**Table S1** - Association between knowledge on iodine food sources and frequency of food intake.

|  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | **Knowledge on iodine food sources** | | | | | | |  |
|  | **None** | | **Medium** | | **High** | |  |  |
| **Food intake** | **n** | **(%)** | **n** | **(%)** | **n** | **(%)** | ***p*** |  |
| **Fish** |  |  |  |  |  |  |  |  |
| < 3x a month | 34 | (25) | 33 | (12) | 2 | (14) |  |  |
| 1 to 3 x a week | 87 | (64) | 203 | (72) | 7 | (50) | 0.002 | a |
| ≥ 4 x a week | 15 | (11) | 48 | (17) | 5 | (35) |  |  |
| **Eggs** |  |  |  |  |  |  |  |  |
| < 3x a month | 35 | (24) | 70 | (24) | 1 | (7) |  |  |
| 1 to 3 x a week | 93 | (64) | 198 | (67) | 10 | (71) | 0.38 | a |
| ≥ 4 x a week | 17 | (12) | 10 | (71) | 3 | (21) |  |  |
| **Milk** |  |  |  |  |  |  |  |  |
| < 3x a month | 35 | (24) | 78 | (27) | 4 | (29) |  |  |
| 1 to 6 x a week | 42 | (29) | 84 | (29) | 2 | (14) | 0.88 | a |
| 1 x a day | 45 | (31) | 94 | (32) | 6 | (43) |  |  |
| ≥ 2 x a day | 23 | (16) | 38 | (13) | 2 | (14) |  |  |
| **Yoghurt** |  |  |  |  |  |  |  |  |
| < 3x a month | 22 | (15) | 45 | (15) | 2 | (14) |  |  |
| 1 to 6 x a week | 54 | (37) | 125 | (42) | 7 | (50) | 0.62 | a |
| 1 x a day | 44 | (30) | 93 | (32) | 3 | (21) |  |  |
| ≥ 2 x a day | 25 | (17) | 32 | (11) | 2 | (14) |  |  |
| **Cheese** |  |  |  |  |  |  |  |  |
| < 3x a month | 23 | (16) | 43 | (15) | 1 | (7) |  |  |
| 1 to 6 x a week | 71 | (49) | 158 | (54) | 10 | (71) | 0.10 | a |
| 1 x a day | 28 | (19) | 72 | (24) | 2 | (14) |  |  |
| ≥ 2 x a day | 23 | (16) | 22 | (7) | 1 | (7) |  |  |

a, Pearson Chi Square