

## Annex I. Iodine content in food samples

Food group / Food item	n	Iodine level (µg/kg) <sup>*1</sup>	
		Mean [Range]	Median
<b>Seaweeds 藻類</b>	<b>18</b>	<b>460,000 [840-2,900,000]</b>	<b>38,000</b>
Kelp 海帶	3	2,600,000 [2,000,000-2,900,000]	
Other seaweeds 其他藻類	3	94,000 [8,900-220,000]	
Laver 紫菜	3	73,000 [44,000-99,000]	
Seaweed (prepackaged) 零食紫菜	3	34,000 [26,000-38,000]	
Nori sheet (for sushi) 紫菜(做壽司用) <sup>*3</sup>	3	16,000 [6,400-28,000]	
Agar agar 大菜	3	1,100 [840-1,600]	
<b>Condiments &amp; sauces 調味料及醬油</b>	<b>24</b>	<b>3,900 [4-36,000]</b>	<b>94</b>
▪ Iodised table salt 碘鹽 <sup>*3</sup>	3	30,000 [26,000-36,000]	
▪ Non-iodised table salt 餐桌鹽	3	120 [56-240]	
▪ Others 其他	18	110 [4-440]	82
White sauce 白汁	2	230 [130-330]	
Oyster sauce 蠔油	3	220 [96-440]	
Fish Sauce 魚露	3	130 [91-170]	
Hollandaise sauce 荷蘭酸辣醬	1	130 [130]	
Curry sauce 咖喱醬	3	57 [34-73]	
Soy sauce 生抽	3	21 [10-39]	
Tomato paste 番茄醬	3	8 [4-15]	
<b>Crustaceans and Molluscs 甲殼類及軟體動物</b>	<b>39</b>	<b>970 [32-6,100]</b>	<b>490</b>
▪ Crustaceans 甲殼類動物	12	1,200 [230-6,100]	490
Dried shrimp 蝦米	3	3,400 [660-6,100]	
Prawn 大花蝦	3	440 [350-490]	
Blue crab 花蟹	3	470 [350-630]	
Three-spotted crab 三點蟹	3	360 [230-490]	
▪ Molluscs 軟體動物	27	880 [32-4,200]	590
Dried oyster 蠔豉	3	3,100 [2,400-4,200]	
Oyster 蠔	3	830 [320-1,400]	
Dried scallop 乾貝	3	700 [280-970]	
Scallop 扇貝/帶子	3	82 [32-150]	
Mussel 青口	3	1,400 [1,000-1,800]	
Clam 蜆	3	1,100 [590-2,100]	
Razor clam 蛸子	3	530 [380-790]	
Cuttlefish 墨魚	3	95 [76-121]	
Squid 魷魚	3	65 [57-74]	

Food group / Food item	n	Iodine level ( $\mu\text{g}/\text{kg}$ ) <sup>*1</sup>	
		Mean [Range]	Median
<b>Egg &amp; egg products</b>	<b>12</b>	<b>490 [82-2,300]</b>	<b>260</b>
▪ <i>Chicken egg yolk</i> 雞蛋黃	3	1,200 [200-2,300]	
▪ <i>Whole eggs</i> 蛋(全隻)	9	250 [82-430]	250
Chicken egg (whole) 雞蛋(全隻)	3	290 [82-430]	
Lime preserved egg 皮蛋	3	230 [190-250]	
Salted duck egg 鹹鴨蛋	3	230 [130-310]	
<b>Milk &amp; milk products including Frozen confections</b> 奶及奶類製品包括冰凍甜點	<b>40</b>	<b>340 [40-2,000]</b>	<b>240</b>
▪ <i>Milk</i> 奶	17	420 [55-2,000]	280
Cow milk (skimmed, dried) 脫脂奶粉	3	1,300 [730-2,000]	
Cow milk (whole fat, dried) 全脂奶粉	3	430 [300-580]	
Condensed milk 煉奶	3	340 [260-420]	
Evaporated milk 淡奶	2	250 [220-280]	
Cow milk (fluid, $\geq 3.25\%$ milk fat) 全脂牛奶(脂肪含量 $\geq 3.25\%$ )	3	91 [56-130]	
Cow milk (fluid, skimmed, $\leq 0.3\%$ milk fat) 脫脂奶(脂肪含量 $\leq 0.3\%$ )	3	79 [55-120]	
▪ <i>Cheese</i> 芝士	9	420 [160-1,400]	240
Parmesan cheese 帕爾馬芝士	3	790 [430-1,400]	
Cheddar cheese 車打芝士	3	250 [170-350]	
Mozzarella cheese 蒙莎莉芝士	3	210 [160-240]	
▪ <i>Others</i> 其他	14	180 [40-300]	190
Yoghurt 乳酪	3	290 [280-300]	
Sour cream 酸忌廉	3	190 [40-290]	
Popsicle (contain milk) 雪條(有牛奶成份)	2	180 [68-300]	
Ice-cream 雪糕	3	140 [57-220]	
Whipping cream ( $\geq 35\%$ milk fat) 攪用忌廉(脂肪含量 $\geq 35\%$ )	3	91 [40-150]	
<b>Fish</b> 魚類	<b>78</b>	<b>190 [4-830]</b>	<b>130</b>
▪ <i>Seawater fish</i> 鹹水魚	54	170 [50-600]	130
Golden thread 紅衫	3	360 [310-420]	
Horsehead 馬頭	3	350 [290-430]	
Cod 鱈魚	3	280 [120-600]	
Mackerel 鮫魚	3	270 [240-290]	
Capelin 多春魚	3	230 [170-280]	

