above. Convenience samples of 5 different brands of shelf stable soy beverage and 6 different brands of shelf stable almond beverage were obtained at large grocery stores in Columbia, MD and College Park, MD in August 2021. These samples were analyzed along with reference materials at FDA’s laboratory in College Park, MD. These results, combined with data from FDA’s TDS, were used to obtain mean, SD and range for each of the two beverage types. See Data Discussion section below concerning these listings in the datasets.

Database formats, procedures, and notes

The tables provide a description for each food. The Nutrient Data Bank (NDB) numbers familiar to those using USDA’s National Nutrient Database for Standard Reference (SR) file, and the TDS food numbers from FDA, are each shown for reference purposes. Descriptions of foods provided in the table may not exactly match SR or TDS descriptions. Foods listed without an SR or TDS number are foods that have not previously been reported in USDA or TDS composition data tables.

SR did not include data on the iodine content of foods. However, as previously noted, USDA arranged for stored NFNAP samples to be analyzed for iodine, focusing primarily on foods likely to have appreciable amounts of iodine, and the results of those analyses are included in FoodData Central (FDC). FDA posts TDS data on iodine concentrations on its TDS website, along with concentrations of other nutrient elements and contaminants (FDA, 2019).

When both FDA and USDA data were available for the same food types, the data were combined, as indicated in Data Source(s) column in the tables. Where only USDA or FDA is indicated, the data are solely from that source.

Footnotes are given where further descriptions or explanations of specific food descriptions are needed. The datasets also provide means, standard deviations, value ranges, and sample sizes.

Data are depicted in two different formats: 1) per 100 grams of food and 2) per serving. Per 100g of food is the unit used both in USDA’s previous SR file (Haytowitz and Pehrsson, 2018) and in the current FoodData Central (USDA ARS, 2019). For amounts per serving, the reference which was used for determining each serving size is shown in the “Serving Size Reference” column. Serving sizes were determined primarily by using the FDA’s Reference Amounts Customarily Consumed (RACC) (FDA, 2018). For items not specified in RACC guidance, other references were consulted including USDA FoodData Central’s SR Legacy,

FNDDS, and Branded Foods databases (USDA/ARS, 2019), American Egg Board (American Egg Board, 2021), the U.S. Dietary Guidelines for Americans (USDA/USHHS, 2020) and serving sizes from product labels (e.g., infant formulas). “Similar USDA item” is referenced for a few foods where the weight of an identical food was not available in SR Legacy so the weight of a comparable food in SR Legacy was used. For ease of use, some item weights per serving are rounded within a few grams.

Data discussion

Care should be taken in using data means, especially where the number of analytical samples (n) is very low. As seen in foods having very large numbers (n) of samples analyzed, the variability in the iodine content can be high. However, even where the number of food samples is small, these data provide an estimate of the iodine content and indicate where additional data would be useful, or conversely, where it would not be productive to allocate research resources.

Also affecting the reporting of data on variability is the combining of food samples before analysis. For some foods, both FDA and USDA have homogenized two or more food samples together and then analyzed the composite sample for iodine. The resulting mean values are the best estimates of content, but lack information on variability. For the FDA national samples (n=1) and for the milk, egg and salt data reported by USDA, individual samples were analyzed and not combined with any other samples.

FDA’s results for foods below the LOD are shown as zero (0), with values between the LOD and LOQ reported as the detected iodine concentrations. The USDA reports data below their LOQ as simply “<”. When the USDA’s LOQ is the only information available for a food, “<” along with the LOQ is given, but if FDA had data on the same food type, an estimate of the USDA value was made based on the FDA data and included in the calculations. This impacted only 14 foods and 5 of those had USDA values both above and below the LOQ. Using only the higher data would have biased the values so the values below LOQ were estimated using business rules established for the USDA previous database for foods, SR. For the foods where all values were below LOQ and the FDA data was also low, the business rule applied gave estimates with low but not zero values.

It is clear from the data that when iodate dough conditioner is used in bakery production of breads, iodine content is far higher than when that conditioner is not used. Therefore, we separated out the data for breads known or suspected to contain iodate conditioners from those that did not and gave them separate entries in the database. These are white bread, whole wheat bread, white bread buns, and one type of fast-food sandwich bun. All of these have descriptions indicating that iodate dough conditioner has been used or is likely to have been used and have an NDB and/or TDS number with an asterisk. While high, none of the iodine values for these breads exceed the regulatory maximum based on the amount of iodate allowed by the FDA (FDA, 2019).

Our analyses of the convenience sampling of shelf-stable soy beverages revealed that two samples were considerably higher in iodine content than the other four samples. The ingredient labels of the higher-iodine samples indicated presence of seaweed or its derivative, thus influencing iodine levels, so the seaweed-containing soy beverages have been reported separately in the datasets.

We have excluded a number of foods with high iodine levels that were likely due to presence of erythrosine (also known as FD&C Red No. 3). Erythrosine is a cherry-colored dye used in foods such as decorating gels, glaze cherries and other fruits, some candies, salmon spreads, bakery and snack foods, jellies, ice

creams, and popsicles (Gupta et al., 2006; Wenlock and Buss, 1982).¹ Most forms of iodine in food are generally considered very bioavailable (easily absorbed), as high as 99% (Gonzali et al., 2017). The iodine content of erythrosine, however, has been found to have low bioavailability (Jahreis et al., 2001) and thus unlikely to be a significant contributor to iodine status.

These data contain only analytical data for iodine content of the foods. In some cases, the food described may not be in the form as consumed, e.g. raw rather than cooked. A direct estimate from raw to prepared is difficult since iodine could, for example, be lost during heating or by moving into cooking water. Estimated prepared values would need to be calculated by the researcher. A retention factor is a way to quantitate the amount of a nutrient remaining in the food after preparation. The principle of using a nutrient retention factor is based on investigations by Reinivuo et al., 2009; Schakel et al., 1997; and Murphy et al., 1975. The appropriate retention factor reflects the effects of food preparation on the food's nutrient content (USDA, 2007). For foods of significant iodine content with only raw data available, additional studies are planned in order to obtain cooked data for future releases of this database as well as to determine retention factors.

Conclusions

The iodine datasets are a compilation of both USDA and FDA data with a wide variety of foods with about 424 entries. As more data become available subsequent releases with additional foods are anticipated. These data provide guidance for selecting additional foods for iodine analysis. These data also show where expanding the sample size with more analyses for foods with substantial iodine content would be beneficial.

