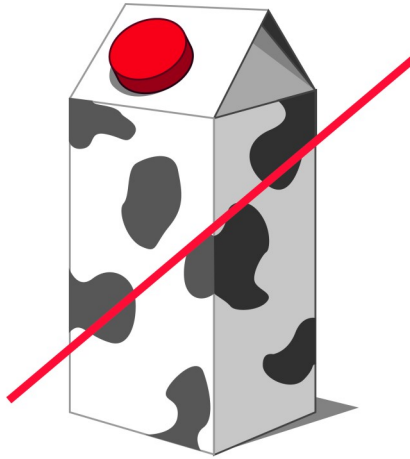




Children's Health Ireland
at Temple Street

Metabolic.ie

National Centre for Inherited Metabolic Disorders



Lactose and Galactose Free Alternatives to Dairy

This booklet only contains products that are fortified with vitamins and minerals.

Those that have a  star next to them are the ones with the broadest range of fortification and are excellent choices for your Calcium, Vitamin D and Iodine levels.

All nutritional information was correct at time of writing. Please check the label for the most up to date information.

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Milks

Soya Milk (suitable in the weaning diet from 4-6 months and as a drink from 1 year of age)

Alpro (widely available)



Per 100ml	Alpro Soya Growing Up Drink 1-3+
Calcium	120
Vitamin D	1.5
Kcal	64
Protein	2.5
B12	0.38
Iodine	24



Per 100ml	Alpro Soya Original	Alpro Soya No Sugars
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	42	33
Protein	3	3.3
B12	0.38	
Iodine	22.5	0

Actileaf (Aldi)



Per 100ml	Actileaf Soya Original	Actileaf Soya Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	44	34
Protein	3.2	3.4
B12	0.38	0.38
Iodine	0	0

Dunnes Stores



Per 100ml	Unsweetened Soya
Calcium	120
Vitamin D	0.75
Kcal	37
Protein	3.9
B12	0.38
Iodine	0

Just Free (Lidl)



Per 100ml	Just Free Soya Unsweetened
Calcium	120
Vitamin D	0.75
Kcal	34
Protein	3.4
B12	0.38
Iodine	0

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Soya Unsweetened
Calcium	120
Vitamin D	1.5
Kcal	33
Protein	2.8
B12	0.76
Iodine	45

Soleil (available in Dunnes and Supervalu)



Per 100ml	Soleil Unsweetened
Calcium	120
Vitamin D	0.75
Kcal	28
Protein	2.9
B12	0.38
Iodine	0

Tesco



Per 100ml	Tesco Soya Unsweetened
Calcium	120
Vitamin D	0.75
Kcal	34
Protein	3.4
B12	0.38
Iodine	22.4

Soya Milk (suitable from 2 years)



Per 100ml	Alpro Soya Light	Alpro Soy Barista	Alpro Soya High Protein
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	28	42	57
Protein	2.1	3.3	5
B12	0.38	0.38	0.38
Iodine	0	0	0



Per 100ml	Alpro Soya Vanilla	Alpro Soya Chocolate	Alpro Soya High Protein Chocolate	Alpro Soya Strawberry
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	57	61	69	59
Protein	3	3	5	3.1
B12	0.38	0	0	0.38
Iodine	0	0	0	0

Just Free (Lidl)



Per 100ml	Just Free Soya Sweetened
Calcium	120
Vitamin D	0.75
Kcal	42
Protein	3.4
B12	0.38
Iodine	0

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	★ Plant Kitchen Soya Sweetened
Calcium	120
Vitamin D	1.5
Kcal	55
Protein	3.7
B12	0.76
Iodine	45

Tesco



Per 100ml	★ Tesco Soya Sweetened
Calcium	120
Vitamin D	0.75
Kcal	42
Protein	3.4
B12	0.38
Iodine	22.4

Coconut Milk (suitable from 2 years)

Alpro (widely available)



Per 100ml	Alpro Coconut Original	Alpro Coconut No Sugars	Alpro Creamy Coconut	Alpro Coconut & Almond
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	20	14	22	24
Protein	0.1	0.1	0.1	0.3
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0

