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Iodine metabolism: III.

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Statistically, both simple and exophthalmic goiter are related to iodine starvation. (Draft Board in U. S., Eggenberger in Europe.)

In iodine metabolism it is always necessary to analyze the food, but in making up diets it is convenient to know the approximate content beforehand. The following table gives food-stuffs prepared as for the table except that oats and barley contained the husk, which has the greatest amount of the iodine, but this may be eaten by some experimental animals. The prunes contained the pits which are not eaten. The loganberries contained the seeds which are not digested, therefore the iodine may not all be absorbed.

Milligrams of Iodine per Metric Ton of Dried Food (0—23 per cent H<sub>2</sub>O).

	From Goiterous Region	Non-goiterous Region
	mg.	mg.
Cereals		
Wheat .....	1	3.5—8
Oats .....	10	20. —150
Corn .....		45. —220
Barley .....		63
Rye .....		3
Pot Herbs		
Spinach .....	18	
String beans .....	29	
Carrots .....	2	170
Soup vegetables .....	12.5	
Fruits		
Apples (peeled & cored) .....	2.5	
Pears (partly cored) ....	13	
Prunes .....	4.3	
Peaches (pits out) .....	10	
Apricots (pits out) .....	21	
Loganberries .....	139	
Salt (crude Great Salt L.) .....	1.2	
Animal Foods		
Skim milk .....	12	
Butter .....	140	
Goat milk .....		400
Salmon .....		45. —324