Food group / Food item	n	Iodine level ( $\mu\text{g}/\text{kg}$ ) <sup>*1</sup>	
		Mean [Range]	Median
Canned sardines 罐頭沙甸魚 <sup>*2</sup>	3	190 [100-340]	
Bigeye 大眼雞	3	180 [150-200]	
Sole 撻沙	3	150 [120-220]	
Yellow croaker 黃花魚	3	130 [130]	
Rabbit fish 泥鯔	3	130 [130]	
Pompano 黃魷鯧	3	120 [100-160]	
Bombay-duck 九肚魚	3	120 [84-150]	
Hairtail 牙帶	3	110 [94-140]	
Filefish 沙鯪	3	110 [91-130]	
Canned tuna 罐頭吞拿魚 <sup>*2</sup>	3	98 [74-120]	
Pomfret 鱸魚	3	94 [77-110]	
Mangrove snapper 紅鯪	3	92 [86-100]	
Yellowfin seabream 黃腳鯧	3	90 [50-120]	
<hr/>			
▪ Freshwater fish 淡水魚	9	12 [4-30]	9
Freshwater grouper 桂花魚	3	23 [16-30]	
Big head 大頭魚	3	8 [5-9]	
Grass carp 鯪魚	3	4 [4-5]	
<hr/>			
▪ Others 其他	15	360 [11-830]	360
Salted fish 鹹魚	3	640 [450-830]	
Fish roe/caviar 魚子/魚子醬	3	490 [360-710]	
Dried fish maw 花膠/魚肚	3	370 [250-530]	
Fish ball/fish cake 魚蛋/魚片	3	300 [100-680]	
Fish meat paste/minced dace 魚滑/絞鯪魚肉	3	14 [11-17]	
<hr/>			
<b>Sashimi &amp; sushi 刺身及壽司<sup>*2</sup></b>	<b>12</b>	<b>86 [28-140]</b>	<b>91</b>
Tuna sashimi (Maguro) 吞拿魚刺身	3	120 [100-140]	
Shrimp sashimi 蝦刺身	3	110 [94-130]	
Salmon sashimi (Sake) 三文魚刺身	3	63 [28-87]	
Octopus sashimi (Tako) 八爪魚刺身	3	50 [48-52]	
<hr/>			
<b>Meat and Poultry 肉類及家禽</b>	<b>12</b>	<b>42 [ND-480]</b>	<b>3</b>
Ham 火腿	3	160 [3-480]	
Pork (lean) 豬肉(瘦)	3	3 [3]	
Chicken meat 雞肉	3	2 [ND-3]	
Beef (lean) 牛肉(瘦)	3	1 [ND-2]	
<hr/>			
<b>Cereals &amp; grains products 穀物及穀物製品</b>	<b>12</b>	<b>13 [3-68]</b>	<b>6</b>
Instant noodles 即食麵 <sup>*2</sup>	3	29 [5-68]	

Food group / Food item	n	Iodine level ( $\mu\text{g}/\text{kg}$ ) <sup>*1</sup>	
		Mean [Range]	Median
White bread 白麵包	3	13 [7-17]	
Rice noodles/vermicelli 米粉/米線	3	7 [5-12]	
White rice (cooked) 白飯	3	3 [3-4]	
<b>Legumes and Vegetables 蔬菜及豆類</b>	<b>12</b>	<b>8 [ND-28]</b>	<b>3</b>
Chinese flowering cabbage 菜心	3	25 [21-28]	
Green string beans (with pod) 青豆角	3	6 [4-7]	
Broccoli 西蘭花	3	1 [ND-2]	
European lettuce (heading) 西生菜	3	1 [ND]	
<b>Non-alcoholic beverages 不含酒精飲品</b>	<b>12</b>	<b>6 [ND-13]</b>	<b>5</b>
Tap water 自來水	3	10 [8-13]	
Soybean milk 豆漿	3	9 [6-13]	
Bottled mineral/ spring water 樽裝礦泉水	3	3 [ND-4]	
Bottled distilled water 樽裝蒸餾水	3	1 [ND]	
<b>Total</b>	<b>271</b>	<b>31,000 [ND-2,900,000]</b>	<b>130</b>

\*1 n = Number of samples analysed. Median was not provided for  $n \leq 3$ . ND: not detected.

\*2 Excluding sauce and seasonings.

\*3 Food items with no consumption data in the Food Consumption Survey.