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DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
Dairy and Eggs									
91	01001	164	Butter, salted	9	4.7	0.7	3.7	5.9	FDA
359	01192		Cheese product, made with 2% reduced fat milk	1	53.9				USDA
24	01253	10	Cheese, American, processed	27	58.6	19.3	35.3	112	FDA/USDA
25	01009	12	Cheese, cheddar (sharp/mild)	23	48.2	15.8	27.6	106	FDA/USDA
190	01025	391	Cheese, Monterey Jack	13	46.8	11.9	35	76.7	FDA
191	01029	392	Cheese, mozzarella	15	52.6	10.6	27	67.2	FDA/USDA
349	01032		Cheese, parmesan, grated	1	78.3				USDA
348	43379		Cheese, processed, Swiss, low fat	1	59.9				USDA
350	01036		Cheese, ricotta, whole milk	1	66				USDA
127	01040	236	Cheese, Swiss	20	120	108	33	437	FDA
161	01015	332	Cottage cheese, creamed, reduced fat	9	35.1	6.9	25.1	47.4	FDA/USDA
128	01017	237	Cream cheese	8	39.4	11.2	22.5	55.4	FDA
94	01068	168	Cream substitute, non-dairy, fluid	8	0.7	0.2	0.4	1	FDA
351	01053		Cream, heavy whipping, fluid	1	28				USDA
93	01049	167	Cream, half & half	21	31.2	5.1	22.1	46.1	FDA/USDA
362	01258		Egg, white, dried, stabilized, glucose reduced	15	34	10.5	22.1	59	USDA
358	01172		Egg, white, raw, frozen, pasteurized	6	<10				USDA
355	01133		Egg, whole, dried	17	274	52	202	407	USDA
353	01123		Egg, whole, raw, fresh	24	49.2	21.2	27	115	USDA
357	01171		Egg, whole, raw, frozen, pasteurized	14	61.6	13.9	45.1	80.9	USDA
356	01137		Egg, yolk, dried	17	349	66	261	437	USDA
354	01126		Egg, yolk, raw, frozen, pasteurized	15	177	52.5	75.5	267	USDA
34	01129	37	Eggs, hard-boiled	20	51.4	27.3	14.3	117	FDA
336	01132	35	Eggs, scrambled with oil	7	42.6	12.6	20.1	56.8	FDA
192	19270	393	Ice cream, chocolate	13	32.2	4.8	23.7	41.9	FDA
341	01243	177	Ice cream, lowfat, vanilla	7	45.2	9.8	27.1	56.3	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
143	19095	286	Ice cream, regular (not lowfat), vanilla	19	39	6.3	25.8	52.9	FDA
22	01103	3	Milk, chocolate, lowfat, fluid	22	29.2	8	17.3	44.2	FDA/USDA
21	01079	2	Milk, reduced fat (2%), fluid	44	36.5	14	19.9	102.7	FDA/USDA
352	01082		Milk, lowfat (1%), fluid	24	36.1	15	12.9	85.2	USDA
23	01085	4	Milk, skim, fluid	44	34.6	10	15.4	65.1	FDA/USDA
20	01077	1	Milk, whole, fluid	44	34.3	11.6	17.6	83.8	FDA/USDA
154	01056	300	Sour cream	8	30.2	2.4	27.8	34.4	FDA
290		333	Sour cream dip, any flavor	7	25.3	6.1	16	31.2	FDA
295	01298	395/409	Yogurt, frozen, vanilla	13	43.4	7.7	25.7	57.7	FDA
361	01256		Yogurt, Greek, plain, nonfat	6	51.2	3.5	45	55.6	USDA
363	01284		Yogurt, Greek, strawberry, lowfat	1	41.9				USDA
364	01285		Yogurt, Greek, strawberry, nonfat	2	41.3		39.3	43.3	USDA
365	01286		Yogurt, Greek, vanilla, nonfat	2	50.5		49.3	51.6	USDA
126	01122	235	Yogurt, fruit-flavored, lowfat	9	32.2	6.5	23.9	42.5	FDA/USDA
222	01220	521	Yogurt, vanilla, lowfat	1	34.3				FDA
Spices									
19	02047	909	Salt, table, iodized	25	5070	1120	3410	7430	FDA/USDA
372			Sea salt, iodized	9	4660	1140	2250	6080	USDA
373			Sea salt, non-iodized	27	<50				USDA
Soups, Sauces, Gravies and Condiments									
273		532	Broth, chicken, ready-to-use from carton	1	0.5				FDA
180	06116	374	Brown gravy, canned or bottled	8	1.6	0.2	1.2	2	FDA
412	27052		Dip, salsa con queso (salsa with cheese)	6	19	14.2	7.4	47.1	USDA
98	11935	173	Ketchup, tomato, bottled	8	1.1	0.4	0.7	1.9	FDA
152	02046	298	Mustard, yellow, plain	8	0.6	0.4	0	1	FDA
177	06164	359	Salsa, tomato, bottled	8	1.7	0.6	1.1	2.9	FDA
203	06150	405	Sauce, barbecue, bottled	12	2.8	1.7	0.9	7	FDA
366	06179		Sauce, fish, ready-to-serve	1	20.7				USDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
219	16123/16124	518	Sauce, soy	2	1	0.7	0.5	1.5	FDA/USDA
12	27050	373	Sauce, sweet & sour, bottled	7	0.7	0.4	0.4	1.5	FDA
221	06931	520	Sauce, tomato pasta, bottled	1	1.3				FDA
5	06404	283	Soup, bean with bacon/pork, canned, condensed, prepared with water	7	0.3	0.1	0.1	0.4	FDA
274		533	Soup, broccoli cheese, canned, ready to eat (RTE)	1	4.8				FDA
246		155	Soup, chicken noodle, canned, RTE	8	1	0.3	0.7	1.5	FDA
230	27042	534	Soup, clam chowder, New England, canned, RTE	1	6.5				FDA
319		285	Soup, clam chowder, New England, canned, condensed, prepared with whole milk	7	19.5	5.1	13.2	26.9	FDA
275		535	Soup, cream of mushroom, canned, RTE	1	2.3				FDA
276		536	Soup, cream of potato, canned, RTE	1	3.7				FDA
262		367	Soup, ramen noodles, prepared with water	10	0.4	0.4	0	0.9	FDA/USDA
247		156	Soup, tomato, canned, RTE	8	0.7	0.2	0.5	1.1	FDA
231	06742	537	Soup, vegetable beef, canned, RTE	1	0.8				FDA
312	06471	157	Soup, vegetable beef, canned, condensed, prepared with water	7	1.1	0.4	0.8	2	FDA
277		538	Soup, vegetable, canned, RTE	1	0.9				FDA
Baby Foods									
302	03165	730	Baby food, apples with berries	7	0.1	0.1	0	0.3	FDA
240	03163	731	Baby food, apples with fruit other than berries	8	0.1	0.1	0	0.2	FDA
122	03117	225	Baby food, applesauce	8	0.1	0.1	0	0.2	FDA
298	03143	717	Baby food, apricots with mixed fruit	7	0.3	0.1	0.2	0.4	FDA
157	43546	313	Baby food, bananas	8	0.1	0.1	0	0.4	FDA
123	03131	226	Baby food, peaches	19	0.2	0.2	0.1	0.9	FDA
124	03133	227	Baby food, pears	8	0.1	0	0.1	0.2	FDA
296	03159	713	Baby food, pears and pineapple	7	0.2	0.1	0	0.3	FDA
297		714	Baby food, plums/prunes with apples or pears	7	0.6	0.7	0	2.2	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
241	03139	736	Baby food, prunes	1	1.5				FDA
125	03166	230	Baby food, juice, apple	8	1.6	1.4	0.2	3.8	FDA
237	44074	712	Baby food, juice, grape	8	1.1	0.6	0.3	1.8	FDA
236	43408	711	Baby food, juice, pear	8	0.5	0.3	0.2	1.1	FDA
117	03100	218	Baby food, carrots	8	0.4	0.2	0.2	0.9	FDA
118	03092	219	Baby food, green beans	8	0.2	0.1	0.1	0.4	FDA
121	03121	223	Baby food, peas	8	0.2	0.1	0	0.4	FDA
159	03105	320	Baby food, squash	8	0.2	0.1	0.1	0.3	FDA
120	03109	221	Baby food, sweet potatoes	8	0.3	0.2	0.2	0.8	FDA
119	03279	220	Baby food, vegetables, mixed	8	0.4	0.2	0.2	0.7	FDA
278		701	Baby food, cereal, mixed, prepared with water	8	0.1	0.1	0	0.2	FDA
300		725	Baby food, cereal, oatmeal with fruit, prepared with water	7	0	0.1	0	0.1	FDA
258		323	Baby food, cereal, oatmeal, prepared with water	8	0.1	0.1	0	0.4	FDA
259		324	Baby food, cereal, rice, prepared with water	19	0.2	0.2	0	0.8	FDA
238	43523	721	Baby food, fruit yogurt dessert	8	19.7	4.7	13.7	28.6	FDA
257		317	Baby food, biscuits, teething	8	14.6	7	3	23	FDA
299	03214	723	Baby food, cookies, arrowroot	8	8.9	2.2	6.1	13.4	FDA/USDA
280		733	Baby food, finger foods, puffed snack	1	1.2				FDA
432	42284		Baby food, finger food, baked product, cereal, fortified	1	<10				USDA
114	03069	214	Baby food, chicken noodle dinner	8	0.9	0.5	0.6	2	FDA
301	43008	726	Baby food, chicken with rice	7	0.7	0.5	0	1.3	FDA
279		732	Baby food, macaroni and cheese with vegetables	7	5.9	0.8	4.2	6.4	FDA
115	03045	215	Baby food, pasta, tomato and beef	8	1.9	0.3	1.5	2.4	FDA
242	03046	737	Baby food, ravioli, cheese-filled, with tomato sauce	1	4.7				FDA
111	03002	205	Baby food, beef and broth/gravy	8	1.3	0.8	0.4	3	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
343	03013	207	Baby food, chicken and broth/gravy	7	27.9	8.2	10.6	35.1	FDA
160	03016	328	Baby food, turkey and broth/gravy	8	1	0.2	0.6	1.2	FDA
116	03083	216	Baby food, turkey and rice	8	0.4	0.2	0	0.6	FDA
112	03055	211	Baby food, vegetables and beef	8	0.8	0.2	0.5	1.1	FDA
113	03073	212	Baby food, vegetables and chicken	8	0.6	0.2	0.4	0.9	FDA
239	03085	728	Baby food, vegetables and turkey	8	1.2	0.8	0	2.6	FDA
249		202/734	Baby food, Infant formula, milk-based, iron fortified, ready-to-feed	8	13.2	1.6	11.6	15.5	FDA
321		309/735	Baby food, Infant formula, soy-based, ready-to-feed	8	11.1	4.4	0.6	15.4	FDA
283		738	Baby food, water, baby, bottled	1	0.1				FDA
Fats and Oils									
90	04691	162	Margarine, salted	8	1.6	1.5	0.5	3.9	FDA
92	04018	166	Mayonnaise, regular, bottled	8	5.9	0.9	5	7.6	FDA
182	04053	378	Oil, olive	8	0.3	0.2	0.1	0.5	FDA
183	04044	379	Oil, vegetable	8	0	0	0	0	FDA
433	43016		Salad dressing, coleslaw, bottled	1	<10				USDA
329	43215	376	Salad dressing, creamy/buttermilk type, low-calorie, bottled	7	12.7	2	9.2	14.7	FDA
328		375	Salad dressing, creamy/buttermilk type, regular, bottled	7	8.4	1.6	7.1	11.9	FDA
181	04114	377	Salad dressing, Italian, regular, bottled	8	0.8	0.4	0.4	1.7	FDA
217	04640	516	Salad dressing, ranch, low-calorie, bottled	1	8.2				FDA
218	04639	517	Salad dressing, ranch, regular, bottled	4	11.6	5.6	7.2	19	FDA/USDA
Fruit									
54	09003	78	Apple, red, with peel, raw	20	0.1	0.1	0	0.6	FDA
59	09020	84	Applesauce, bottled	8	0.2	0.1	0	0.4	FDA
324	09026	348	Apricots, canned in heavy/light syrup	7	6.2	5	1.3	15.4	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
67	09037	97	Avocado, raw	20	0.6	0.8	0	3.4	FDA
56	09040	80	Banana, raw	20	0.3	0.8	0	3.5	FDA
196	09050	398	Blueberries, raw	13	0.3	0.3	0.1	1.1	FDA
64	09181	89	Cantaloupe, raw/frozen	20	0.3	0.2	0.1	0.8	FDA
62	09099	87	Fruit cocktail, canned in light syrup	8	4.9	2.7	0.3	10.3	FDA
65	09111	92	Grapefruit, raw	20	0.2	0.1	0	0.3	FDA
63	09132	88	Grapes, seedless, red/green, raw	20	0.4	0.2	0.2	1.1	FDA
153	09193	299	Olives, black, pitted	8	2.6	1.3	1.2	5.2	FDA
55	09200	79	Orange, raw	20	0.2	0.1	0.1	0.5	FDA
345	09239	254	Peach, canned in light/medium syrup	7	6.2	3.6	1.3	10.2	FDA
58	09236	83	Peach, raw/frozen	20	0.3	0.5	0.1	2.6	FDA
346	09256	255	Pear, canned in light syrup	7	0.1	0	0.1	0.2	FDA
60	09252	85	Pear, with peel, raw	20	0.1	0.2	0	0.7	FDA
309	09354	93	Pineapple, canned in juice	7	1.8	2.3	0.6	7.1	FDA
194	09266	396	Pineapple, raw/frozen	13	0.3	0.2	0.1	0.6	FDA
66	09298	95	Raisins	8	2.3	0.8	0.8	3.5	FDA
61	09316	86	Strawberries, raw/frozen	20	0.4	0.3	0.1	1.6	FDA
57	09326	81	Watermelon, raw/frozen	20	0.2	0.2	0	0.8	FDA
Vegetables									
74	11012	115	Asparagus, fresh/frozen, boiled	20	0.8	0.8	0	3.9	FDA
340	11084	131	Beets, canned	7	0.4	0.4	0.1	1.2	FDA
72	11742	113	Broccoli, fresh/frozen, boiled	20	0.5	0.6	0	2.7	FDA
140	11099	263	Brussels sprouts, fresh/frozen, boiled	20	0.5	0.5	0	1.6	FDA
331	11110	110	Cabbage, fresh, boiled	8	0.1	0.1	0	0.3	FDA
204	11109	406	Cabbage, raw	12	0.4	0.4	0	1	FDA
175	11960	356	Carrot, baby, raw	20	1.4	1	0	3.5	FDA
313	11125	259	Carrot, fresh, peeled, boiled	7	0.5	0.6	0	1.6	FDA
75	11136	116	Cauliflower, fresh/frozen, boiled	20	0.6	0.8	0	3	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
73	11143	114	Celery, raw	20	1.6	2.2	0	8.9	FDA
70	11162	108	Collards, fresh/frozen, boiled	20	1.4	1.4	0	6.3	FDA
45	11172	55	Corn, canned	8	0.5	0.3	0.1	0.9	FDA
44	11179	54	Corn, frozen, boiled	20	0.4	0.4	0	1.4	FDA
79	11206	123	Cucumber, peeled, raw	20	0.6	0.5	0.1	2.1	FDA
315	11210	265	Eggplant, fresh, without peel, boiled	14	0.2	0.2	0	1	FDA
250		410	Eggplant, with peel, baked	12	0.7	0.5	0	1.4	FDA
78	11729	122	Green beans, canned, drained solids	8	0.4	0.5	0	1.2	FDA
77	11061	121	Green beans, fresh/frozen, boiled	20	0.6	0.8	0	2.6	FDA
71	11252	109	Lettuce, iceberg, raw	20	0.3	0.5	0	1.8	FDA
176	11253	357	Lettuce, leaf, raw	20	1.2	1.8	0.1	8	FDA
36	11032	42	Lima beans, immature, frozen, boiled	8	0.3	0.4	0	0.9	FDA
142	11584	268	Mixed vegetables, frozen, boiled	8	0.4	0.3	0	0.9	FDA
141	11260	264	Mushrooms, raw	20	0.3	0.1	0.1	0.6	FDA
434			Nori, seaweed, dried	3	2320	618	1640	2850	USDA
317	11279	267	Okra, fresh/frozen, boiled	7	1	0.6	0.3	1.8	FDA
82	11282	128	Onion, mature, raw	20	0.4	0.4	0	1.6	FDA
37	11313	46	Peas, green, fresh/frozen, boiled	8	0.2	0.4	0	1	FDA
80	11333	125	Pepper, bell, green, raw	20	0.4	0.6	0.1	2.7	FDA
89	11937	161	Pickles, dill, cucumber	8	0.7	0.6	0.3	1.7	FDA
83	11367	136	Potato, peeled, boiled	20	0.3	0.4	0	1.2	FDA
84	11674	137	Potato, with peel, baked	20	1	1.5	0	7	FDA
293	11371	354	Potatoes, mashed, prepared from fresh	7	6.2	3.6	3.8	14.2	FDA
220	11549	119/519	Sauce, tomato, canned/bottled	8	1	0.5	0	1.5	FDA
1	11458	107	Spinach, fresh/frozen, boiled	8	3.9	2.9	1	8.1	FDA
206	11457	408	Spinach, raw	12	6	3	2.1	10.8	FDA
332	11468	124	Squash, summer, fresh/frozen, boiled	8	0.3	0.1	0.1	0.5	FDA
205	11478	407	Squash, summer, zucchini, fresh/frozen, boiled	12	0.4	0.3	0.1	1	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
81	11644	126	Squash, winter (Hubbard or acorn), fresh/frozen, boiled	8	0.2	0.4	0	0.9	FDA
195	11508	397	Sweet potato, baked, peel removed	13	1.3	1	0	3	FDA
325	11514	358	Sweet potato, canned	7	0.7	0.8	0	2.3	FDA
76	11529	117	Tomato, raw	20	0.3	0.2	0	0.8	FDA
316	11567	266	Turnip, fresh/frozen, boiled	7	0.3	0.2	0	0.5	FDA
Legumes									
270	16018	527	Beans, black, canned, drained	1	1				FDA
271	16145	528	Beans, kidney, canned, drained	1	1.1				FDA
228	16146	529	Beans, pinto, canned, drained	1	1.2				FDA
304	16043	38	Beans, pinto, from dry, boiled	7	0	0.1	0	0.2	FDA
167	16103	341	Beans, refried, canned	8	0.8	0.5	0	1.4	FDA
272	16051	530	Beans, white, canned, drained	1	0.8				FDA
323	16050	342	Beans, white, from dry, boiled	7	0.1	0.2	0	0.4	FDA
35	16009	39	Beans, with pork, canned	8	0.3	0.2	0.0	0.5	FDA
38	16167	47	Peanut butter, smooth/creamy	8	0.7	0.4	0	1.3	FDA
39	16090	48	Peanuts, dry roasted, salted	8	0.7	0.4	0	1.1	FDA
18	43137	544	Veggie burger, soy based, baked	1	9.7				FDA
Nuts and Seeds									
227	12061	526	Almonds, shelled	1	1				FDA
168	12537	343	Seeds, sunflower, shelled, salted, roasted	8	0.3	0.4	0	0.9	FDA
201	12155	403	Walnuts, shelled	13	0.6	0.5	0	1.7	FDA
Beverages including Juices									
110	14003	198	Alcohol, beer	8	0.9	0.6	0.2	2.1	FDA
207	14051	500	Alcohol, distilled, vodka	1	0.1				FDA
248		200	Alcohol, distilled, whiskey/scotch	1	0.1				FDA
342	14084	199/501/ 502	Alcohol, wine, red/white	9	1.6	0.8	0.9	3.3	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
210	14091	503	Beverage, almond, shelf stable	7	0.3	0.3	0.09	0.9	FDA/USDA
211	14090	504	Beverage, coconut water	1	0.5				FDA
212	14060	505	Beverage, energy	1	0.2				FDA
213	16222	506	Beverage, soy, shelf stable	4	0.6	0.3	0.3	0.9	FDA/USDA
445			Beverage, soy, shelf stable (with seaweed or seaweed derivative)	2	4.9	2.9	2.9	6.9	FDA/USDA
264		507	Beverage, sports	1	0				FDA
374	14164		Beverage, chocolate malt powder, prepared with 1% milk, fortified	1	28.1				USDA
108	14416	194	Carbonated beverage, cola, low-calorie	8	0.3	0.2	0	0.6	FDA
106	14148	191	Carbonated beverage, cola, regular	8	0.2	0.2	0	0.5	FDA
320	14144	306/508	Carbonated beverage, fruit-flavored	8	0.1	0.2	0	0.5	FDA
155	14209	305	Coffee, brewed from ground	8	0.2	0.1	0.1	0.3	FDA
13	14201	381	Coffee, decaffeinated, from ground	7	0.2	0.1	0.1	0.4	FDA
173	14242	351	Cranberry juice cocktail, canned/bottled	8	0.2	0.3	0	0.8	FDA
156	14651	307	Fruit drink (5% - 25% juice), canned/bottled	8	0.6	0.2	0.3	0.9	FDA
107	14541	193	Fruit drink from powder, reconstituted	8	0.1	0.2	0	0.5	FDA
68	09400	99	Juice, apple, bottled	8	0.5	0.6	0	1.9	FDA
172	09444	350	Juice, fruit blend (100% juice), canned/bottled	8	0.7	0.3	0.4	1.2	FDA
138	09130	257	Juice, grape, bottled	8	0.3	0.2	0.1	0.8	FDA
69	09123	100	Juice, grapefruit, bottle/carton	8	0.6	0.3	0.3	1.2	FDA
225	09152	524	Juice, lemon, bottled	1	3.2				FDA
174	09207	352	Juice, orange, bottle/carton	8	10.1	8.2	1.7	24.2	FDA
338	09209	98	Juice, orange, from frozen concentrate, reconstituted	7	0.4	0.2	0.2	0.7	FDA
137	09409	256	Juice, pineapple, canned	8	0.3	0.2	0	0.6	FDA
339	09294	103	Juice, prune, bottled	7	1.3	1.3	0.4	3.2	FDA
314	11886	261	Juice, tomato, bottled	7	1.1	0.3	0.7	1.4	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
226	11578	525	Juice, tomato-vegetable, bottled	1	0.4				FDA
310	14293	105	Lemonade, from frozen concentrate, reconstituted	7	0.1	0.1	0	0.2	FDA
322		331/509	Meal replacement, liquid, ready to drink (RTD), assorted flavors	8	43.8	44.9	18.2	142.7	FDA
215	14066	510	Powder, protein	1	75.8				FDA
109	14355	197	Tea, brewed from tea bag	8	0.1	0.1	0	0.4	FDA
14	14352	382	Tea, decaffeinated, brewed from tea bag	7	0.1	0.1	0	0.2	FDA
184	14555	380	Water, mineral/spring, bottled	20	0.3	0.2	0	0.7	FDA
439	14411		Water, tap, drinking ¹	40	1.1	2	0	10.9	USDA
Seafood									
389	15141		Crustaceans, crab, blue, canned	3	37.8	12.4	27.3	51.5	USDA
390	15148		Crustaceans, lobster, northern, cooked, moist heat	3	185	44	139	226	USDA
391	15149		Crustaceans, shrimp, mixed species, raw	9	14.7	10.7	7.4	38.5	USDA
132	15151	244	Crustaceans, shrimp, precooked, shell removed, no tail	24	15.4	11.6	3.4	54.8	FDA/USDA
33	15027	34	Fish sticks or patty, frozen, oven-cooked	12	68.7	29.5	25.2	134	FDA/USDA
165	15235	339	Fish, catfish, pan-cooked with oil	20	4.2	1.9	1.4	8.1	FDA
186	15192	387	Fish, cod, baked	13	186	70	95	327	FDA
375	15019		Fish, cod, Pacific, raw	7	131	68	51	241	USDA
376	15028		Fish, flatfish (flounder and sole species), raw	4	14.3	3.9	10.8	19.9	USDA
377	15033		Fish, haddock, raw	3	227	88	138	314	USDA
378	15036		Fish, halibut, Atlantic and Pacific, raw	5	8	1.3	7.4	10.3	USDA
379	15057		Fish, ocean perch, Atlantic, raw	4	9.3	2.2	7.4	11.5	USDA
396	15266		Fish, pollock, Alaska, raw	3	43.5	8.7	37.4	53.5	USDA
380	15070		Fish, rockfish, Pacific, mixed species, raw	3	14	4.8	10.7	19.5	USDA
421	35171		Fish, salmon, chum, dried (Alaska Native)	1	38.4				USDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
395	15260		Fish, salmon, pink, canned, drained solids	2	15.3	7.4	10	20.5	USDA
381	15083		Fish, salmon, pink, raw	5	26.2	15.7	11.8	49.7	USDA
384	15087		Fish, salmon, sockeye, canned, drained solids	1	22				USDA
382	15085		Fish, salmon, sockeye, raw	2	14.3	3.8	11.6	17	USDA
158	15237	318	Fish, salmon, steaks/fillets, baked	10	16.5	8.6	3.8	27.8	FDA/USDA
422	35184		Fish, smelt, dried (Alaska Native)	1	216				USDA
371			Fish, swai, cooked	2	<10				USDA
385	15110		Fish, swordfish, raw	4	19.5	3.8	16.4	24.9	USDA
187	15262	388	Fish, tilapia, baked	13	4.6	1.5	2.5	8.7	FDA
386	15115		Fish, trout, rainbow, wild, raw	1	<10				USDA
166	15121	340	Fish, tuna, canned in water, drained	13	8.5	1.8	6.6	11.9	FDA/USDA
388	15118		Fish, tuna, fresh, bluefin, cooked, dry heat	4	23	4.4	17.5	28.1	USDA
387	15117		Fish, tuna, fresh, bluefin, raw	4	17.6	5.9	11.5	25.5	USDA
420	35091		Fish, whitefish, broad, including head, eyes, cheeks and soft bones (Alaska Native), raw	1	33.6				USDA
392	15160		Mollusks, clam, mixed species, canned, drained solids	4	66.5	9.1	57.9	78	USDA
393	15169		Mollusks, oyster, eastern, wild, cooked, moist heat	3	109.1	25.6	81.4	132	USDA
394	15172		Mollusks, scallop, mixed species, raw	4	<10				USDA
Grains²									
16	20081	900	Flour, white, all-purpose	1	2.4				FDA
53	20110	69	Noodles, egg, enriched, boiled	8	3.5	1.2	1.7	4.9	FDA
347	20321		Pasta, enriched, boiled in water with iodized salt using amount per pasta label	2	28.9	0	27.7	30.1	USDA
232	20134	539	Pasta, rice noodles, cooked	1	1.5				FDA
171	20121	347	Pasta, spaghetti, enriched, boiled	8	0.1	0.2	0	0.4	FDA
233	20125	540	Pasta, whole wheat, cooked	1	0.6				FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
223	20137	522	Quinoa, cooked	1	1.1				FDA
200	20041	402	Rice, brown, cooked	13	0.6	0.4	0	1.6	FDA
40	20051	50	Rice, white, enriched, cooked	19	0.5	0.3	0	1.1	FDA
Cereals									
254		74	Cereal, bran with raisins	8	1	0.4	0.6	1.7	FDA
253		71	Cereal, corn flakes	8	0.2	0.4	0	1.2	FDA
43	08091	53	Cereal, corn/hominy grits, enriched, cooked	8	0	0.1	0	0.2	FDA
42	08169	52	Cereal, cream of wheat (farina), enriched, cooked	8	0.2	0.5	0	1.3	FDA
255		75	Cereal, crisped rice	8	0.4	0.3	0	0.8	FDA
306		72	Cereal, fruit-flavored, sweetened ³	7	0.7	0.5	0.2	1.5	FDA/USDA
266		512	Cereal, granola	1	10.8				FDA
308		76	Cereal, granola with raisins	7	14.2	4	9.4	20.2	FDA
256		77	Cereal, oat ring	8	0.9	0.3	0.4	1.2	FDA
267		513	Cereal, oat ring, honey	1	1.5				FDA
41	08121	51	Cereal, oatmeal, plain, cooked	8	0.3	0.4	0	1.1	FDA
307		73	Cereal, shredded wheat	7	0.1	0.2	0	0.6	FDA
268		514	Cereal, shredded wheat, frosted	1	0.9				FDA
269		515	Cereal, whole wheat, cooked	1	0.5				FDA
Baked Products									
133	18002	249	Bagel, plain, toasted	21	1.5	2	0	9.3	FDA/USDA
305	18015	61	Biscuits, refrigerated-type, baked	8	3.2	2.3	0.7	7.4	FDA/USDA
344	28397	248	Bread, multigrain ⁴	4	1.8	2	0	4.4	FDA
337	18060	64	Bread, rye	7	0.6	0.3	0	0.9	FDA
199	18350	401	Bread, white roll/bun (hamburger/hotdog) ⁵	8	2.2	3	0	9.5	FDA/USDA
442	18350*	401*	Bread, white roll/bun (hamburger/hotdog), with iodate dough conditioner	11	1196	292	828	1730	FDA/USDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
46	18069	58	Bread, white, enriched, pre-sliced ⁶	12	1.9	2.5	0	9.5	FDA/USDA
440	18069*	58*	Bread, white, enriched, pre-sliced, with iodate dough conditioner	13	639	210	388	1180	FDA/USDA
48	18075	62	Bread, whole-wheat, commercially prepared ⁷	13	2.8	2.3	0.7	9.5	FDA
441	18075*	62*	Bread, whole-wheat, commercially prepared, with iodate dough conditioner	5	618	244	357	1010	FDA/USDA
15	18079	903	Breadcrumbs	1	180				FDA
170	18362	345	Breakfast tart/toaster pastry ⁸	7	3	2	0	5.4	FDA
146	18151	291	Brownie, commercially prepared	8	10.5	13.4	0.9	42.2	FDA
99	18096	178	Cake, chocolate with chocolate icing, commercially prepared ⁹	19	7.6	2	4.1	10.9	FDA
263		369	Cake, white with white icing, commercially prepared ¹⁰	18	17.4	19	4.6	72.1	FDA
399	18140		Cake, yellow with chocolate frosting, commercially prepared	3	8.3	1.5	7.4	10	USDA
185	18964	386	Cinnamon roll, from package, iced	15	5.1	2.9	1.3	11.6	FDA
100	18160	183	Cookies, from package, chocolate chip	9	1.4	0.9	0.2	2.7	FDA/USDA
101	18166	184	Cookies, from package, sandwich with crème filling	8	0.5	0.4	0	1.1	FDA
147	18204	292	Cookies, from package, sugar ¹¹	6	5.6	2.3	2.5	8.9	FDA
47	18024	60	Cornbread, homemade	8	21.5	6.4	12.3	31	FDA
398	18023		Cornbread, from dry mix, prepared with 2% milk, margarine, and eggs	1	16.7				USDA
136	18229	252	Crackers, butter-type	8	0.6	0.7	0	2	FDA
229	18214	531	Crackers, cheese, regular	2	14.3		10.3	18.3	FDA/USDA
135	18173	251	Crackers, graham	8	0.9	0.5	0.3	1.5	FDA
51	18228	66	Crackers, saltine	8	0.5	0.3	0	0.8	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
145	18248	290	Doughnut, cake-type, plain, commercially prepared	8	17.4	16	5.1	41.2	FDA
134	18437	250	English muffin, plain, toasted	20	2.4	3.3	0	15.4	FDA
50	18274	65	Muffin, blueberry, commercially prepared	20	12.9	5.8	8	34.5	FDA
169	18936	344	Pancakes, frozen, heated	10	6.8	1.9	3.2	10.4	FDA/USDA
234	18335	541	Pie crust, commercially prepared	1	1.3				FDA
102	18443	185	Pie, apple, fresh/frozen, commercially prepared	8	0.6	0.5	0	1.2	FDA
103	18326	186	Pie, pumpkin, fresh/frozen, commercially prepared	8	22.2	3.8	17.5	29.5	FDA
3	18244	182	Sweet roll/Danish pastry	4	6	1.4	4.4	7.7	FDA
198	18363	400	Tortilla, corn	1	1				FDA
49	18970	63	Tortilla, flour	19	1.1	0.9	0	3.5	FDA
Sweets and Snacks									
216	19919	511	Candy, fruit snacks	1	0.4				FDA
178	19155	371	Candy bar (chocolate, nougat, and nuts)	8	17.1	3.1	13.5	21.8	FDA
104	19120	187	Candy bar, milk chocolate, plain	8	46.8	4.9	36.8	54.1	FDA
148	19107	293	Candy, hard, assorted flavors	8	9.6	13.6	0.2	35.4	FDA
85	19411	138	Chips, potato	8	3	3.7	0.6	9.1	FDA
402	19412		Chips, potato, made from dried potatoes, cheese-flavor	1	1.5				USDA
52	25028	67	Chips, corn/tortilla	8	1.4	1.6	0.1	4.5	FDA
105	19173	190	Gelatin dessert, assorted flavors, prepared	8	0.5	0.4	0.1	1.4	FDA
224	19015	523	Granola bar	1	2.6				FDA
327		370	Granola bar, with raisins	7	2	1.6	0.6	4.6	FDA
97	19296	172	Honey	8	0.6	0.2	0.4	1.1	FDA
151	19300	296	Jelly, assorted flavors	8	0.9	0.7	0.2	2.1	FDA
144	19283	288	Popsicle, fruit-flavored ¹²	2	1.5		0.4	2.5	FDA
179	25026	372	Popcorn, microwave, butter-flavored	8	0.2	0.2	0	0.5	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
149	19047	294	Pretzels, hard, salted	8	0.7	0.4	0.3	1.2	FDA
235	19183	542	Pudding, ready-to-eat, chocolate	1	13.3				FDA
326		368	Pudding, ready-to-eat, assorted flavors other than chocolate	7	4.7	1.9	3	7.6	FDA
401	19193		Pudding, rice, ready-to-eat	1	27.5				USDA
289	19097	287	Sherbet, fruit-flavored ¹³	3	14.5	0.7	13.7	15.1	FDA
330		385	Sorbet, fruit-flavored	4	1.1	0.6	0.3	1.8	FDA
95	19335	169	Sugar, white, granulated	8	0.1	0.2	0	0.4	FDA
150	19348	295	Syrup, chocolate	8	0.7	0.6	0.3	2	FDA
96	19129	170	Syrup, pancake	8	0.2	0.1	0.1	0.4	FDA
Mixed Dishes									
284		269	Beef stroganoff with noodles, homemade	7	6.2	1	5.3	8.1	FDA
88	22906	152	Chicken potpie, frozen, heated	8	3.1	1	1.9	4.7	FDA
86	22904	145	Chili con carne with beans, canned	8	2.1	0.6	1.3	2.8	FDA
294	21127	355	Coleslaw, mayonnaise-type, from grocery/deli	7	1.8	0.8	1	2.8	FDA
411	22973		Corn dogs, frozen, prepared	1	23.7				USDA
6	22977	361	Lasagna with meat, frozen, heated	7	8.4	1.1	7	9.8	FDA
418	32019		Lasagna, cheese, frozen, unprepared	5	10.7	3.4	7.4	15	USDA
87	22960	146	Macaroni and cheese, prepared from box mix	15	19.4	4.4	11.2	28.7	FDA/USDA
291		346	Macaroni salad, from grocery/deli	7	3.2	1.2	1.9	5.3	FDA
245		148	Meatloaf, beef, homemade	7	15.5	10.7	8.1	34.4	FDA
416	32008		Pasta mix, classic cheeseburger macaroni, unprepared	1	<10				USDA
417	32010		Pasta mix, Italian lasagna, unprepared	2	11.3	5.4	7.4	15.1	USDA
409	21505		Pizza, cheese topping, thin crust, frozen, baked	7	23.3	5	16.2	29.3	USDA
410	22971		Potato salad with egg	5	<10				USDA
292		353	Potato salad, mayonnaise-type, from grocery/deli	7	2.6	1.7	0	5	FDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
244		142	Spaghetti with meat sauce, homemade	7	1.8	0.6	1	2.6	FDA
438			Sushi, California roll	3	31	9.5	20	36.6	USDA
415	32007		Taquitos, frozen, beef and cheese, oven-heated	1	<10				USDA
414	32006		Taquitos, frozen, chicken and cheese, oven-heated	1	<10				USDA
285		272	Tuna noodle casserole, homemade	7	16.1	9.3	10.5	36.1	FDA
419	32037		Turnover, pepperoni pizza	1	20.9				USDA
Fast Foods									
197	21142	399	Biscuits, fast food	5	10.5	3.9	6.7	16.5	FDA/USDA
10	21064	365	Burrito with beef, beans and cheese, from Mexican carry-out	7	5.4	2.2	2.7	9.8	FDA
162	21469	336	Chicken breast, fried, with skin, fast food ¹⁴	18	4	1.5	2.1	6.7	FDA
164	21470	338	Chicken leg, fried, with skin, fast food	20	2.4	0.7	1	3.8	FDA
131	21229	241	Chicken nuggets, fast food	20	1.9	1.4	0.5	7.3	FDA
303	01110	7	Milk shake, chocolate, fast food	7	35.3	9.4	22.6	45.4	FDA
193	01111	394	Milk shake, vanilla, fast food	13	35.9	6.8	21.7	45.3	FDA
318	21302	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	11	11.7	4.4	7.1	19.6	FDA/USDA
202	21299	404	Pizza, cheese, fast food	15	12.6	2.9	7.3	17.3	FDA/USDA
435			Pizza, crust only, fast food	9	<10				USDA
408	21484		Pizza, with sausage topping, regular crust, fast food	1	13.2				USDA
139	21138	258	Potatoes, French fries, fast food	20	2.2	2.2	0	10.2	FDA
2	21112	147	Sandwich, hamburger, single, large patty, fast food	7	3.3	1.4	2	5.9	FDA
406	21092		Sandwich, cheeseburger, double, regular patty, plain, fast food	8	11.1	2.7	7.4	14.6	USDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
443	21092*		Sandwich, cheeseburger, double, regular patty, fast food (bun w iodate dough conditioner)	4	278	96	164	392	USDA
286	21096	275	Sandwich, cheeseburger, single, large patty, fast food	9	10.3	2.2	7.4	14.5	FDA/USDA
11	21490	366	Sandwich, chicken filet (broiled) sandwich, fast food	7	1.8	1.6	0.4	4.5	FDA
288	21021	278	Sandwich, egg, cheese, and ham on English muffin, fast food	8	24.5	5.9	16.1	31.8	FDA/USDA
287	21105	276	Sandwich, fish, fast food	10	36.2	12.3	22.9	56.9	FDA/USDA
405	21059		Shrimp, breaded and fried, fast food	2	<10				USDA
4	21486	279	Taco/tostada with beef and cheese, from Mexican carry-out	7	7	2.7	4.4	11.9	FDA
Restaurant Foods (excluding Fast Food Restaurants)									
7	36603	362	Beef with vegetables in sauce, restaurant, Chinese	7	4.3	5.2	0.6	15.6	FDA
428	36050		Cheese enchilada, restaurant, Mexican	1	16.1				USDA
429	36052		Cheese quesadilla, restaurant, Mexican	1	23.1				USDA
430	36055		Cheese ravioli with marinara sauce, restaurant, Italian	1	21.5				USDA
8	36626	363	Chicken with vegetables in sauce, restaurant, Chinese	7	3.8	4.6	0.8	12.6	FDA
444	36033		Fish fillet, parmesan crusted tilapia, restaurant, family style	1	13.1				USDA
436			Fish, salmon, grilled, restaurant	1	<10				USDA
423	36012		Fried mozzarella sticks, restaurant, family style	3	38.1	4.1	34.2	42.3	USDA
9	36602	364	Fried rice, meatless, restaurant, Chinese	7	5.5	5.6	1.2	16.9	FDA
427	36041		Lasagna with meat, restaurant, Italian	1	27.5				USDA
425	36017		Macaroni & cheese, from kids' menu, restaurant, family style	10	22.4	7.4	12.9	32.3	USDA

