

Dover Sole and Iodine: Facts Revealed

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The Essential Mineral in Our Diet

Did you know 30% of the global population risks iodine deficiency according to WHO data? This trace element plays a crucial role in thyroid function, with adults needing 150 mcg daily. While seaweed often steals the spotlight, marine fish like Dover sole contribute significantly to our iodine intake.

What's Inside Dover Sole?

A 100g serving of wild-caught Dover sole contains approximately 27-35 mcg iodine - that's 18-23% of daily needs. But wait, farmed varieties show 40% lower levels due to controlled feeding environments. Compared to cod (99mcg) or shrimp (35mcg), it's a mid-range source that adds up when combined with other foods.

Why does this flatfish accumulate iodine? It's all about their seabed habitat. As filter feeders, they absorb minerals from marine sediments where ocean currents deposit nutrient-rich particles. This explains why catch locations impact values:

North Sea catches: 32mcg

Mediterranean specimens: 24mcg

Aquaculture versions: 15mcg

Ocean Ecosystems and Nutrient Density

Recent studies reveal a fascinating link between tidal energy projects and marine nutrient cycles. The installation of wave energy converters in Scotland's Orkney Islands increased local iodine concentrations by 12% within two years, possibly due to altered water mixing patterns.

Fishing Practices Matter

Bottom trawling - the common method for catching Dover sole - reduces seabed biodiversity by 60% according to Marine Stewardship Council reports. This affects the very ecosystems that create iodine-rich sediments. Sustainable alternatives like hook-and-line fishing preserve seafloor integrity while maintaining



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nutrient density in catches.

Forward-thinking initiatives now combine offshore wind farms with marine conservation zones. The dual-use approach protects fish breeding grounds while generating clean energy - a win-win scenario that could ensure future iodine supplies from seafood sources.

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