

Nutriciological monitoring of iodine status as a measure of iodine deficiency prevention.

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Implementation strategies for the elimination of iodine deficiency in the last ten years in Belarus has achieved the WHO evaluation criteria. This was made possible by the universal use of iodized salt in food manufacturing, food service of all types and the availability of its free-trade network salt addition.

The aim of this work was to study the iodine daily intake from food, as one of the measures to monitor iodine supply of the population.

In assessing iodine intake used two criteria: recommended daily intake (150mcg), safe upper intake level (1100mcg/day). The calculation was performed as quantities mg (mcg)/kg body weight per day, based on a standard body weight of 60kg.

Results. Using foodstuff of an intra country origin shows, that intake of iodine looks as follows: the highest iodine content was in bakery products (in 162,7g contains 64mcg of iodine), sausage products (in 50g 64,1mcg of iodine), dairy products (in 280g 54,1mcg of iodine), vegetables (17,2mcg of iodine in 430,5g of vegetables).

Fish products consumption at level 14g per day in an organism enters 10,4 mkg of iodine. 162,7g of grain contains 10,2mcg iodine, in 112,9g of meat of-7,5 mkg and 98,3g of potatoes – 4,9mcg of iodine, respectively. Considerably the smaller amount of iodine contains in such products as eggs (in 10,5g-2,9mcg of iodine), fruit (in 124,7g – 2,7mcg iodine), sugar and confectionery (in 45,8g – 2,5mcg of iodine). The smallest amount of iodine, only 0,5mcg contains in 23,4g of juice and 7,5g of alcoholic beverages.

Conclusion. Consumption of 10% of foodstuff in a diet enriched with iodine in industrial conditions even without iodated salt use allows to provide physiological requirement for adults. This results confirm efficiency of national strategy chosen in Republic of Belarus for elimination of iodine deficiency.