
National Standard on Food Safety

Iodine Content of Edible Salt

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National Standard on Food Safety

1. Scope

The standard applies to iodine fortified edible salt.

2. Terminology and definition

The following terms and definitions apply to the standard hereunder.

2.1 Edible Salt

Edible sodium chloride crystals

2.2 Iodine fortificant in edible salt

The nutrition fortificants added in edible salt include potassium iodate, potassium iodide and algae iodine. According to *Regulations on Edible Salt Iodization as a Means to Eliminate Iodine Deficiency Disorders*, potassium iodate should be the main fortificant.

3. Iodine content in edible salt

3.1 The average iodine content in edible salt (iodized salt) fortified with iodine fortificant (calculated by iodine) should be 20mg/kg to 30mg/kg.

3.2 The allowed fluctuation for the iodine content in edible salt should be $\pm 30\%$ of the average content stipulated in the section 3.1.

3.3 Health department of various provinces should choose the average iodine content appropriate to the local context based on the actual iodine nutrition of the local population according to Table 1 and from the range stipulated in section 3.1.

Table 1 Iodine content in edible salt

No.	Iodization level to be chosen mg/kg	Fluctuation of iodine content allowed mg/kg
1	20	14 ~26
2	25	18~33
3	30	21~39



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食品安全国家标准 食用盐碘含量

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食品安全国家标准

食用盐碘含量

1 范围

本标准适用于强化碘的食用盐。

2 术语和定义

下列术语和定义适用于本标准。

2.1 食用盐

用于食用的晶体氯化钠。

2.2 食用盐中碘强化剂

在食用盐中加入的食品营养强化剂，包括碘酸钾、碘化钾和海藻碘。根据《食盐加碘消除碘缺乏危害管理条例》(中华人民共和国国务院令第 163 号)第二章第八条的规定，应主要使用碘酸钾。

3 食用盐中的碘含量

3.1 在食用盐中加入碘强化剂后，食用盐产品（碘盐）中碘含量的平均水平（以碘元素计）为 20 mg/kg ~30mg/kg。

3.2 食用盐碘含量的允许波动范围为 3.1 中规定的食用盐碘含量平均水平 \pm 30%。

3.3 各省、自治区、直辖市人民政府卫生行政部门在 3.1 规定的范围内,根据当地人群实际碘营养水平,按照表 1 选择适合本地情况的食用盐碘含量平均水平。

表 1 食用盐碘含量

序号	所选择的加碘水平 mg/kg	允许碘含量的波动范围 mg/kg
1	20	14~26
2	25	18~33
3	30	21~39