DB_ID	NDB No.	TDS No.	Description	n	Iodine mcg/100g	SD	Min	Max	Source(s)
431	36620		Shrimp and vegetables, restaurant, Chinese	1	<10				USDA
Sausage and Luncheon Meats									
32	07959	29	Bologna (beef/pork)	8	26.8	9.7	15.1	43.5	FDA
31	07949	28	Frankfurter, beef/pork, boiled	7	4.1	1.4	2.8	7	FDA
369	07945		Frankfurter, beef, heated	2	<10				USDA
261	07081	335/543	Luncheon meat (chicken/turkey)	8	3.7	1.1	1.8	5.1	FDA
129	07028	239	Luncheon meat, ham	8	1.4	0.6	0.8	2.4	FDA
188	07072	389	Salami, dry/hard	18	13.3	11.1	4.2	47.7	FDA/USDA
243		30	Salami, luncheon-meat type (not hard)	7	12.3	8	3.5	23.2	FDA
367	07019		Sausage, pork, chorizo, raw	1	29.8				USDA
28	07953	19	Sausage, pork, oven-cooked	20	4	2.5	1.2	10.7	FDA
Meats									
130	05064	240	Chicken breast, oven-roasted (skin removed)	20	2	1.8	0.2	8.1	FDA
163	05098	337	Chicken thigh, oven-roasted (skin removed)	20	1.3	0.5	0.3	2.5	FDA
30	05192	26	Turkey breast, oven-roasted ¹⁵	19	2.1	1.3	0	4.9	FDA
189	05306	390	Turkey, ground, pan-cooked	13	5.5	4.3	0.8	16.9	FDA
26	10136	17	Ham, cured (not canned), baked	20	1.5	1.5	0	5.9	FDA
29	10860	20	Pork bacon, oven-cooked	20	1.9	0.8	0.8	3.9	FDA
27	10179	18	Pork chop, pan-cooked with oil	20	1	0.8	0	3.4	FDA
333		21	Pork roast, loin, oven-roasted	7	0.4	0.3	0	0.9	FDA
335	17204	27	Beef/calf, liver, pan-cooked with oil	7	16.4	5	7.7	21.6	FDA
251		13	Beef, ground, pan-cooked	20	8	3.4	3.8	18.9	FDA
334		14	Beef roast, chuck, oven-roasted	8	3.8	2.2	1.8	8.2	FDA
260		334	Beef steak, loin/sirloin, broiled	19	4.7	1.3	2.9	8.1	FDA
252		22	Lamb chop, pan-cooked with oil	20	3	2.5	0.8	12.3	FDA

