



----- Issue 14 / October 2019 -----

## WELCOME!

Welcome to the 14th Issue of The Oatly Way.

I can hardly contain my excitement at the news I have to share with you - Oatly have started enriching its oat drinks with iodine! Full details on this below.

I am delighted to introduce our highly relevant feature interview with Dr Sarah Bath. She is a leading expert on iodine and she'll be answering all of our questions on iodine. Also in this issue you will find details of our latest Oatly news including a new product (which we're sure you chocolate lovers will love), product changes, as well as some new resources for you. As usual we end this issue with a delicious 100% plant-based recipe for you to try - our Italian Sunflower Pesto Salad.

We welcome your feedback, so please do contact me with any comments, including suggestions for future e-newsletter topics.

Lastly, if you would like to find out more about Oatly please visit the Healthcare Professional area of our website [here](#).

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## IODINE - WITH DR SARAH BATH

### WHAT IS IODINE AND WHY DO WE NEED IT?

Iodine is essential for the production of thyroid hormones (T4 and T3); thyroid hormones are involved in brain development so that makes iodine particularly important during pregnancy, lactation and early life. There is evidence that even in mild-to-moderate iodine deficiency in pregnancy (as seen in the UK), is linked to lower verbal IQ and reading scores in children up to the age of 9 years.

Iodine continues to be important throughout life. In fact, it is increasingly evident that pre-pregnancy iodine status is important as iodine can be stored in the thyroid gland and used during pregnancy to maintain thyroid-hormone production; all women of childbearing age should therefore ensure adequate iodine intake.

### WHERE DO WE FIND IODINE?

Generally speaking, fish is a good source of iodine but there is a lot of variability in iodine content -

some oily fish, such as salmon, has a relatively low iodine concentration (~14 µg/100g), while cod (~190 µg/100g) and haddock have a high concentration (~325 µg/100g).

Milk and dairy products are also good sources of iodine - for example a glass (200g) of cows' milk contains 50-100 µg; the wide range is because of variation in iodine content relating to season and farming practice - for example summer milk contains less iodine than winter milk. Eggs are another source of iodine (two eggs provide ~1/3 of the daily adult recommendation).

Milk-alternative drinks are becoming increasingly popular but are not all fortified with iodine, and their natural iodine content is very low. There are a number of milk-alternatives that are now fortified with iodine - a glass of a milk-alternative drink fortified with 22.5 µg/100ml would provide 45 µg or 32% of the adult iodine intake recommendation in the UK (140 µg).

Seaweed, particularly brown seaweed like kelp/kombu, has a very high iodine concentration but it is highly variable and can lead to



### DR SARAH BATH

Dr Sarah Bath is a Lecturer in Public Health Nutrition at the University of Surrey and a registered dietitian. She has worked on iodine since 2006, publishing her work in the Lancet in 2013. She is the author of the BDA's iodine fact sheet, a member of the World Iodine Association's Scientific Advisory Board and a committee member of the UK Iodine Group.

excessive iodine intake. For that reason, kelp/seaweed supplements should not be used as a source of iodine.

## WHO IS 'AT RISK' AND WHY?

In the UK, research has shown that at a population level, pregnant women are mildly-to-moderately iodine deficient, women of childbearing age are marginally sufficient, and children are sufficient. However, at an individual level this will depend on food choice – anyone who avoids key sources is at risk of iodine deficiency. This is especially true in the UK where salt is not iodised, the method recommended by WHO to ensure iodine sufficiency in the population. Those who exclude milk and dairy products may be at risk of deficiency, unless iodine is provided either from other dietary sources, from a milk-alternative drink that is fortified with iodine (with potassium iodide/iodate, not seaweed), or a suitable supplement (providing no more than 150 µg iodine.)

**MORE INFORMATION ON IODINE:**

British Dietetic Association  
Fact Sheet on iodine  
<https://www.bda.uk.com/foodfacts/Iodine.pdf>

## KNOWING WHAT WE DO ABOUT IODINE, HOW SHOULD THIS AFFECT THE PRACTICE OF HEALTHCARE PROFESSIONALS IN THE UK?

Healthcare professionals can play a role in increasing awareness of the importance of iodine and considering iodine when discussing diet, particularly with women of childbearing age. For example, people on a dairy-free diet, it is important to think beyond calcium and ensure that they are also aware of the need to replace iodine. It is important to note that there is no satisfactory biomarker of iodine status in an individual so likely risk of deficiency can only be estimated through dietary assessment (e.g. by a dietitian).