Dunnes Stores



Per 100ml	Dunnes Unsweetened Coconut
Calcium	120
Vitamin D	0.75
Kcal	15
Protein	0.2
B12	0.38
Iodine	0

Koko (widely available)



Per 100ml	Koko Super	Koko Life	Koko Original	Koko Unsweetened	Koko Chocolate
Calcium	170	170	120	120	120
Vitamin D	1.2	1.2	0.75	0.75	0.75
Kcal	44	48	27	15	54
Protein	1.2	0.6	0.2	0.7	0.5
B12	0.2	0.2	0.38	0.38	0.38
Iodine	13	13	0	0	0

Lilk (coconut and quinoa)



Per 100ml	The Lush Blend
Calcium	135.7
Vitamin D	0.75
Kcal	55
Protein	0.3
B12	0.9
Iodine	yes

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	M&S Plant Kitchen Coconut ★
Calcium	120
Vitamin D	0.75
Kcal	29
Protein	0.2
B12	0.9
Iodine	30

Tesco



Per 100ml	Tesco Coconut Drink (UHT) ★	Tesco Coconut Drink (Chilled) ★
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	29	17
Protein	0.5	0.1
B12	0.38	0.38
Iodine	22.4	22.4

Nut Milks (suitable from 2 years)

Actileaf (Aldi)



Per 100ml	Actileaf Almond Original	Actileaf Almond Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	28	20
Protein	0.6	<0.5
B12	0.38	0.38
Iodine	0	0

Alpro (widely available)



Per 100ml	Alpro Almond Original	Alpro Roasted No Sugars	Alpro Unroasted No Sugars	Alpro Vitality Almond & Guarana
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	13	13	22	13
Protein	0.4	0.4	0.5	0.4
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0



Per 100ml	Alpro Hazelnut	Alpro Cashew	Alpro Almond Dark Chocolate	Alpro Creamy Caramelised Almond
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	29	23	47	19
Protein	0.4	0.5	0.8	0.3
B12	0.38	0.38	0	0.38
Iodine	0	0	0	0

Blue Diamond (Supervalu and Health Food Shops)



Per 100ml	Almond Breeze Original	Almond Breeze Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	24	13
Protein	0.5	0.5
B12	0.38	0.38
Iodine	0	0

Dunnes Stores



Per 100ml	Unsweetened Almond Roasted	Unsweetened Almond Unroasted
Calcium	120	120
Vitamin D	0.75	1
Kcal	16	24
Protein	0.3	0.7
B12	0.38	0
Iodine	0	0

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Unsweetened Almond	Plant Kitchen Sweetened Almond	Plant Kitchen Chocolate Hazelnut
Calcium	120	120	120
Vitamin D	1.5	1.5	1.5
Kcal	23	29	39
Protein	1	1	1
B12	0.76	0.76	0.76
Iodine	45	45	45

Naturli (mixed milk contains rice)



Per 100ml	Do Not Call Me Milk!
Calcium	120
Vitamin D	1.5
Kcal	45
Protein	3.4
B12	0.38
Iodine	0

Tesco



Per 100ml	Almond Sweetened UHT ★	Almond Sweetened Chilled ★	Almond Unsweetened UHT ★	Almond Unsweetened Chilled ★
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	27	25	14	18
Protein	0.6	0.7	0.7	0.4
B12	0.38	0.38	0.38	0.38
Iodine	22.4	22.4	22.4	22.4

Oat Milk (suitable from 2 years)

Actileaf (Aldi)



Per 100ml	Actileaf Oat
Calcium	120
Vitamin D	0.75
Kcal	48
Protein	<0.5
B12	0.38
Iodine	0

Alpro (widely available)





Per 100ml	Alpro Oat Growing Up Drink 1-3+ ★
Calcium	120
Vitamin D	1.5
Kcal	60
Protein	1.8
B12	0.38
Iodine	11.3



Per 100ml	Alpro Oat Original Chilled	Alpro Oat Original UHT	Alpro Oat No Sugars	Alpro Oat Barista
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	43	44	40	43
Protein	0.3	0.3	0.2	0.8
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0



Per 100ml	Alpro  This Is Not M*lk Whole	Alpro  This Is Not M*lk Semi
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	43	44
Protein	0.7	0.7
B12	0.38	0.38
Iodine	22.5	22.5