*TDS and/or NDB identifiers with asterisks indicate products that differ from the generic product in that they contain iodate dough conditioners

¹USDA water samples analyzed by FDA

²Grain products prepared without salt unless otherwise noted

³Omitted sample with 386 mcg I/100g, value probably from FD&C Red No. 3 food coloring

⁴Omitted 3 samples with values from 72 – 224 mcg I/100g – probably mixture of breads with and without iodate dough conditioners

⁵Omitted 4 samples with values from 130 - 416 mcg I/100g – probably mixture of breads with and without iodate dough conditioners

⁶Omitted 6 samples with values from 53 - 290 mcg I/100g – probably mixture of breads with and without iodate dough conditioners

⁷Omitted 6 samples with values from 194 - 290 mcg I/100g – probably mixture of breads with and without iodate dough conditioners

⁸Omitted sample with 92.4 mcg I/100g, value probably from FD&C Red No. 3 food coloring

⁹Omitted sample with 120 mcg I/100g, value probably from FD&C Red No. 3 food coloring

¹⁰Omitted 2 samples with 312 and 335 mcg I/100g, values probably from FD&C Red No. 3 food coloring

¹¹Omitted 2 samples with 42 and 973 mcg I/100g, values probably from FD&C Red No. 3 food coloring

¹²Omitted 6 samples from 123 to 621 mcg I/100g, values probably from FD&C Red No. 3 food coloring

¹³Omitted sample with 545 mcg I/100g, value probably from FD&C Red No. 3 food coloring

¹⁴Omitted samples with values of 38 and 42 mcg I/100g, values may reflect the use of disinfectant during poultry cleaning; we were unable to confirm this use

¹⁵Omitted sample with value of 61 mcg I /100g as an outlier, although value was confirmed by the lab

USDA, FDA and ODS-NIH Database for the Iodine Content of Common Foods per serving, Release 2, January 2022

DB_ID	NDB No.	TDS No.	Description	Serving amount	Serving measure	Serving weight (g)	Iodine (mcg)/serving	n	Std dev (mcg)/serving	Min (mcg)/serving	Max (mcg)/serving	Iodine Data Source(s)	Serving Size Reference ^A
Dairy and Eggs													
91	01001	164	Butter, salted	1	tbsp	14	0.7	9	0.1	0.5	0.8	FDA	FDA, USDA
359	01192		Cheese product, made with 2% reduced fat milk	1	oz slice	30	16.2	1	0.0	0.0	0.0	USDA	FDA
24	01253	10	Cheese, American, processed	1	oz slice	30	17.6	27	5.8	10.6	33.6	FDA/USDA	FDA
25	01009	12	Cheese, cheddar (sharp/mild)	1	oz slice	30	14.5	23	4.7	8.3	31.8	FDA/USDA	FDA
190	01025	391	Cheese, Monterey Jack	1	oz slice	30	14.0	13	3.6	10.5	23.0	FDA	FDA
191	01029	392	Cheese, mozzarella	1	oz slice	30	15.8	15	3.2	8.1	20.2	FDA/USDA	FDA
349	01032		Cheese, parmesan, grated	1	tbsp	5	3.9	1				USDA	FDA
348			Cheese, processed, Swiss, low fat	1	oz slice	30	18.0	1				USDA	FDA
350	01036		Cheese, ricotta, whole milk	1/4	cup	55	36.3	1				USDA	FDA, USDA
127	01040	236	Cheese, Swiss	1	oz slice	30	36.0	20	32.4	9.9	131.1	FDA	FDA
161	01015	332	Cottage cheese, creamed, reduced fat	1/2	cup	110	38.6	9	7.6	27.6	52.1	FDA/USDA	FDA
128	01017	237	Cream cheese	2	tbsp	30	11.8	8	3.4	6.8	16.6	FDA	FDA
94	01068	168	Cream substitute, non-dairy, fluid	1	tbsp	15	0.1	8	0.0	0.1	0.2	FDA	FDA
351	01053		Cream, heavy whipping, fluid	1	tbsp	15	4.2	1				USDA	FDA
93	01049	167	Cream, half & half	2	fl oz	30	9.4	21	1.5	6.6	13.8	FDA/USDA	FDA, USDA
362	01258		Egg, white, dried, stabilized, glucose reduced	1	tbsp	7	2.4	15	0.7	1.5	4.1	USDA	FDA, American Egg Board
358	01172		Egg, white, raw, frozen, pasteurized	1/4	cup	61	<5	6	0.0	0.0	0.0	USDA	FDA, American Egg Board
355	01133		Egg, whole, dried	7	tsp	12.5	34.3	17	6.5	25.3	50.9	USDA	FDA, American Egg Board

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353	01123		Egg, whole, raw, fresh	1	large	50	24.6	24	10.6	13.5	57.5	USDA	FDA, USDA
357	01171		Egg, whole, raw, frozen, pasteurized	1/4	cup	61	37.6	14	8.5	27.5	49.3	USDA	FDA, American Egg Board
356	01137		Egg, yolk, dried	1/3	cup	22.5	78.5	17	14.9	58.7	98.3	USDA	FDA, American Egg Board
354	01126		Egg, yolk, raw, frozen, pasteurized	1/4	cup	61	108.0	15	32.0	46.1	162.9	USDA	FDA, American Egg Board
34	01129	37	Eggs, hard-boiled	1	large	50	25.7	20	13.7	7.2	58.5	FDA	FDA, USDA
336	01132	35	Eggs, scrambled with oil	1/2	cup	110	46.9	7	13.9	22.1	62.5	FDA	FDA
192	19270	393	Ice cream, chocolate	2/3	cup	88	28.3	13	4.2	20.9	36.9	FDA	FDA, USDA
341	01243	177	Ice cream, lowfat, vanilla	2/3	cup	91	41.1	7	8.9	24.7	51.2	FDA	FDA, USDA
143	19095	286	Ice cream, regular (not lowfat), vanilla	2/3	cup	88	34.3	19	5.5	22.7	46.6	FDA	FDA, USDA
22	01103	3	Milk, chocolate, lowfat, fluid	1	cup	250	73.0	22	20.0	43.3	110.5	FDA/USDA	FDA, USDA
21	01079	2	Milk, reduced fat (2%), fluid	1	cup	244	89.1	44	34.2	48.6	250.6	FDA/USDA	FDA, USDA
352	01082		Milk, lowfat (1%), fluid	1	cup	244	88.1	24	36.6	31.5	207.9	USDA	FDA, USDA
23	01085	4	Milk, skim, fluid	1	cup	245	84.8	44	24.5	37.7	159.5	FDA/USDA	USDA
20	01077	1	Milk, whole, fluid	1	cup	244	83.7	44	28.3	42.9	204.5	FDA/USDA	FDA, USDA
154	01056	300	Sour cream	2	tbsp	29	8.8	8	0.7	8.1	10.0	FDA	FDA, USDA
290		333	Sour cream dip, any flavor	2	tbsp	30	7.6	7	1.8	4.8	9.4	FDA	FDA
295	01298	395/409	Yogurt, frozen, vanilla	2/3	cup	116	50.3	13	8.9	29.8	66.9	FDA	FDA, USDA
361	01256		Yogurt, Greek, plain, nonfat	3/4	cup	170	87.0	6	6.0	76.5	94.5	USDA	FDA, USDA
363	01284		Yogurt, Greek, strawberry, lowfat	3/4	cup	170	71.2	1				USDA	FDA, USDA
364	01285		Yogurt, Greek, strawberry, nonfat	3/4	cup	170	70.2	2		66.8	73.6	USDA	FDA, USDA