## BITS & PIECES

### Oat Drink Chocolate Deluxe - chilled

We're excited to share details of our new Oat Drink Chocolate Deluxe. It's creamier than our other oat drink chocolate, has more (UTZ-certified) cocoa and less sugar.

It's low in saturated fat and salt; but rich in unsaturated fat, riboflavin, vitamins B12 and D; calcium and iodine – as well as being a source of fibre.



Full nutrition details [here](#).

Where to buy it [here](#).

## New Resources and Publications:

### A COLLECTION OF 100% PLANT-BASED RECIPES

We are often asked for recipes, so we've gathered together a collection of our Oatly recipes for you [here](#).



### OATLY'S SUSTAINABILITY REPORT

Our latest Sustainability Report is now available. Click [here](#) for reading!



Both of these new resources can also be found in the 'Resources' section of the HCP website [oatly.com/uk/healthcareprofessionals/resources](https://oatly.com/uk/healthcareprofessionals/resources)

Changes to our Oatly products:

**IODINE ENRICHED!**



**NOW IN OUR OAT DRINKS.**

**Dreams come true!** Oatly have started to enrich its oat drinks with iodine. The level of iodine will be 22.5µg/100 ml in all oat drinks except the Organic Oat Drink. Oatly oat drinks will therefore be rich in calcium, iodine, riboflavin, vitamin B12 and vitamin D.

Enrichment has already begun, with our new Oat Drink Chocolate Deluxe already being in store. Iodine enriched variants of all our oat drinks (except Organic Oat Drink) are expected to be in stores by early 2020.

#### Vitamin D levels

We are reducing the amount of vitamin D in our drinks from 1.5 µg/100 ml to 1.1 µg/100 ml, which will bring it in line with new legislation from the Swedish National Food Agency which has set maximum (and minimum) levels of vitamin D for some enriched plant-based foods and drinks. Don't worry, all of our drinks (except Organic Oat Drink) are still rich in vitamin D – as well as calcium, riboflavin, vitamin B12, and will soon be rich in iodine too!

**CALCIUM AND VITAMINS**

# Italian Sunflower Pesto Salad

**SERVES 4**

A creamy and flavoursome pesto-like salad.

Serve the salad with fried tofu or similar. For best results choose a flavoured tofu, like smoked tofu or garlic and basil. If you don't like tofu, try tempeh, plant-based sausage, or mix your favourite beans and lentils into the salad.

## **Nutrition Information:**

(Approximate nutrition information per serving with salad + fried tofu)

Energy (kcal)	660
Fat (g)	36.1
Saturates (g)	4.7
Carbs (g)	56.5
Sugar (g)	6.9
Fibre (g)	13.7
Protein (g)	21

## **INGREDIENTS:**

### **For the salad**

- 2 cups (200 g) penne pasta (preferably wholewheat)
- 1 cup (300 g) broccoli, cut into florets
- $\frac{1}{2}$  cup (150 g) frozen (edamame) soya beans
- 6 sun-dried tomatoes, finely chopped
- $\frac{3}{4}$  cup (200 ml) Oatly Creamy
- Oat Fraiche
- Salt and pepper

### **For the pesto**

- $\frac{1}{2}$  cup (100 ml) sunflower seeds, roasted
- Leaves from 1 basil plant (approx. 20g)



- $\frac{1}{2}$  cup (100 ml) rapeseed oil
- 1 garlic clove
- 2-3 tbsp nutritional yeast (to get a cheesy flavour)
- 1 tbsp lemon juice
- Salt and pepper

## **METHOD:**

### **For the salad**

1. Set water to boil and drop in the pasta. Add the broccoli and soy beans to the pasta water when it is one minute from being done.
2. Pour into a colander/sieve and rinse with cold water.

### **For the sunflower pesto**

3. Pour all ingredients into a food processor (or use a stick blender) and mix to get a nearly smooth blend. Don't mix too long, as this may make the pesto bitter. Add salt and pepper to taste.
4. Toss all of the ingredients into the salad bowl and mix to combine. Season to taste.

