

The Assessment on the Use of Iodized Salt in Processed Foods

Miss Pattamaporn Aksornchu

Bureau of Nutrition, Department of Health

Generally, iodine can be found in several sources, for example, processed foods containing iodized salt (40%), household salt (35%), natural foods (15%), and environment (10%). According to the notification of Thai FDA, the household salt should contain iodine content ranging from 20-40 mg per 1 kg table salt. Besides, the goal of this strategy was to ensure the coverage of iodized household salt be more than 90%. Therefore, all foods including processed foods, should contain iodized salt as an ingredient.

Currently, processed food consumption tends to increase worldwide triggered by high income, urbanization, and lifestyle changes. The high consumption of processed foods may affect daily iodine intake among the population. However, adequate information about iodized salt in processed foods in Thailand is still lacking.

Iodine Global Network (IGN) has established the guideline to evaluate the iodine content in processed foods known as “Program Guidance on the Use of Iodized Salt in Processed Foods”. Moreover, this guidance has been implemented through the collaboration between IGN and several other countries including Moldova, Kenya, Sri Lanka, Macedonia, and Thailand. The guidance consists of six modules to assess the iodine intake among different population groups.

The processed foods that contributed significantly to salt intake in Thailand consisted of 27 products including fish sauce, household salt, seasoning powder, meatball, shrimp paste, soy sauce, instant noodles, sausage, seasoning sauce, oyster sauce, processed seafoods, canned fish, chili sauce, black soy sauce, sweet chili sauce for chicken, suki sauce, nuts, rice/tapioca snack, ketchup, corn snack, potato chips, potato snack, seasoned seaweed, fish snack, and wheat snacks.