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365	01286		Yogurt, Greek, vanilla, nonfat	3/4	cup	170	85.9	2		83.8	87.7	USDA	FDA, USDA
126	01122	235	Yogurt, fruit-flavored, lowfat	3/4	cup	170	54.7	9	11.1	40.6	72.3	FDA/USDA	FDA, USDA
222	01220	521	Yogurt, vanilla, lowfat	3/4	cup	170	58.3	1				FDA	FDA, USDA
Spices													
19	02047	909	Salt, table, iodized	1/4	tsp	1.5	76.1	25	16.8	51.2	111.5	FDA/USDA	FDA, USDA
372			Sea salt, iodized	1/4	tsp	1.5	69.9	9	17.1	33.8	91.2	USDA	FDA, similar USDA item
373			Sea salt, non-iodized	1/4	tsp	1.5	<0.8	27				USDA	FDA, similar USDA item
Soups, Sauces, Gravies and Condiments													
273		532	Broth, chicken, ready-to-use from carton	8	fl oz	245	1.2	1				FDA	FDA
180	06116	374	Brown gravy, canned or bottled	1/4	cup	58	0.9	8	0.1	0.7	1.2	FDA	FDA, USDA
412	27052		Dip, salsa con queso (salsa with cheese)	2	tbsp	30	5.7	6	4.3	2.2	14.1	USDA	FDA, USDA
98	11935	173	Ketchup, tomato, bottled	1	tbsp	17	0.2	8	0.1	0.1	0.3	FDA	FDA, USDA
152	02046	298	Mustard, yellow, plain	1	tsp	5	0.03	8	0.0	0.0	0.1	FDA	FDA, USDA
177	06164	359	Salsa, tomato, bottled	2	tbsp	36	0.6	8	0.2	0.4	1.0	FDA	FDA, USDA
203	06150	405	Sauce, barbecue, bottled	2	tbsp	34	1.0	12	0.6	0.3	2.4	FDA	FDA, USDA
366	06179		Sauce, fish, ready-to-serve	1	tbsp	18	3.7	1				USDA	FDA, USDA
219	16123/ 16124	518	Sauce, soy	1	tbsp	16	0.2	2		0.08	0.24	FDA/USDA	FDA, USDA
12	27050	373	Sauce, sweet & sour, bottled	1/4	cup	70	0.5	7	0.3	0.3	1.1	FDA	FDA, USDA
221	06931	520	Sauce, tomato pasta, bottled	1/2	cup	132	1.7	1				FDA	USDA
5	06404	283	Soup, bean with bacon/pork, canned, condensed, prepared with water	1	cup	266	0.8	7	0.3	0.3	1.1	FDA	USDA
274		533	Soup, broccoli cheese, canned, ready to eat (RTE)	1	cup	245	11.8	1				FDA	FDA
246		155	Soup, chicken noodle, canned, ready to eat (RTE)	1	cup	245	2.5	8	0.7	1.7	3.7	FDA	FDA

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230	27042	534	Soup, clam chowder, New England, canned, ready to eat (RTE)	1	cup	245	15.9	1				FDA	FDA
319		285	Soup, clam chowder, New England, canned, condensed, prepared with whole milk	1	cup	245	47.8	7	12.5	32.3	65.9	FDA	FDA
275		535	Soup, cream of mushroom, canned, ready to eat (RTE)	1	cup	245	5.6	1				FDA	FDA
276		536	Soup, cream of potato, canned, ready to eat (RTE)	1	cup	245	9.1	1				FDA	FDA
262		367	Soup, ramen noodles, prepared with water	1	cup	245	1.0	10	1.0	0.0	2.2	FDA/USDA	FDA
247		156	Soup, tomato, canned, ready to eat (RTE)	1	cup	245	1.7	8	0.5	1.2	2.7	FDA	FDA
231	06742	537	Soup, vegetable beef, canned, ready to eat (RTE)	1	cup	245	2.0	1				FDA	FDA
312	06471	157	Soup, vegetable beef, canned, condensed, prepared with water	1	cup	245	2.7	7	1.0	2.0	4.9	FDA	FDA, USDA
277		538	Soup, vegetable, canned, ready to eat (RTE)	1	cup	245	2.2	1				FDA	FDA
Baby Foods													
302	03165	730	Baby food, apples with berries	1/2	cup	113	0.1	7	0.1	0.0	0.3	FDA	USDA
240	03163	731	Baby food, apples with fruit other than berries	1/2	cup	113	0.1	8	0.1	0.0	0.2	FDA	USDA
122	03117	225	Baby food, applesauce	1/2	cup	113	0.1	8	0.1	0.0	0.2	FDA	USDA
298	03143	717	Baby food, apricots with mixed fruit	1/2	cup	113	0.3	7	0.1	0.2	0.5	FDA	USDA
157	43546	313	Baby food, bananas	1/2	cup	113	0.1	8	0.1	0.0	0.5	FDA	USDA
123	03131	226	Baby food, peaches	1/2	cup	113	0.2	19	0.2	0.1	1.0	FDA	USDA
124	03133	227	Baby food, pears	1/2	cup	113	0.1	8	0.0	0.1	0.2	FDA	USDA
296	03159	713	Baby food, pears and pineapple	1/2	cup	113	0.2	7	0.1	0.0	0.3	FDA	USDA
297		714	Baby food, plums/prunes with apples or pears	1/2	cup	113	0.7	7	0.8	0.0	2.5	FDA	USDA
241	03139	736	Baby food, prunes	1/2	cup	113	1.7	1				FDA	USDA

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125	03166	230	Baby food, juice, apple	4	fl oz	125	2.0	8	1.8	0.3	4.8	FDA	USDA
237	44074	712	Baby food, juice, grape	4	fl oz	118	1.3	8	0.7	0.4	2.1	FDA	USDA
236	43408	711	Baby food, juice, pear	4	fl oz	125	0.6	8	0.4	0.3	1.4	FDA	USDA
117	03100	218	Baby food, carrots	1/2	cup	113	0.5	8	0.2	0.2	1.0	FDA	USDA
118	03092	219	Baby food, green beans	1/2	cup	113	0.2	8	0.1	0.1	0.5	FDA	USDA
121	03121	223	Baby food, peas	1/2	cup	113	0.2	8	0.1	0.0	0.5	FDA	USDA
159	03105	320	Baby food, squash	1/2	cup	113	0.2	8	0.1	0.1	0.3	FDA	USDA
120	03109	221	Baby food, sweet potatoes	1/2	cup	113	0.3	8	0.2	0.2	0.9	FDA	USDA
119	03279	220	Baby food, vegetables, mixed	1/2	cup	113	0.5	8	0.2	0.2	0.8	FDA	USDA
278		701	Baby food, cereal, mixed, prepared with water	1/2	cup	110	0.1	8	0.1	0.0	0.2	FDA	FDA
300		725	Baby food, cereal, oatmeal with fruit, prepared with water	1/2	cup	110	0.0	7	0.1	0.0	0.1	FDA	FDA
258		323	Baby food, cereal, oatmeal, prepared with water	1/2	cup	110	0.1	8	0.1	0.0	0.4	FDA	FDA
259		324	Baby food, cereal, rice, prepared with water	1/2	cup	110	0.2	19	0.2	0.0	0.9	FDA	FDA
238	43523	721	Baby food, fruit yogurt dessert	1/2	cup	113	22.3	8	5.3	15.5	32.3	FDA	USDA
257		317	Baby food, biscuits, teething	2	cookies (3" x 1")	22	3.2	8	1.5	0.7	5.1	FDA	FNDDS
299	03214	723	Baby food, cookies, arrowroot	4	cookies	20	1.8	8	0.4	1.2	2.7	FDA/USDA	FDA, USDA
280		733	Baby food, finger foods, puffed snack	1 1/2	cup	21	0.3	1				FDA	FNDDS
432	42284		Baby food, finger food, baked product, cereal, fortified	12	pieces	20	<2	1				USDA	FDA, USDA
114	03069	214	Baby food, chicken noodle dinner	3/4	cup	170	1.5	8	0.9	1.0	3.4	FDA	FDA, USDA
301	43008	726	Baby food, chicken with rice	3/4	cup	170	1.2	7	0.9	0.0	2.2	FDA	FDA, USDA
279		732	Baby food, macaroni and cheese with vegetables	3/4	cup	170	10.0	7	1.4	7.1	10.9	FDA	FDA, USDA
115	03045	215	Baby food, pasta, tomato and beef	3/4	cup	170	3.2	8	0.5	2.6	4.1	FDA	FDA, USDA
242	03046	737	Baby food, ravioli, cheese-filled, with tomato sauce	3/4	cup	170	8.0	1				FDA	FDA, USDA

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111	03002	205	Baby food, beef and broth/gravy	3/4	cup	170	2.2	8	1.4	0.7	5.1	FDA	FDA, USDA
343	03013	207	Baby food, chicken and broth/gravy	3/4	cup	170	47.4	7	13.9	18.0	59.7	FDA	FDA, USDA
160	03016	328	Baby food, turkey and broth/gravy	3/4	cup	170	1.7	8	0.3	1.0	2.0	FDA	FDA, USDA
116	03083	216	Baby food, turkey and rice	3/4	cup	170	0.7	8	0.3	0.0	1.0	FDA	FDA, USDA
112	03055	211	Baby food, vegetables and beef	3/4	cup	170	1.4	8	0.3	0.9	1.9	FDA	FDA, USDA
113	03073	212	Baby food, vegetables and chicken	3/4	cup	170	1.0	8	0.3	0.7	1.5	FDA	FDA, USDA
239	03085	728	Baby food, vegetables and turkey	3/4	cup	170	2.0	8	1.4	0.0	4.4	FDA	FDA, USDA
249		202/734	Baby food, Infant formula, milk-based, iron fortified, ready-to-feed	4	fl oz	123	16.2	8	2.0	14.3	19.1	FDA	FDA
321		309/735	Baby food, Infant formula, soy-based, ready-to-feed	4	fl oz	123	13.7	8	5.4	0.7	18.9	FDA	FDA
283		738	Baby food, water, baby, bottled	4	oz	113	0.1	1				FDA	FDA
Fats and Oils													
90	04691	162	Margarine, salted	1	tbsp	14	0.2	8	0.2	0.1	0.5	FDA	FDA, USDA
92	04018	166	Mayonnaise, regular, bottled	1	tbsp	15	0.9	8	0.1	0.8	1.1	FDA	FDA, USDA
182	04053	378	Oil, olive	1	tbsp	14	0.04	8				FDA	FDA, USDA
183	04044	379	Oil, vegetable	1	tbsp	14	0.0	8				FDA	FDA, USDA
433	43016		Salad dressing, coleslaw, bottled	2	tbsp	38	<3	1				USDA	USDA
329	43215	376	Salad dressing, creamy/buttermilk type, low-calorie, bottled	2	tbsp	30	3.8	7	0.6	2.8	4.4	FDA	USDA
328		375	Salad dressing, creamy/buttermilk type, regular, bottled	2	tbsp	30	2.5	7	0.5	2.1	3.6	FDA	FDA, USDA
181	04114	377	Salad dressing, Italian, regular, bottled	2	tbsp	29	0.2	8	0.1	0.1	0.5	FDA	FDA, USDA

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217	04640	516	Salad dressing, ranch, low-calorie, bottled	2	tbsp	28	2.3	1				FDA	FDA, USDA
218	04639	517	Salad dressing, ranch, regular, bottled	2	tbsp	30	3.5	4	1.7	2.2	5.7	FDA/USDA	FDA, USDA
Fruit													
54	09003	78	Apple, red, with peel, raw	1	small (2 3/4" diameter)	149	0.1	20	0.1	0.0	0.9	FDA	FDA, USDA
59	09020	84	Applesauce, bottled	1/2	cup	146	0.3	8	0.1	0.0	0.6	FDA	FDA, USDA
324	09026	348	Apricots, canned in heavy/light syrup	1/2	cup	127	7.9	7	6.4	1.7	19.6	FDA	FDA, USDA
67	09037	97	Avocado, raw	1/3	cup, cubed	50	0.3	20	0.4	0.0	1.7	FDA	FDA
56	09040	80	Banana, raw	1	large	136	0.4	20	1.1	0.0	4.8	FDA	FDA, USDA
196	09050	398	Blueberries, raw	1	cup	148	0.4	13	0.4	0.1	1.6	FDA	FDA, USDA
64	09181	89	Cantaloupe, raw/frozen	1	cup, diced	156	0.5	20	0.3	0.2	1.2	FDA	FDA, USDA
62	09099	87	Fruit cocktail, canned in light syrup	1/2	cup	121	5.9	8	3.3	0.4	12.5	FDA	FDA, USDA
65	09111	92	Grapefruit, raw	2/3	cup	154	0.3	20	0.2	0.0	0.5	FDA	FDA, USDA
63	09132	88	Grapes, seedless, red/green, raw	1	cup	151	0.6	20	0.3	0.3	1.7	FDA	FDA, USDA
153	09193	299	Olives, black, pitted	3	large	15	0.4	8	0.2	0.2	0.8	FDA	FDA
55	09200	79	Orange, raw	1	medium (2 5/8" diameter)	131	0.3	20	0.1	0.1	0.7	FDA	FDA, USDA
345	09239	254	Peach, canned in light/medium syrup	1/2	cup	124	7.7	7	4.5	1.6	12.6	FDA	FDA, USDA
58	09236	83	Peach, raw/frozen	1	medium (2-2/3" diameter)	150	0.5	20	0.8	0.2	3.9	FDA	FDA, USDA
346	09256	255	Pear, canned in light syrup	1/2	cup	126	0.1	7	0.0	0.1	0.3	FDA	FDA, USDA