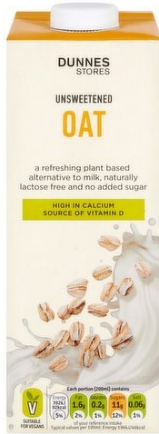
Per 100ml	Alpro Cacao Oat	Alpro Oat, Mango and Passionfruit	Alpro Oat, Strawberry, Apple and Raspberry	Alpro Oat and Echinacea
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	13	13	22	13
Protein	0.4	0.4	0.5	0.4
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0

Califia Farm (available in Supervalu)



Per 100ml	Unsweetened Oat Milk	Oat Vanilla
Calcium	104	104
Vitamin D	0.75	0.75
Kcal	54	41
Protein	0.7	0.8
B12	0	0
Iodine	0	0

Dunnes Stores



Per 100ml	Unsweetened Oat Milk
Calcium	104
Vitamin D	0.75
Kcal	46
Protein	1.4
B12	0
Iodine	0

Flahavans (available in Tesco, Supervalu and others)



Per 100ml	Unsweetened Oat Milk
Calcium	104
Vitamin D	0.75
Kcal	54
Protein	0.7
B12	0.38
Iodine	0

Lilk (contains rice)



Per 100ml	The Common Blend
Calcium	135.7
Vitamin D	0.75
Kcal	53
Protein	0.1
B12	0.9
Iodine	yes

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Whole Oat	Plant Kitchen Semi Oat	Plant Kitchen Barista Oat
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	55	42	65
Protein	0.2	0.2	1
B12	0.9	0.9	0.9
Iodine	30	30	30

Mighty (available in Holland & Barrett and other health stores)



Per 100ml	Mighty M.lk Protein Oat
Calcium	186
Vitamin D	0.78
Kcal	50
Protein	2.4
B12	0.94
Iodine	31

Minor Figures



Per 100ml	Everyday Oat	Everyday Oat Light
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	49	43
Protein	0.4	0.4
B12	0.38	0.38
Iodine	22.5	22.5

Moma (available in Holland & Barrett and other health stores)



Per 100ml	Oat Original	Oat Barista
Calcium	120	120
Vitamin D	1	1
Kcal	50	62
Protein	0.9	1
B12	0.38	0.38
Iodine	5	5

Oatly (widely available)



Per 100ml	Classic Calcium	Barista/ Foamable	Chocolate	Light (chilled)
Calcium	120	120	120	120
Vitamin D	1.1	1.1	1.1	1.1
Kcal	46	59	61	37
Protein	1	1	1.2	1
B12	0.38	0.38	0.38	0.38
Iodine	22.5	22.5	22.5	

Tesco



Per 100ml	Oat Drink ★
Calcium	120
Vitamin D	0.75
Kcal	47
Protein	0.5
B12	0.38
Iodine	22.4

Potato Milk (suitable from 2 years)

Dug



Per 100ml	Original	Unsweetened	Barista
Calcium	120	120	120
Vitamin D	0.75	0.75	0.75
Kcal	39	39	53
Protein	1.3	1.3	1.3
B12	0.38	0.38	0.38
Iodine	0	0	0

Pea Milk (suitable from 2 years)

Mighty (available in Holland & Barrett and other health stores)



Per 100ml	Mighty M.lk Original	Mighty M.lk Unsweetened	Mighty M.lk Whole	Mighty M.lk Semi
Calcium	186	186	120	120
Vitamin D	0.78	0.78	0.76	0.76
Kcal	39	33	46	35
Protein	3.2	3.2	2	2
B12	0.94	0.94	0.91	0.91
Iodine	31	31	30	30

Wunda (widely available)



Per 100ml	Original	Unsweetened
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	35	27
Protein	2.2	2.2
B12	0.38	0.38
Iodine	0	0

Rice Milk (suitable from 5 years)

Alpro (widely available)



Per 100ml	Rice Milk
Calcium	120
Vitamin D	0.75
Kcal	47
Protein	0.1
B12	0.38
Iodine	0

Dream (widely available)



