



wiseGEEK

Iodine Rich



Agar	Fish Roe	Okra	Squash - Summer
Artichokes	Garlic	Onions - Green & Dried	Strawberries
Asparagus	Goat Cottage Cheese	Oysters - Raw	Swiss Chard
Bass	Goat Milk - Whey	Peanuts	Tofu
Beans - Butter, French, Kidney, Snap	Green Peppers	Perch	Tomato, ripe
Blueberries	Green Turtle	Pike	Trout
Brussels Sprouts	Haddock	Potatoes - Sweet, Irish	Tuna Fish
Cardamom	Halibut	Quail	Turnips
Carrots	Herring	Rutabaga	Turnip Greens
Chervil	Kale	Salisfy	Watercress
Chives	Leaf Lettuce	Seaweed	Watermelon
Coconut	Loganberries	Silver Salmon	
Eggplant	Mustard Greens	Sole	
Fish	Oats - Steel Cut	Spinach - New Zealand	

Kelp and dulce (Nova Scotia) head the list of iodine-rich foods.