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60	09252	85	Pear, with peel, raw	1	small	148	0.1	20	0.3	0.0	1.0	FDA	FDA, USDA
309	09354	93	Pineapple, canned in juice	3/4	cup	135	2.4	7	3.1	0.8	9.6	FDA	FDA, USDA
194	09266	396	Pineapple, raw/frozen	3/4	cup	123	0.4	13	0.2	0.1	0.7	FDA	FDA, USDA
66	09298	95	Raisins	1/4	cup, packed	41	0.9	8	0.3	0.3	1.4	FDA	FDA, USDA
61	09316	86	Strawberries, raw/frozen	3/4	cup sliced	124	0.5	20	0.4	0.1	2.0	FDA	FDA, USDA
57	09326	81	Watermelon, raw/frozen	1 3/4	cup, diced	266	0.5	20	0.5	0.0	2.1	FDA	FDA, USDA
Vegetables													
74	11012	115	Asparagus, fresh/frozen, boiled	1/2	cup, cuts	90	0.7	20	0.7	0.0	3.5	FDA	FDA, USDA
340	11084	131	Beets, canned	1/2	cup, sliced	85	0.3	7	0.3	0.1	1.0	FDA	FDA
72	11742	113	Broccoli, fresh/frozen, boiled	1/2	cup, chopped	78	0.4	20	0.5	0.0	2.1	FDA	FDA, USDA
140	11099	263	Brussels sprouts, fresh/frozen, boiled	1/2	cup	78	0.4	20	0.4	0.0	1.2	FDA	FDA, USDA
331	11110	110	Cabbage, fresh, boiled	1/2	cup, shredded	75	0.1	8	0.1	0.0	0.2	FDA	FDA, USDA
204	11109	406	Cabbage, raw	1	cup, chopped	89	0.4	12	0.4	0.0	0.9	FDA	FDA, USDA
175	11960	356	Carrot, baby, raw	8	medium	80	1.1	20	0.8	0.0	2.8	FDA	FDA, USDA
313	11125	259	Carrot, fresh, peeled, boiled	1/2	cup, sliced	78	0.4	7	0.5	0.0	1.2	FDA	FDA, USDA
75	11136	116	Cauliflower, fresh/frozen, boiled	2/3	cup, pieces	83	0.5	20	0.7	0.0	2.5	FDA	FDA, USDA
73	11143	114	Celery, raw	3/4	cup	75	1.2	20	1.7	0.0	6.7	FDA	FDA, USDA
70	11162	108	Collards, fresh/frozen, boiled	1/2	cup	95	1.3	20	1.3	0.0	6.0	FDA	FDA, USDA
45	11172	55	Corn, canned	1/2	cup	82	0.4	8	0.2	0.1	0.7	FDA	FDA, USDA
44	11179	54	Corn, frozen, boiled	1/2	cup	82	0.3	20	0.3	0.0	1.1	FDA	FDA, USDA
79	11206	123	Cucumber, peeled, raw	2/3	cup	89	0.5	20	0.4	0.1	1.9	FDA	FDA, USDA
315	11210	265	Eggplant, fresh, without peel, 1" cubes, boiled	3/4	cup	75	0.2	14	0.2	0.0	0.8	FDA	FDA, USDA
250		410	Eggplant, with peel, 1" cubes, baked	3/4	cup	75	0.5	12	0.4	0.0	1.1	FDA	FDA, similar USDA item

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78	11729	122	Green beans, canned, drained solids	1/2	cup	77	0.3	8	0.4	0.0	0.9	FDA	FDA, USDA
77	11061	121	Green beans, fresh/frozen, boiled	2/3	cup	89	0.5	20	0.7	0.0	2.3	FDA	FDA, USDA
71	11252	109	Lettuce, iceberg, raw	1	cup, shredded	72	0.2	20	0.4	0.0	1.3	FDA	FDA, USDA
176	11253	357	Lettuce, leaf, raw	2	cups, shredded	72	0.9	20	1.3	0.1	5.8	FDA	FDA, USDA
36	11032	42	Lima beans, immature, frozen, boiled	1/2	cup	85	0.3	8	0.3	0.0	0.8	FDA	FDA
142	11584	268	Mixed vegetables, frozen, boiled	1/2	cup	91	0.4	8	0.3	0.0	0.8	FDA	FDA, USDA
141	11260	264	Mushrooms, raw	1 1/4	cup	87	0.3	20	0.1	0.1	0.5	FDA	FDA, USDA
434			Nori, seaweed, dried	2	tbsp, flaked	5	116.0	3	30.9	82.0	142.5	USDA	FDA
317	11279	267	Okra, fresh/frozen, boiled	1/2	cup	80	0.8	7	0.5	0.2	1.4	FDA	FDA, USDA
82	11282	128	Onion, mature, raw	1/2	cup, chopped	80	0.3	20	0.3	0.0	1.3	FDA	FDA, USDA
37	11313	46	Peas, green, fresh/frozen, boiled	1/2	cup	80	0.2	8	0.3	0.0	0.8	FDA	FDA, USDA
80	11333	125	Pepper, bell, green, raw	1	cup, sliced	92	0.4	20	0.6	0.1	2.5	FDA	FDA, USDA
89	11937	161	Pickles, dill, cucumber	4	slices	28	0.2	8	0.2	0.1	0.5	FDA	FDA, USDA
83	11367	136	Potato, peeled, boiled	1/2	cup	117	0.4	20	0.5	0.0	1.4	FDA	FDA, USDA
84	11674	137	Potato, with peel, baked	1	small	138	1.4	20	2.1	0.0	9.7	FDA	FDA, USDA
293	11371	354	Potatoes, mashed, prepared from fresh	2/3	cup	140	8.7	7	5.0	5.3	19.9	FDA	FDA
220	11549	119/519	Sauce, tomato, canned/bottled	1/4	cup	61	0.6	8	0.3	0.0	0.9	FDA	FDA, USDA
1	11458	107	Spinach, fresh/frozen, boiled	1/2	cup	90	3.5	8	2.6	0.9	7.3	FDA	FDA, USDA
206	11457	408	Spinach, raw	3	cups	90	5.4	12	2.7	1.9	9.7	FDA	FDA, USDA
332	11468	124	Squash, summer, fresh/frozen, boiled	1/2	cup, sliced	90	0.3	8	0.1	0.1	0.5	FDA	FDA, USDA
205	11478	407	Squash, summer, zucchini, fresh/frozen, boiled	1/2	cup, sliced	90	0.4	12	0.3	0.1	0.9	FDA	FDA, USDA

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81	11644	126	Squash, winter (Hubbard or acorn), fresh/frozen, boiled	2/3	cup	137	0.3	8	0.5	0.0	1.2	FDA	FDA, USDA
195	11508	397	Sweet potato, baked, peel removed	1	medium (2" diameter, 5" long)	114	1.5	13	1.1	0.0	3.4	FDA	FDA, USDA
325	11514	358	Sweet potato, canned	1/2	cup	127	0.9	7	1.0	0.0	2.9	FDA	FDA, USDA
76	11529	117	Tomato, raw	1/2	cup, chopped	90	0.3	20	0.2	0.0	0.7	FDA	FDA, USDA
316	11567	266	Turnip, fresh/frozen, boiled	1/2	cup	78	0.2	7	0.2	0.0	0.4	FDA	FDA, USDA
Legumes													
270	16018	527	Beans, black, canned, drained	1/3	cup	80	0.8	1				FDA	USDA
271	16145	528	Beans, kidney, canned, drained	1/3	cup	89	0.9	1				FDA	FDA, USDA
228	16146	529	Beans, pinto, canned, drained	1/2	cup	85	1.0	1				FDA	USDA
304	16043	38	Beans, pinto, from dry, boiled	1/2	cup	85	0.0	7	0.1	0.0	0.2	FDA	USDA
167	16103	341	Beans, refried, canned	1/2	cup	119	1.0	8	0.6	0.0	1.7	FDA	USDA
272	16051	530	Beans, white, canned, drained	1/2	cup	90	0.7	1				FDA	FDA, USDA
323	16050	342	Beans, white, from dry, boiled	1/2	cup	90	0.1	7	0.2	0.0	0.4	FDA	FDA, USDA
35	16009	39	Beans, with pork, canned	1/2	cup	126	0.4	8	0.3	0.0	0.6	FDA	USDA
38	16167	47	Peanut butter, smooth/creamy	2	tbsp	32	0.2	8	0.1	0.0	0.4	FDA	FDA, USDA
39	16090	48	Peanuts, dry roasted, salted	3	tbsp	27	0.2	8	0.1	0.0	0.3	FDA	USDA
18	43137	544	Veggie burger, soy based, baked	1	piece	56	5.4	1				FDA	FDA, USDA
Nuts and Seeds													
227	12061	526	Almonds, shelled	1/3	cup, sliced	30	0.3	1				FDA	FDA, USDA
168	12537	343	Seeds, sunflower, shelled, salted, roasted	1/4	cup	32	0.1	8	0.1	0.0	0.3	FDA	USDA
201	12155	403	Walnuts, shelled	1/4	cup, pieces	30	0.2	13	0.2	0.0	0.5	FDA	FDA, USDA
Beverages including Juices													

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110	14003	198	Alcohol, beer	12	fl oz	356	3.2	8	2.1	0.7	7.5	FDA	USDA, US Dietary Guidelines for Americans
207	14051	500	Alcohol, distilled, vodka	1	fl oz	42	0.04	1				FDA	USDA, US Dietary Guidelines for Americans
248		200	Alcohol, distilled, whiskey/scotch	1	fl oz	42	0.04	1				FDA	USDA, US Dietary Guidelines for Americans
342	14084	199/501/502	Alcohol, wine, red/white	5	fl oz	148	2.4	9	1.2	1.3	4.9	FDA	USDA, US Dietary Guidelines for Americans
210	14091	503	Beverage, almond, shelf stable	1	cup	262	0.9	7	0.8	0.2	2.4	FDA/USDA	USDA
211	14090	504	Beverage, coconut water	12	fl oz	365	1.8	1				FDA	USDA
212	14060	505	Beverage, energy	12	fl oz	360	0.7	1				FDA	FDA, USDA
213	16222	506	Beverage, soy, shelf stable	1	cup	243	1.5	4	0.7	0.7	2.2	USDA	USDA
445			Beverage, soy, shelf stable (with seaweed or seaweed derivative)	1	cup	243	12.0	2		7.0	16.9	FDA/USDA	USDA
264		507	Beverage, sports	12	fl oz	360	0.0	1				FDA	FDA
374	14164		Beverage, chocolate malt powder, prepared with 1% milk, fortified	8	fl oz	251	70.5	1				USDA	USDA
108	14416	194	Carbonated beverage, cola, low-calorie	12	fl oz	360	1.1	8	0.7	0.0	2.2	FDA	FDA, USDA
106	14148	191	Carbonated beverage, cola, regular	12	fl oz	360	0.7	8	0.7	0.0	1.8	FDA	FDA, USDA

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320	14144	306/508	Carbonated beverage, fruit-flavored	12	fl oz	360	0.4	8	0.7	0.0	1.8	FDA	FDA, USDA
155	14209	305	Coffee, brewed from ground	12	fl oz	360	0.7	8	0.4	0.4	1.1	FDA	FDA, USDA
13	14201	381	Coffee, decaffeinated, from ground	12	fl oz	360	0.7	7	0.4	0.4	1.4	FDA	FDA, USDA
173	14242	351	Cranberry juice cocktail, canned/bottled	8	fl oz	253	0.5	8	0.8	0.0	2.0	FDA	USDA
156	14651	307	Fruit drink (5% - 25% juice), canned/bottled	8	fl oz	238	1.4	8	0.5	0.7	2.1	FDA	USDA
107	14541	193	Fruit drink from powder, reconstituted	8	fl oz	262	0.3	8	0.5	0.0	1.3	FDA	USDA
68	09400	99	Juice, apple, bottled	8	fl oz	248	1.2	8	1.5	0.0	4.7	FDA	USDA
172	09444	350	Juice, fruit blend (100% juice), canned/bottled	8	fl oz	250	1.8	8	0.8	1.0	3.0	FDA	USDA
138	09130	257	Juice, grape, bottled	8	fl oz	253	0.8	8	0.5	0.3	2.0	FDA	USDA
69	09123	100	Juice, grapefruit, bottle/carton	8	fl oz	246	1.5	8	0.7	0.7	3.0	FDA	USDA
225	09152	524	Juice, lemon, bottled	1	tsp	5	0.2	1				FDA	FDA, USDA
174	09207	352	Juice, orange, bottle/carton	8	fl oz	249	25.1	8	20.4	4.2	60.3	FDA	USDA
338	09209	98	Juice, orange, from frozen concentrate, reconstituted	8	fl oz	249	1.0	7	0.5	0.5	1.7	FDA	USDA
137	09409	256	Juice, pineapple, canned	8	fl oz	250	0.8	8	0.5	0.0	1.5	FDA	USDA
339	09294	103	Juice, prune, bottled	8	fl oz	256	3.3	7	3.3	1.0	8.2	FDA	USDA
314	11886	261	Juice, tomato, bottled	8	fl oz	243	2.7	7	0.7	1.7	3.4	FDA	USDA
226	11578	525	Juice, tomato-vegetable, bottled	8	fl oz	253	1.0	1				FDA	USDA
310	14293	105	Lemonade, from frozen concentrate, reconstituted	8	fl oz	247	0.2	7	0.2	0.0	0.5	FDA	USDA
322		331	Meal replacement, liquid, ready to drink (RTD), assorted flavors	8	fl oz	252	110.3	8	113.3	45.9	359.6	FDA	Similar USDA item
215	14066	510	Powder, protein	3	tbsp	18.2	13.8	1				FDA	
109	14355	197	Tea, brewed from tea bag	12	fl oz	360	0.4	8	0.4	0.0	1.4	FDA	FDA, USDA
14	14352	382	Tea, decaffeinated, brewed from tea bag	12	fl oz	360	0.4	7	0.4	0.0	0.7	FDA	FDA, USDA