Per 100ml	Rice Dream Original + Calcium	Coconut Dream (contains rice)
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	47	50
Protein	0.1	0.1
B12	0.38	0.38
Iodine	0	0

Spreads/Margarine

Flora (widely available)



Per 100ml	Original	Lighter
Vitamin D	7.5	7.5
Kcal	629	267
Protein	0	0
B12	0	0



Per 100ml	Pro Activ Light	Pro Activ Buttery	Pro Activ Olive Oil
Vitamin D	7.5	7.5	7.5
Kcal	314	628	313
Protein	0.5	0.5	0.5
B12	0	0	0

Dairygold Plant Based (available in Dunnes Stores, Supervalu and Tesco)



Per 100ml	Koko Spread
Vitamin D	7.5
Kcal	609
Protein	0.4
B12	5

Koko (available in Dunnes Stores and others)



Per 100ml	Koko Spread
Vitamin D	7.5
Kcal	405
Protein	0
B12	2.5

M&S Plant Kitchen (Marks and Spencer)



Per 100ml	Plant Kitchen Sunflower Spread
Vitamin D	7.5
Kcal	638
Protein	0
B12	0

Pure (widely available)



Per 100ml	Pure Sunflower	Pure Buttery Taste	Pure Olive
Vitamin D	7.5	7.5	7.5
Kcal	490	569	497
Protein	<0.5	<0.5	<0.5
B12	5	5	5

Suitable Cheese

Comte

Dunnes Stores



Supervalu



Tesco

Marks & Spencer



Per 30g portion	Comte
Calcium	273
Kcal	125
Protein	8
B12	unknown

Emmental

Dunnes Stores



Per 30g portion	Emmental
Calcium	291
Kcal	112
Protein	8.4
B12	1.23



Marks & Spencer



Tesco

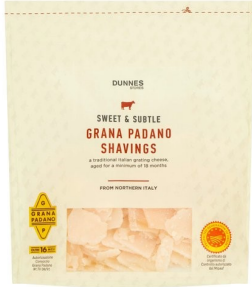


Supervalu



Grana Padano

Dunnes Stores



Per 30g portion	Grana Padano
Calcium	351
Kcal	116
Protein	9.9
B12	0.9

Marks & Spencer Supervalu



Tesco



Gruyere

Dunnes Stores



Per 30g portion	Gruyere
Calcium	285
Kcal	120
Protein	8.3
B12	0.48

Marks & Spencer

Tesco



Supervalu



Italian Parmesan/ Parmigiano Reggiano

Dunnes Stores



Per 30g portion	Italian Pamesan
Calcium	308
Kcal	118
Protein	9.9
B12	0.99

Marks & Spencer



Tesco



SuperValu



Jarlsberg

Supervalu



Per 30g portion	Jalsberg
Calcium	219
Kcal	105
Protein	8.1
B12	0.6

Marks & Spencer



Tesco



Vintage/Extra Mature Cheddar

Charleville Vintage and Extra Mature (available in Dunnes Stores, Tesco and Supervalu)



Per 30g portion	Cheddar
Calcium	222
Kcal	124.5
Protein	7.6
B12	0.72

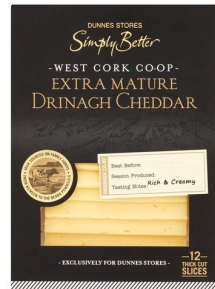
DUBLINER (available in Dunnes Stores and Supervalu)



Dunnes Stores

West Cork Co-op Vintage Drinagh

West Cork Co-op Extra Mature Drinagh



Dunnes Extra Mature White



Dunnes Extra Mature Red



Knockanore Vintage Cheese



Marks and Spencer

Cornish Cove Vintage



Cornish Cruncher Extra Mature



M&S British Extra Mature



M&S British Organic Extra Mature



Tesco

Glenstal Irish Vintage White



Glenstal Irish Vintage Red



Tesco Vintage White



Finest Vintage Coastal Bite



Old Irish Creamery Vintage



Tesco Extra Mature White



Tesco Extra Mature Red



Supervalu

Signature Tastes Vintage White



Signature Tastes Vintage Red



Wexford Strong and Vintage



Low Fat Vintage/Extra Mature Cheddar

M&S

M&S Lighter Extra Mature Cheddar



Per 30g portion	Low Fat Extra Mature Cheddar
Calcium	252
Kcal	94.2
Protein	8.4
B12	0.4

