

عنوان مقاله:

ESTIMATION OF DAILY IODINE INTAKE THROUGH THE CONSUMPTION TABLE SALT IN CHAHARMAHAL AND BAKHTIARI PROVINCE IN 2016

محل انتشار:

سومین کنگره بین المللی و پانزدهمین کنگره تغذیه ایران (سال: 1397)

تعداد صفحات اصل مقاله: 1

نویسندگان:

Fathollah Aalipour - Food and drug administration, Shahrekourd university of medical sciences, Shahrekourd, Iran

Farangis Mahdavi - Food and drug administration, Shahrekourd university of medical sciences, Shahrekourd, Iran

Mohammad Aalipour - Food and drug administration, Shahrekourd university of medical sciences, Shahrekourd, Iran

خلاصه مقاله:

Background and Aim: Since the iodine content of food is less than body requirements, the fortification all food-grade salt is the best way to prevent iodine deficiency disorder. The purpose of this study was to estimate of daily iodine intake through the consumption table salt. **Methods:** This study was performed on 51 of table salt samples with different commercial brands, which were collected by health inspectors and sent to the Food Control Laboratory of the Shahrekord University of Medical Sciences for control in 2016. The iodine concentration was determined according to the Iodometric method and the estimated daily intake of iodine was calculated based on the consumption of 10 grams of salt per day. **Results:** This study showed that the iodine concentration of approximately 57% of table salt samples was in the range set (20-50 mg/kg) by the Ministry Health of Iran. The average iodine concentration in whole table salt samples was 22.59 mg/kg. Iodine intake was estimated to be 166 µg/day for the consumption of 10 grams of salt per day. This amount of intake is equivalent to 110.6% and 66% of recommended dietary allowance (RDA) for iodine intake for adults and pregnant or lactating women respectively. **Conclusion:** Considering that the iodine content of a significant portion of table salt samples was below the minimum permissible limit. Regular and effective monitoring on the production units of household iodized salt is necessary. This iodine content may be sufficient for adults, but it is inadequate for pregnant and lactating women, so iodine supplementation is essential for them.

کلمات کلیدی:

Table salt; Iodine intake

لینک ثابت مقاله در پایگاه سیویلیکا:

<https://civilica.com/doc/816089>