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184	14555	380	Water, mineral/spring, bottled	12	fl oz	360	1.1	20	0.7	0.0	2.5	FDA	FDA, USDA
439	14411		Water, tap, drinking ¹	12	fl oz	360	4.0	40	7.2	0.0	39.2	USDA	FDA, USDA
Seafood													
389	15141		Crustaceans, crab, blue, canned	3	oz	85	32.1	3	10.5	23.2	43.8	USDA	FDA, USDA
390	15148		Crustaceans, lobster, northern, cooked, moist heat	3	oz	85	157.3	3	37.4	118.2	192.1	USDA	FDA, USDA
391	15149		Crustaceans, shrimp, mixed species, raw	4	oz	110	16.2	9	11.8	8.1	42.4	USDA	FDA, USDA
132	15151	244	Crustaceans, shrimp, precooked, shell removed, no tail	3	oz	85	13.1	24	9.9	2.9	46.6	FDA/USDA	FDA, USDA
33	15027	34	Fish sticks or patty, frozen, oven-cooked	3	oz	85	58.4	12	25.1	21.4	113.9	FDA/USDA	FDA, USDA
165	15235	339	Fish, catfish, pan-cooked with oil	3	oz	85	3.6	20	1.6	1.2	6.9	FDA	FDA, USDA
186	15192	387	Fish, cod, baked	3	oz	85	158.1	13	59.5	80.8	278.0	FDA	FDA, USDA
375	15019		Fish, cod, Pacific, raw	4	oz	110	144.1	7	74.8	56.1	265.1	USDA	FDA, USDA
376	15028		Fish, flatfish (flounder and sole species), raw	4	oz	110	15.7	4	4.3	11.9	21.9	USDA	FDA, USDA
377	15033		Fish, haddock, raw	4	oz	110	249.7	3	96.8	151.8	345.4	USDA	FDA, USDA
378	15036		Fish, halibut, Atlantic and Pacific, raw	4	oz	110	8.8	5	1.4	8.1	11.3	USDA	FDA, USDA
379	15057		Fish, ocean perch, Atlantic, raw	4	oz	110	10.2	4	2.4	8.1	12.7	USDA	FDA, USDA
396	15266		Fish, pollock, Alaska, raw	4	oz	110	47.9	3	9.6	41.1	58.9	USDA	FDA, USDA
380	15070		Fish, rockfish, Pacific, mixed species, raw	4	oz	110	15.4	3	5.3	11.8	21.5	USDA	FDA, USDA
421	35171		Fish, salmon, chum, dried (Alaska Native)	1	portion	30	11.5	1				USDA	FDA
395	15260		Fish, salmon, pink, canned, drained solids	3	oz	85	13.0	2		8.5	17.4	USDA	FDA, USDA
381	15083		Fish, salmon, pink, raw	4	oz	110	28.8	5	17.3	13.0	54.7	USDA	FDA, USDA
384	15087		Fish, salmon, sockeye, canned, drained solids	3	oz	85	18.7	1				USDA	FDA, USDA
382	15085		Fish, salmon, sockeye, raw	4	oz	110	15.7	2		12.8	18.7	USDA	FDA, USDA

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158	15237	318	Fish, salmon, steaks/fillets, baked	3	oz	85	14.0	10	7.3	3.2	23.6	FDA/USDA	FDA, USDA
422	35184		Fish, smelt, dried (Alaska Native)	1	portion	30	64.8	1				USDA	FDA
371			Fish, swai, cooked	3	oz	85	<9	2				USDA	FDA, USDA
385	15110		Fish, swordfish, raw	4	oz	110	21.5	4	4.2	18.0	27.4	USDA	FDA, USDA
187	15262	388	Fish, tilapia, baked	3	oz	85	3.9	13	1.3	2.1	7.4	FDA	FDA, USDA
386	15115		Fish, trout, rainbow, wild, raw	4	oz	110	<10	1				USDA	FDA, USDA
166	15121	340	Fish, tuna, canned in water, drained	3	oz	85	7.2	13	1.5	5.6	10.1	FDA/USDA	FDA, USDA
388	15118		Fish, tuna, fresh, bluefin, cooked, dry heat	3	oz	85	19.6	4	3.7	14.9	23.9	USDA	FDA, USDA
387	15117		Fish, tuna, fresh, bluefin, raw	4	oz	110	19.4	4	6.5	12.7	28.1	USDA	FDA, USDA
420	35091		Fish, whitefish, broad, including head, eyes, cheeks and soft bones (Alaska Native), raw	4	oz	110	37.0	1				USDA	FDA, USDA
392	15160		Mollusks, clam, mixed species, canned, drained solids	3	oz	85	56.5	4	7.7	49.2	66.3	USDA	FDA, USDA
393	15169		Mollusks, oyster, eastern, wild, cooked, moist heat	3	oz	85	92.7	3	21.8	69.2	112.2	USDA	FDA, USDA
394	15172		Mollusks, scallop, mixed species, raw	4	oz	110	<10	4				USDA	FDA, USDA
Grains²													
16	20081	900	Flour, white, all-purpose	1/4	cup	30	0.7	1				FDA	FDA, USDA
53	20110	69	Noodles, egg, enriched, boiled	3/4	cup	120	4.2	8	1.4	2.0	5.9	FDA	USDA
347	20321		Pasta, enriched, boiled in water with iodized salt using amount per pasta label	1	cup	132	38.1	2		36.6	39.7	USDA	USDA
232	20134	539	Pasta, rice noodles, cooked	3/4	cup	132	2.0	1				FDA	USDA
171	20121	347	Pasta, spaghetti, enriched, boiled	1	cup	124	0.1	8	0.2	0.0	0.5	FDA	FDA, USDA
233	20125	540	Pasta, whole wheat, cooked	1	cup	151	0.9	1				FDA	USDA
223	20137	522	Quinoa, cooked	3/4	cup	140	1.5	1				FDA	FDA, USDA

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200	20041	402	Rice, brown, cooked	3/4	cup	146	0.9	13	0.6	0.0	2.3	FDA	USDA
40	20051	50	Rice, white, enriched, cooked	3/4	cup	140	0.7	19	0.4	0.0	1.5	FDA	FDA, USDA
Cereals													
254		74	Cereal, bran with raisins	3/4	cup	45	0.5	8	0.2	0.3	0.8	FDA	USDA
253		71	Cereal, corn flakes	1 1/2	cup	42	0.1	8	0.2	0.0	0.5	FDA	USDA
43	08091	53	Cereal, corn/hominy grits, enriched, cooked	1	cup	257	0.0	8	0.3	0.0	0.5	FDA	USDA
42	08169	52	Cereal, cream of wheat (farina), enriched, cooked	1	cup	251	0.5	8	1.3	0.0	3.3	FDA	USDA
255		75	Cereal, crisped rice	1 1/3	cup	37	0.1	8	0.1	0.0	0.3	FDA	USDA
306		72	Cereal, fruit-flavored, sweetened ³	1	cup	36	0.3	7	0.2	0.1	0.5	FDA/USDA	USDA
266		512	Cereal, granola	1/2	cup	48	5.2	1				FDA	USDA
308		76	Cereal, granola with raisins	1/3	cup	34	4.8	7	1.4	3.2	6.9	FDA	USDA
256		77	Cereal, oat ring	1 1/2	cup	42	0.4	8	0.1	0.2	0.5	FDA	USDA
267		513	Cereal, oat ring, honey	1 1/2	cup	42	0.6	1				FDA	Similar USDA item
41	08121	51	Cereal, oatmeal, plain, cooked	1	cup	234	0.7	8	0.9	0.0	2.6	FDA	FDA, USDA
307		73	Cereal, shredded wheat	3/4	cup	36	0.0	7	0.1	0.0	0.2	FDA	USDA
268		514	Cereal, shredded wheat, frosted	3/4	cup	40	0.4	1				FDA	FDA, USDA
269	08145	515	Cereal, whole wheat, cooked	1	cup	242	1.2	1				FDA	USDA
Baked Products													
133	18002	249	Bagel, plain, toasted	1	medium (3.5" to 4" diameter)	105	1.6	21	2.1	0.0	9.8	FDA/USDA	USDA
305	18015	61	Biscuits, refrigerated-type, baked	1	biscuit	51	1.6	8	1.2	0.4	3.8	FDA/USDA	USDA
344	28397	248	Bread, multigrain ⁴	2	slices	50	0.9	4	1.0	0.0	2.2	FDA	FDA
337	18060	64	Bread, rye	2	slices	50	0.3	7	0.2	0.0	0.5	FDA	FDA
199	18350	401	Bread, white roll/bun (hamburger/hotdog) ⁵	1	bun	50	1.1	8	1.5	0.0	4.8	FDA/USDA	FDA

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442	18350*	401*	Bread, white roll/bun (hamburger/hotdog), with iodate dough conditioner	1	bun	50	598	11	146.0	414.0	865.0	FDA/USDA	FDA
46	18069	58	Bread, white, enriched, pre-sliced ⁶	2	slices	50	0.95	12	1.25	0.0	4.75	FDA/USDA	USDA
440	18069*	58*	Bread, white, enriched, pre-sliced, with iodate dough conditioner	2	slices	50	320	13	105	194	590	FDA/USDA	USDA
48	18075	62	Bread, whole-wheat, commercially prepared ⁷	2	slices	50	1.4	13	1.15	0.35	4.75	FDA	USDA
441	18075*	62*	Bread, whole-wheat, commercially prepared, with iodate dough conditioner	2	slices	50	309	5	122	178.5	505	FDA/USDA	USDA
15	18079	903	Breadcrumbs	1/4	cup	30	54	1				FDA	FDA
170	18362	345	Breakfast tart/toaster pastry ⁸	1	pastry (4-1/4" diameter)	110	3.3	7	2.2	0.0	5.9	FDA	FDA
146	18151	291	Brownie, commercially prepared	1	2 3/4" square	56	5.9	8	7.5	0.5	23.6	FDA	USDA
99	18096	178	Cake, chocolate with chocolate icing, commercially prepared ⁹	1	piece (1/8 of 18 oz cake)	64	4.9	19	1.3	2.6	7.0	FDA	USDA
263		369	Cake, white with white icing, commercially prepared ¹⁰	1	piece (1/8 of 18 oz cake)	64	11.1	18	12.2	2.9	46.1	FDA	Similar USDA item
399	18140		Cake, yellow with chocolate frosting, commercially prepared	1	piece (1/8 of 18 oz cake)	64	5.3	3	1.0	4.7	6.4	USDA	USDA
185	18964	386	Cinnamon roll, from package, iced	1	roll	65	3.3	15	1.9	0.8	7.5	FDA	USDA
100	18160	183	Cookies, from package, chocolate chip	2	cookies	30	0.4	9	0.3	0.1	0.8	FDA/USDA	FDA, USDA

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101	18166	184	Cookies, from package, sandwich with crème filling	3	cookies	36	0.2	8	0.1	0.0	0.4	FDA	USDA
147	18204	292	Cookies, from package, sugar ¹¹	2	cookies	34	1.9	6	0.8	0.9	3.0	FDA	USDA
47	18024	60	Cornbread, homemade	1	piece	65	14.0	8	4.2	8.0	20.2	FDA	USDA
398	18023		Cornbread, from dry mix, prepared with 2% milk, margarine, and eggs	1	piece	60	10.0	1				USDA	USDA
136	18229	252	Crackers, butter-type	10	crackers	32	0.2	8	0.2	0.0	0.6	FDA	USDA
229	18214	531	Crackers, cheese, regular	30	crackers, 1" square	30	4.3	2		3.1	5.5	FDA/USDA	FDA, USDA
135	18173	251	Crackers, graham	2	crackers	30	0.3	8	0.2	0.1	0.5	FDA	FDA, USDA
51	18228	66	Crackers, saltine	10	crackers, square	30	0.2	8	0.1	0.0	0.2	FDA	FDA, USDA
145	18248	290	Doughnut, cake-type, plain, commercially prepared	1	medium (3-1/4" diameter)	55	9.6	8	8.8	2.8	22.7	FDA	FDA, USDA
134	18437	250	English muffin, plain, toasted	1	muffin	55	1.3	20	1.8	0.0	8.5	FDA	FDA, USDA
50	18274	65	Muffin, blueberry, commercially prepared	1	small (2-3/4" diameter)	66	8.5	20	3.8	5.3	22.8	FDA	USDA
169	18936	344	Pancakes, frozen, heated	2	pancakes	96	6.5	10	1.8	3.1	10.0	USDA	USDA
234	18335	541	Pie crust, commercially prepared	1	slice (1/8 of 9" diameter)	19	0.2	1				FDA	USDA
102	18443	185	Pie, apple, fresh/frozen, commercially prepared	1	slice (1/8 of 9" diameter)	125	0.8	8	0.6	0.0	1.5	FDA	FDA, USDA
103	18326	186	Pie, pumpkin, fresh/frozen, commercially prepared	1	slice	133	29.5	8	5.1	23.3	39.2	FDA	USDA

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3	18244	182	Sweet roll/Danish pastry	1	pastry (4-1/4" diameter)	65	3.9	4	0.9	2.9	5.0	FDA	USDA
198	18363	400	Tortilla, corn	2	tortillas	48	0.5	1				FDA	USDA
49	18970	63	Tortilla, flour	1	tortilla	49	0.5	19	0.4	0.0	1.7	FDA	USDA
Sweets and Snacks													
216	19919	511	Candy, fruit snacks	3/4	cup	30	0.1	1				FDA	FDA, USDA
178	19155	371	Candy bar (chocolate, nougat, and nuts)	1	bar	28	4.8	8	0.9	3.8	6.1	FDA	USDA
104	19120	187	Candy bar, milk chocolate, plain	1	bar	28	13.1	8	1.4	10.3	15.1	FDA	USDA
148	19107	293	Candy, hard, assorted flavors	3	pieces	18	1.7	8	2.4	0.0	6.4	FDA	USDA
85	19411	138	Chips, potato	22	chips	28	0.8	8	1.0	0.2	2.5	FDA	USDA
402	19412		Chips, potato, made from dried potatoes, cheese-flavor	22	chips	28	0.4	1				USDA	Similar USDA item
52	25028	67	Chips, corn/tortilla	1	oz	28	0.4	8	0.4	0.0	1.3	FDA	FDA
105	19173	190	Gelatin dessert, assorted flavors, prepared	1/2	cup	135	0.7	8	0.5	0.1	1.9	FDA	USDA
224	19015	523	Granola bar	1	bar	28	0.7	1				FDA	USDA
327		370	Granola bar, with raisins	1	bar	28	0.6	7	0.4	0.2	1.3	FDA	Similar USDA item
97	19296	172	Honey	1	tbsp	21	0.1	8	0.0	0.1	0.2	FDA	USDA
151	19300	296	Jelly, assorted flavors	1	tbsp	21	0.2	8	0.1	0.0	0.4	FDA	USDA
144	19283	288	Popsicle, fruit-flavored ¹²	1.75	oz	52	0.8	2		0.2	1.3	FDA	USDA
179	25026	372	Popcorn, microwave, butter-flavored	4	cups	32	0.1	8	0.1	0.0	0.2	FDA	USDA
149	19047	294	Pretzels, hard, salted	5	twists	30	0.2	8	0.1	0.1	0.4	FDA	USDA
235	19183	542	Pudding, ready-to-eat, chocolate	1/2	cup	108	14.4	1				FDA	USDA
326		368	Pudding, ready-to-eat, assorted flavors other than chocolate	1/2	cup	108	5.1	7	2.1	3.2	8.2	FDA	USDA