Tesco

Tesco 30% Reduced Fat Extra Mature Cheddar



Babybel Original



Per 20g portion	Babybel Original
Calcium	140
Kcal	62
Protein	4.6
B12	unknown

Pecorino Romano

Supervalu



Per 30g portion	Pecorino Romano
Calcium	214
Kcal	115
Protein	8
B12	unknown

Tesco

Tesco Pecorino Italian Cheese



Argiolas Pecorino Romano Dop



Vegan Cheeses

Dairygold Plant Based (available in Dunnes Stores, Supervalu and Tesco)



Per 100g	Dairygold White Slices	Dairygold White Grated
Calcium	120	120
Vitamin D	1.2	1.2
Kcal	321	321
Protein	0.1	0.1
B12	0.75	0.75



Koko (available in Dunnes Stores)



Per 100g	Koko Cheddar Cheese
Calcium	736
Vitamin D	1.2
Kcal	318
Protein	0.7
B12	0.8

Tesco



Per 100g	Plant Chef Mature Cheddar	Plant Chef Grated Mozzarella	Plant Chef Grated Hard Cheese
Calcium	240	240	240
Vitamin D	1.5	1.5	1.5
Kcal	311	298	292
Protein	0	0	1.7
B12	0.76	0.76	0.76
Iodine	45	45	45



Per 100g	Plant Chef Soft Cheese	Plant Chef Soft Cheese Garlic & Herbs
Calcium	240	240
Vitamin D	1.5	1.5
Kcal	233	221
Protein	0.5	0.6
B12	0.76	0.76
Iodine	45	45

Yoghurt

Alpro (widely available)



Per 100g (400g pot)	Alpro No Added Sugars Mango	Alpro No Added Sugars Cherry
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	61	62
Protein	3.9	3.6
B12	0.38	0.38
Iodine	0	0



Per 100g (500 pot)	Alpro Plain No Sugars	Alpro Plain with Oats	Alpro Plain with Coconut	Alpro Plain with Almond	Alpro Simply Plain
Calcium	120	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75	0.75
Kcal	42	55	55	54	51
Protein	4	3.8	3.9	3.9	4
B12	0.38	0.38	0.38	0.38	0.38
Iodine	0	0	0	0	0



Per 100g (500g pot)	Alpro Blueberry	Alpro Strawberry	Alpro Vanilla	Alpro Cherry
Calcium	120	120	120	120
Vitamin D	0.75	0.75	0.75	0.75
Kcal	70	68	66	75
Protein	3.7	3.6	3.7	3.7
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0



Per 125g pot	Alpro Strawberry -Banana/ Peach-Pear	Alpro Pineapple-Passion Fruit/ Peach
Calcium	150	150
Vitamin D	0.94	0.94
Kcal	86	86
Protein	4.5	4.5
B12	0.47	0.47
Iodine	0	0



Per 125g pot	Alpro Raspberry-Cranberry/Blackberry	Alpro Blackcurrent with Elderflower/Pomegranate	Alpro Blueberry/Cherry	Alpro Strawberry
Calcium	150	150	150	150
Vitamin D	0.94	0.94	0.94	0.94
Kcal	91	95	87	85
Protein	4.5	4.5	4.5	4.5
B12	0.47	0.47	0.47	0.47
Iodine	0	0	0	0



Per 125g pot	Alpro Strawberry-Banana No Bits	Alpro Raspberry-Cranberry	Alpro Peach
Calcium	150	150	150
Vitamin D	0.94	0.94	0.94
Kcal	86	95	68
Protein	4.5	4.5	4.5
B12	0.47	0.47	0.47
Iodine	0	0	0



Per 150g pot	Alpro Greek Style Blueberry	Alpro Greek Style Mango	Alpro Greek Style Passion Fruit	Alpro Greek Style Strawberry-Raspberry
Calcium	162	162	162	162
Vitamin D	0.9	0.9	0.9	0.9
Kcal	123	124	121	123
Protein	7	7	7	7
B12	0.45	0.45	0.45	0.45
Iodine	0	0	0	0



