

Iodine Rich Foods

Iodine Rich Foods List
Sea kelp
Haddock
Cod
Mayonnaise
Cheddar cheese
Cheese cake
Seaweed
Sea foods
Most Fresh fish
Fish oils
Sea salt
Iodized salt
Nori
Eggs

<http://www.weightlossforall.com/foods-rich-iodine.htm>

<http://lifestyle.iloveindia.com/lounge/iodine-rich-foods-3836.html>