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401	19193		Pudding, rice, ready-to-eat	1/2	cup	92	25.3	1				USDA	USDA
289	19097	287	Sherbet, fruit-flavored ¹³	2/3	cup	100	14.5	3	0.7	13.7	15.1	FDA	USDA
330		385	Sorbet, fruit-flavored	2/3	cup	100	1.1	4	0.6	0.3	1.8	FDA	Similar USDA item
95	19335	169	Sugar, white, granulated	2	tsp	8	0.008	8	0.02	0.0	0.03	FDA	FDA, USDA
150	19348	295	Syrup, chocolate	2	tbsp	38	0.3	8	0.2	0.1	0.8	FDA	USDA
96	19129	170	Syrup, pancake	2	tbsp	40	0.1	8	0.04	0.04	0.16	FDA	USDA
Mixed Dishes													
284		269	Beef stroganoff with noodles, homemade	1	cup	256	15.9	7	2.6	13.6	20.7	FDA	FNDDS
88	22906	152	Chicken potpie, frozen, heated	1	single-serve pie	302	9.4	8	3.0	5.7	14.2	FDA	USDA
86	22904	145	Chili con carne with beans, canned	1	cup	242	5.1	8	1.5	3.1	6.8	FDA	USDA
294	21127	355	Coleslaw, mayonnaise-type, from grocery/deli	1/2	cup	95	1.7	7	0.8	1.0	2.7	FDA	USDA
411	22973		Corn dogs, frozen, prepared	2	corn dogs	156	37.0	1				USDA	USDA
6	22977	361	Lasagna with meat, frozen, heated	1	2.5" X 4" piece	206	17.3	7	2.3	14.4	20.2	FDA	FNDDS
418	32019		Lasagna, cheese, frozen, unprepared	1	2.5" X 4" piece	227	24.3	5	7.7	16.8	34.1	USDA	FNDDS
87	22960	146	Macaroni and cheese, prepared from box mix	1	cup	198	38.4	15	8.7	22.2	56.8	FDA/USDA	USDA
291		346	Macaroni salad, from grocery/deli	3/4	cup	153	4.9	7	1.8	2.9	8.1	FDA	FNDDS
245		148	Meatloaf, beef, homemade	3	oz	85	13.2	7	9.1	6.9	29.2	FDA	FDA, USDA
416	32008		Pasta mix, classic cheeseburger macaroni, unprepared	1/5	package	37	<3	1				USDA	FNDDS, Branded Foods database
417	32010		Pasta mix, Italian lasagna, unprepared	1/5	package	36	4.2	2		2.7	5.4	USDA	Branded Foods database

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409	21505		Pizza, cheese topping, thin crust, frozen, baked	1/4	medium pizza (11-13" diameter)	134	31.2	7	6.7	21.7	39.3	USDA	USDA, FNDDS
410	22971		Potato salad with egg	1/2	cup	125	<10	5				USDA	USDA
292		353	Potato salad, mayonnaise-type, from grocery/deli	1/2	cup	125	3.3	7	2.1	0.0	6.3	FDA	Similar USDA item
244		142	Spaghetti with meat sauce, homemade	1	cup	250	4.5	7	1.5	2.5	6.5	FDA	FNDDS
438			Sushi, California roll	5	pieces	150	46.5	3	14.3	30.0	54.9	USDA	FNDDS
415	32007		Taquitos, frozen, beef and cheese, oven-heated	3	pieces	126	<10	1				USDA	USDA
414	32006		Taquitos, frozen, chicken and cheese, oven-heated	3	pieces	126	<10	1				USDA	USDA
285		272	Tuna noodle casserole, homemade	1	cup	224	36.1	7	20.8	23.5	80.9	FDA	FNDDS
419	32027		Turnover, pepperoni pizza	1	turnover	127	26.5	1				USDA	USDA
Fast Foods													
197	21142	399	Biscuits, fast food	1	biscuit	55	5.8	5	2.1	3.7	9.1	FDA/USDA	FDA, USDA
10	21064	365	Burrito with beef, beans and cheese, from Mexican carry-out	1	burrito	241	13.0	7	5.3	6.5	23.6	FDA	USDA
162	21469	336	Chicken breast, fried, with skin, fast food ¹⁴	3	oz	85	3.4	18	1.3	1.8	5.7	FDA	FDA, USDA
164	21470	338	Chicken leg, fried, with skin, fast food	3	oz	85	2.0	20	0.6	0.9	3.2	FDA	FDA, USDA
131	21229	241	Chicken nuggets, fast food	3	oz	85	1.6	20	1.2	0.4	6.2	FDA	FDA, USDA
303	01110	7	Milk shake, chocolate, fast food	8	fl oz	227	80.1	7	21.3	51.3	103.1	FDA	FDA, USDA
193	01111	394	Milk shake, vanilla, fast food	8	fl oz	227	81.5	13	15.4	49.3	102.8	FDA	FDA, USDA

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318	21302	281	Pizza, cheese and pepperoni, regular crust, from pizza carry-out	1/8	large (13-15" diameter) pizza	124	14.5	11	5.5	8.8	24.3	FDA/USDA	FNDDS
202	21299	404	Pizza, cheese, fast food	1/8	large (13-15" diameter) pizza	120	15.1	15	3.5	8.8	20.8	FDA/USDA	FNDDS
435			Pizza, crust only, fast food	1/8	large (13-15" diameter) pizza	50	<5	9				USDA	estimate
408	21484		Pizza, with sausage topping, regular crust, fast food	1/8	large (13-15" diameter) pizza	138	18.2	1				USDA	FNDDS
139	21138	258	Potatoes, French fries, fast food	1	"small" serving	71	1.6	20	1.6	0.0	7.2	FDA	FDA, USDA
2	21112	147	Sandwich, hamburger, single, large patty, fast food	1	sandwich	175	5.8	7	2.5	3.5	10.3	FDA	FNDDS
406	21092		Sandwich, cheeseburger, double, regular patty, plain, fast food	1	sandwich	270	30.0	8	7.3	20.0	39.4	USDA	FNDDS
443	21092*		Sandwich, cheeseburger, double, regular patty, fast food (bun w iodate dough conditioner)	1	sandwich	270	750.6	4	259.2	442.8	1058.4	USDA	FNDDS
286	21096	275	Sandwich, cheeseburger, single, large patty, fast food	1	sandwich	182	18.7	9	4.0	13.5	26.4	FDA/USDA	USDA
11	21490	366	Sandwich, chicken filet (broiled) sandwich, fast food	1	sandwich	230	4.1	7	3.7	0.9	10.4	FDA	USDA
288	21021	278	Sandwich, egg, cheese, and ham on English muffin, fast food	1	sandwich	126	30.9	8	7.4	20.3	40.1	FDA/USDA	USDA

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287	21105	276	Sandwich, fish, fast food	1	sandwich	220	79.6	10	27.1	50.4	125.2	FDA/USDA A	USDA
405	21059		Shrimp, breaded and fried, fast food	3	oz	85	<10	2				USDA	FDA, USDA
4	21486	279	Taco/tostada with beef and cheese, from Mexican carry-out	1	each	102	7.1	7	2.8	4.5	12.1	FDA	USDA
Restaurant Foods (excluding Fast Food Restaurants)													
7	36603	362	Beef with vegetables in sauce, restaurant, Chinese	1	cup	162	7.0	7	8.4	1.0	25.3	FDA	FNDDS
428	36050		Cheese enchilada, restaurant, Mexican	1	enchilada	137	22.1	1				USDA	USDA
429	36052		Cheese quesadilla, restaurant, Mexican	1	quesadilla (8-10" diameter)	194	44.8	1				USDA	USDA
430	36055		Cheese ravioli with marinara sauce, restaurant, Italian	1	cup	250	53.8	1				USDA	FNDDS
8	36626	363	Chicken with vegetables in sauce, restaurant, Chinese	1	cup	153	5.8	7	7.0	1.2	19.3	FDA	USDA
444	36033		Fish fillet, parmesan crusted tilapia, restaurant, family style	3	oz	85	11.1	1				USDA	FDA, USDA
436			Fish, salmon, grilled, restaurant	3	oz	85	<10	1				USDA	FDA, USDA
423	36012		Fried mozzarella sticks, restaurant, family style	3	pieces	93	35.4	3	3.8	31.8	39.3	USDA	USDA
9	36602	364	Fried rice, meatless, restaurant, Chinese	1	cup	137	7.5	7	7.7	1.6	23.2	FDA	USDA
427	36041		Lasagna with meat, restaurant, Italian	1	2.5" X 4" piece	206	56.7	1				USDA	FNDDS
425	36017		Macaroni & cheese, from kids' menu, restaurant, family style	1	cup	136	30.5	10	10.1	17.5	43.9	USDA	USDA
431	36620		Shrimp and vegetables, restaurant, Chinese	1	cup	162	<10	1				USDA	FNDDS
Sausage and Luncheon Meats													
32	07959	29	Bologna (beef/pork)	2	slices	56	15.0	8	5.4	8.5	24.4	FDA	FDA, USDA
31	07949	28	Frankfurter, beef/pork, boiled	1	frankfurter	52	2.1	7	0.7	1.5	3.6	FDA	USDA

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369	07945		Frankfurter, beef, heated	1	frankfurter	48	<5	2				USDA	USDA
261	07081	335/543	Luncheon meat (chicken/turkey)	3	oz	85	3.1	8	0.9	1.5	4.3	FDA	FDA, USDA
129	07028	239	Luncheon meat, ham	3	oz	85	1.2	8	0.5	0.7	2.0	FDA	FDA, USDA
188	07072	389	Salami, dry/hard	1	oz	30	4.0	18	3.3	1.3	14.3	FDA/USDA	FDA
243		30	Salami, luncheon-meat type (not hard)	2	oz	60	7.4	7	4.8	2.1	13.9	FDA	FDA, USDA
367	07019		Sausage, pork, chorizo, raw	1	link, 4" long	60	17.9	1				USDA	FDA, USDA
28	07953	19	Sausage, pork, oven-cooked	3	links	63	2.5	20	1.6	0.8	6.7	FDA	FDA, USDA
Meats													
130	05064	240	Chicken breast, oven-roasted (skin removed)	3	oz	85	1.7	20	1.5	0.2	6.9	FDA	FDA, USDA
163	05098	337	Chicken thigh, oven-roasted (skin removed)	3	oz	85	1.1	20	0.4	0.3	2.1	FDA	FDA, USDA
30	05192	26	Turkey breast, oven-roasted ¹⁵	3	oz	85	1.8	19	1.1	0.0	4.2	FDA	FDA, USDA
189	05306	390	Turkey, ground, pan-cooked	3	oz	85	4.7	13	3.7	0.7	14.4	FDA	FDA, USDA
26	10136	17	Ham, cured (not canned), baked	3	oz	85	1.3	20	1.3	0.0	5.0	FDA	FDA, USDA
29	10860	20	Pork bacon, oven-cooked	2	slices	16	0.3	20	0.1	0.1	0.6	FDA	FDA, USDA
27	10179	18	Pork chop, pan-cooked with oil	3	oz	85	0.9	20	0.7	0.0	2.9	FDA	FDA, USDA
333		21	Pork roast, loin, oven-roasted	3	oz	85	0.3	7	0.3	0.0	0.8	FDA	FDA, USDA
335	17204	27	Beef/calf, liver, pan-cooked with oil	3	oz	85	13.9	7	4.3	6.5	18.4	FDA	FDA, USDA
251		13	Beef, ground, pan-cooked	3	oz	85	6.8	20	2.9	3.2	16.1	FDA	FDA, USDA
334		14	Beef roast, chuck, oven-roasted	3	oz	85	3.2	8	1.9	1.5	7.0	FDA	FDA, USDA
260		334	Beef steak, loin/sirloin, broiled	3	oz	85	4.0	19	1.1	2.5	6.9	FDA	FDA, USDA
252		22	Lamb chop, pan-cooked with oil	3	oz	85	2.6	20	2.1	0.7	10.5	FDA	FDA, USDA

^ASee Documentation for reference details. Abbreviations: FDA= Food and Drug Administration's Reference Amounts Customarily Consumed; USDA=USDA's SR Legacy (within USDA's FoodData Central database); FNDDS=Food and Nutrient Database for Dietary Studies (within USDA's FoodData Central database).

*TDS and/or NDB identifiers with asterisks indicate products that differ from the generic product in that they contain iodate dough conditioners

¹USDA water samples analyzed by FDA

²Grain products prepared without salt unless otherwise noted

³Omitted sample with 139 mcg I/36 g serving, value probably from FD&C Red No. 3 food coloring

⁴Omitted 3 samples with values from 36 – 112 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁵Omitted 4 samples with values from 65 - 208 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁶Omitted 6 samples with values from 26.5 - 145 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁷Omitted 6 samples with values from 97 - 145 mcg I/50g serving – probably mixture of breads with and without iodate dough conditioners

⁸Omitted sample with 102 mcg I/110g serving, value probably from FD&C Red No. 3 food coloring

⁹Omitted sample with 77 mcg I/64g serving, value probably from FD&C Red No. 3 food coloring

¹⁰Omitted 2 samples with 200 and 214 mcg I/64g serving, values probably from FD&C Red No. 3 food coloring

¹¹Omitted 2 samples with 14.3 and 331 mcg I/34g serving, values probably from FD&C Red No. 3 food coloring

¹²Omitted 6 samples from 64 to 323 mcg I/52g serving, values probably from FD&C Red No. 3 food coloring

¹³Omitted sample with 545 mcg I/100g serving, value probably from FD&C Red No. 3 food coloring

¹⁴Omitted samples with values of 32.3 and 35.7 mcg I/85g serving, values may reflect the use of disinfectant during poultry cleaning; we were unable to confirm this use

¹⁵Omitted sample with value of 51.8 mcg I /85g serving as an outlier, although value was confirmed by the lab