Per 100g (400g/350g pot)	Alpro Greek Style Plain	Alpro Greek Style Oat
Calcium	120	120
Vitamin D	0.75	0.75
Kcal	68	126
Protein	5.8	0.7
B12	0.38	0.38
Iodine	0	0

Actileaf (Aldi)



Per 100g (450g pot)	Actileaf Soya Pot Plain	Actileaf Soya Pot Vanilla	Actileaf Soya Pot Blueberry
Calcium	120	122	122
Vitamin D	0	0	0
Kcal	48	71	74
Protein	4.2	3.5	3.5
B12	0.47	0.39	0.39
Iodine	0	0	0

Just Free (Lidl)



Per 100g (500g pot)	Just Free Soya Natural	Just Free Soya Vanilla	Just Free Soya Blueberry
Calcium	120	120	120
Vitamin D	0	0	0
Kcal	51	74	77
Protein	4.2	3.5	3.5
B12	0.47	0.39	0.39
Iodine	0	0	0

Koko (available in Dunnes)



Per 100g (450g/500g pot)	Koko Plain	Koko Plain No Sugars	Koko Vanilla	Koko Greek Style
Calcium	128	160	128	160
Vitamin D	0.75	0.75	0.75	0.75
Kcal	79	76	106	113
Protein	0.6	0.5	0.5	1.1
B12	0.38	0.38	0.38	0.38
Iodine	0	0	0	0



Per 125g pot	Koko Coconut & Lemon	Koko Peach & Passion Fruit
Calcium	160	160
Vitamin D	0.9	0.9
Kcal	141	141
Protein	0.9	0.75
B12	0.47	0.47
Iodine	0	0



Per 125g pot	Koko Strawberry	Koko Raspberry
Calcium	160	160
Vitamin D	0.9	0.9
Kcal	141	141
Protein	0.75	0.75
B12	0.47	0.47
Iodine	0	0

Petits Filous (available in Dunnes, Tesco and Supervalu)



Per 95g pot)	Dairy Free Petits Filous Raspberry
Calcium	120
Vitamin D	0.75
Kcal	91
Protein	1.6
B12	0
Iodine	0

Tesco



1+
weeks



1+
weeks

Per 100g (500g pot)	Plant Chef Plain Yoghurt	Plant Chef Greek Style Yoghurt
Calcium	120	120
Vitamin D	1.5	1.5
Kcal	42	52
Protein	4.7	5.8
B12	0.38	0.38
Iodine	45	45



1+
weeks



1+
weeks

Per 100g pot	Plant Chef Raspberry & Passion Fruit	Plant Chef Mango
Calcium	120	120
Vitamin D	1.5	1.5
Kcal	82	81
Protein	3.7	3.7
B12	0.38	0.38
Iodine	45	45

Custard and Dessert



Per 100g (525g pot)	Alpro Vanilla Custard
Calcium	120
Vitamin D	0.75
Kcal	75
Protein	3
B12	0.38
Iodine	



Per 125g pot	Alpro Dessert Smoothie Chocolate	Alpro Dessert Double Chocolate	Alpro Dessert Classic Coconut	Alpro Dessert Velvet Vanilla	Alpro Dessert Creamy Caramel
Calcium	120	120	120	120	120
Vitamin D	0.94	0.94	0.94	0.94	0.94
Kcal	104	119	100	109	107
Protein	3.9	3.9	3	4	4
B12	0	0	0.47	0.47	0.47
Iodine	0	0	0	0	0

Age	Calcium requirement (mg/day)	No. of portions	Vitamin D requirement (µg/day)	Iodine requirement (µg/day)
7 - 12 months*	280mg	3	10µg	70µg
1 - 3 years	430mg	4 ½	15µg	90µg
4 - 10 years	800mg	8	15µg	90µg
11 - 14 years	1150mg	11 ½	15µg	120µg
15 - 17 years	1150mg	11 ½	15µg	130µg
18 - 24 years	1000mg	10	15µg	150µg
>25 years	950mg	9 ½	15µg	50µg
Pregnancy and Lactation	As per Adult		As per Adult	200µg



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