

## Special Issue

# Iodine Fortification in Food Production and Human Health

### Message from the Guest Editors

The importance of iodine in human nutrition is well known. Iodine is indeed a limiting element in thyroid hormone synthesis, derived exclusively from diet. The iodine prophylaxis campaign is based on different strategies, aiming to address the needs and characteristics of the population it is directed toward. It can be based on the promotion of iodized salt use (mandatory or voluntary), the use of iodized salt in bread, the use of iodine-containing cattle feeds (to make cow milk and dairy products a good source of iodine), the use of iodized oil (especially in low-income countries), iodized water and the use of iodize salt in industrial processes. Vegan and vegetarian diets are known to be at a high risk of iodine deficit, with cow milk and dairy products and fish being important secondary sources of iodine. Consequently, many strategies based on iodine-enriched products and/or seaweeds are expanding. The aim of the present Special Issue is to analyze the last progress in iodine fortification in food production.

---

### Guest Editors

Dr. Caterina Mian

Endocrinology Unit, Department of Medicine (DIMED), University of Padua, Via Ospedale Civile 105, 35128 Padua, Italy

Dr. Simona Censi

Endocrinology Unit, Department of Medicine (DIMED), University of Padua, Via Ospedale Civile 105, 35128 Padua, Italy

---

### Deadline for manuscript submissions

closed (25 October 2024)



## Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.8  
CiteScore 9.2  
Indexed in PubMed



[mdpi.com/si/199545](https://mdpi.com/si/199545)

*Nutrients*

MDPI, Grosspeteranlage 5  
4052 Basel, Switzerland  
Tel: +41 61 683 77 34  
[nutrients@mdpi.com](mailto:nutrients@mdpi.com)

[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)





# Nutrients

---

an Open Access Journal  
by MDPI

---

Impact Factor 4.8  
CiteScore 9.2  
Indexed in PubMed



[mdpi.com/journal/  
nutrients](https://mdpi.com/journal/nutrients)



## About the Journal

### Message from the Editorial Board

*Nutrients* is an on-line open access journal that was first published in 2009. *Nutrients* adheres to rigorous peer-review and editorial processes and publishes only high quality manuscripts that address important issues related to the impacts of nutrients on human health. The Impact Factor of *Nutrients* has risen rapidly since its establishment and it is now ranked in the first quartile of journals publishing in the field of nutrition and dietetics research.

---

### Editors-in-Chief

Prof. Dr. Lluís Serra-Majem

1. Centro de Investigación Biomédica en Red Fisiopatología de la Obesidad y la Nutrición (CIBEROBN), Institute of Health Carlos III, 28029 Madrid, Spain
2. Research Institute of Biomedical and Health Sciences (IUIBS), University of Las Palmas de Gran Canaria, 35001 Las Palmas, Spain
3. Preventive Medicine Service, Centro Hospitalario Universitario Insular Materno Infantil (CHUIMI), Canarian Health Service, 35016 Las Palmas, Spain

Prof. Dr. Maria Luz Fernandez

Department of Nutritional Sciences, University of Connecticut, Storrs, CT 06269, USA

---

### Author Benefits

#### Open Access:

free for readers, with article processing charges (APC) paid by authors or their institutions.

#### High Visibility:

indexed within Scopus, SCIE (Web of Science), PubMed, MEDLINE, PMC, Embase, PubAg, AGRIS, and other databases.

#### Journal Rank:

JCR - Q1 (Nutrition and Dietetics) / CiteScore - Q1 (Food Science)