



6. Lucky Star Pilchards are rich in iodine

The major reason for mental retardation, says the World Health Organisation, is a shortage of iodine in the system and Africa is one of the worst off continents for this. **Lucky Star Pilchards** are rich in iodine.

Description: Iodine is what is called a trace mineral. Trace minerals are needed in the tiniest quantities but it is an essential mineral for us nonetheless, being required for human life.

Where is it found? It is present in most drinking water and in sea foods. Why do we need it? We need iodine for making the hormone thyroxine which is produced by the thyroid gland which is seated close to the "Adam's Apple" in the neck. Thyroxine speeds up chemical reactions in the body making us more active. If we do not get enough iodine, the thyroid gland cannot produce thyroxine and as a result the gland enlarges causing the neck to swell; this condition is called goitre. There are places where the drinking water lacks iodine, especially some of the rural areas of Africa. We require iodine for proper physical and mental development. It affects respiration, the make-up of energy and nutrients, as well as the functioning of the nerves and muscles and differentiation of the foetus. A lack of iodine during pregnancy is one of the major causes of stillbirth. Enough iodine can reduce the incidence of stillbirth by as much as 98%. So, if a pregnant woman eats **Lucky Star Pilchards** regularly, she reduces risk to her unborn infant.

General Use: The recommended dietary allowance for iodine is:

Infants: 40 to 50 micrograms

1 to 3 years of age: 70 micrograms

4 to 6 years of age: 90 micrograms

7 to 10 years of age: 120 micrograms

11+years of age: 150 micrograms

Pregnant women: 175 micrograms

Lactating women: 200 micrograms

(Goitre is more prevalent in women than in men and more common in pregnant women adolescents. Goitre caused by iodine depletion can also cause cretinism.) 1/4 tsp of iodized table salt provides 95 micrograms of iodine.

A 6 ounce piece of ocean fish provides 650 micrograms of iodine. Most people-are able to meet their iodine requirements by eating seafood, seaweed, iodized salt and plants grown in iodine rich soil. When buying salt make sure it is the iodized kind.

Medical Applications: As we have already said, it is used to treat goitre. It is also used in cough mixture and to treat hardening of the arteries, arthritis, and some heart problems such as angina pectoris.

In poorer countries where iodized salt or fish or other foods containing iodine are not available, thyroid deficiency is common and, as a result many children suffer from mental and physical retardation. As was mentioned at the start, Africa is one of those countries, although we in South Africa are fortunate in that we can easily buy **Lucky Star**





Pilchards for very little indeed and thus obtain an adequate iodine supply as well as a very satisfying meal!

