**Supplementary Table 1:** An overview of the dietary items and questions in the iodine-specific digital dietary screener (I-screener).

|  |  |
| --- | --- |
| **English translation** | **Norwegian (original language)** |
| Who should you test iodine status for? - Myself - My child | Hvem skal du teste jodstatus for?* Meg selv
* Barnet mitt
 |
| Gender and age - Female 18 years or older - Male 18 years or older - Girl/boy 10-17 years | Kjønn og alder* Kvinne 18 år eller eldre
* Mann 18 år eller eldre
* Jente/gutt 10-17 år
 |
| About you. - I plan to get pregnant - I'm pregnant - I'm breastfeeding - Neither | Om deg.* Jeg planlegger å bli gravid
* Jeg er gravid
* Jeg ammer
* Ingen av delene
 |
| How much milk, chocolate milk, and sour milk do you drink? - 3 glasses or more per day - 1-2 glasses per day - 4-6 glasses a week - 1-3 glasses a week - Rarely or never drinks milk | Hvor mye melk, sjokolademelk og syrnet melk drikker du?* 3 glass eller mer per dag
* 1-2 glass per dag
* 4-6 glass i uken
* 1-3 glass i uken
* Drikker sjelden eller aldri melk
 |
| How many cups of coffee/tea with a lot of milk (1.7 dl) do you drink (eg caffè latte, cappuccino, chai latte)? - 2 cups or more per day - 1 cup per day - 4-6 cups a week - 1-3 cups a week - Rarely or never drinks coffee/tea with milk | Hvor mange kopper kaffe/te med mye melk (1,7 dl) drikker du (eks. caffè latte, cappuccino, chai latte)?* 2 kopper eller flere per dag
* 1 kopp per dag
* 4-6 kopper i uken
* 1-3 kopper i uken
* Drikker sjelden eller aldri kaffe/te med melk
 |
| How many portions of cereal and/or porridge made with milk (1.5 dl) do you eat? - 2 or more portions per day - 1 portion per day - 4-6 portions a week - 1-3 portions a week - Rarely or never eats cereal/porridge with milk | Hvor mange porsjoner frokostblanding og/eller grøt laget med melk (1,5 dl) spiser du?* 2 eller flere porsjoner per dag
* 1 porsjon per dag
* 4-6 porsjoner i uken
* 1-3 porsjoner i uken
* Spiser sjelden eller aldri frokostblanding/grøt med melk
 |
| How many slices of bread/crispy bread with prim do you eat? - 2 or more per day - 1 per day - 4-6 a week - 1-3 a week - Rarely or never prime | Hvor mange brødskiver/knekkebrød med prim spiser du?* 2 eller flere per dag
* 1 per dag
* 4-6 i uken
* 1-3 uken
* Sjelden eller aldri prim
 |
| How many slices of bread/crispy bread with brown cheese do you eat? - 2 or more per day - 1 per day - 4-6 a week - 1-3 a week - Rarely or never brown cheese | Hvor mange brødskiver/knekkebrød med brunost spiser du?* 2 eller flere per dag
* 1 per dag
* 4-6 i uken
* 1-3 uken
* Sjelden eller aldri brunost
 |
| How many portions of yogurt or quark do you eat (125 g, incl. Skyr and Kesam)? - 2 or more portions per day - 1 portion every day - 4-6 portions a week - 1-3 portions a week - Rarely or never eats yoghurt or quark | Hvor mange porsjoner yoghurt eller kvarg spiser du (125 g, inkl. Skyr og Kesam)?* 2 eller flere porsjoner per dag
* 1 porsjon hver dag
* 4-6 porsjoner i uken
* 1-3 porsjoner i uken
* Spiser sjelden eller aldri yoghurt eller kvarg
 |
| How many portions of cottage cheese do you eat (100 g)? - 2 or more portions per day - 1 portion every day - 4-6 portions a week - 1-3 portions a week - Rarely or never eats cottage cheese | Hvor mange porsjoner cottage cheese spiser du (100 g)?* 2 eller flere porsjoner per dag
* 1 porsjon hver dag
* 4-6 porsjoner i uken
* 1-3 porsjoner i uken
* Spiser sjelden eller aldri cottage cheese
 |
| How often do you eat pure white fish (200 g, not mixed products)? - 2-3 times a week or more - 1 time a week - 2-3 times a month - 1 time a month - Rarely or never eats white fish | Hvor ofte spiser du ren hvit fisk (200 g, ikke blandingsprodukter)?* 2-3 ganger i uken eller mer
* 1 gang i uken
* 2-3 ganger i måneden
* 1 gang i måneden
* Spiser sjelden eller aldri hvit fisk
 |
| How often do you eat white fish products (150 g, fish cakes, fish pudding, fish sticks, etc.)? - 2-3 times a week or more - 1 time a week - 2-3 times a month - 1 time a month - Rarely or never eat white fish products | Hvor ofte spiser du produkter av hvit fisk (150 g, fiskekaker, fiskepudding, fiskepinner osv.)?* 2-3 ganger i uken eller mer
* 1 gang i uken
* 2-3 ganger i måneden
* 1 gang i måneden
* Spiser sjelden eller aldri produkter av hvit fisk
 |
| How many slices of bread/crispy bread with fish toppings such as mackerel in tomato and caviar do you eat? - 2 or more times per day - 1 per day - 4-6 a week - 1-3 a week - Rarely or never eats fish dishes | Hvor mange brødskiver/knekkebrød med fiskepålegg som makrell i tomat og kaviar spiser du?* 2 eller flere ganger pr dag
* 1 per dag
* 4-6 i uken
* 1-3 i uken
* Spiser sjelden eller aldri fiskepålegg
 |
| Hvor mange egg spiser du (inkl. i matlaging)?* 1 eller flere egg per dag
* 4-6 egg i uken
* 1-3 egg i uken

Spiser sjelden eller aldri egg | Hvor mange egg spiser du (inkl. i matlaging)?* 1 eller flere egg per dag
* 4-6 egg i uken
* 1-3 egg i uken
* Spiser sjelden eller aldri egg
 |
| How often do you use oat milk that has added iodine (1.5 dl)? - 3 times a day - 1-2 times a day - 4-6 times a week - 1-3 times a week - Rarely or never uses plant-based milk | Hvor ofte bruker du havredrikk som er tilsatt jod (1,5 dl)?* 3 ganger om dagen
* 1-2 ganger om dagen
* 4-6 ganger i uken
* 1-3 ganger i uken
* Bruker sjelden eller aldri plantedrikker
 |
| Do you use dietary supplements containing iodine (150 µg)? - Yes, daily - About every other day - Occasionally (once a week) - Rarely or never | Bruker du kosttilskudd som inneholder jod (150 µg) ?* Ja, daglig
* Ca. annenhver dag
* Av og til (en gang i uken)
* Sjelden eller aldri
 |

**Supplementary Table 2:** Overview of the participants with estimated iodine intake below the dietary iodine recommendations of 150 µg/day.

|  |  |
| --- | --- |
| **Estimated iodine intake from, n (%)** | **Number of participants with iodine intake below 150 µg/day** |
| **I-screenera** | 53 (74%) |
| **24HRb** | 39 (54%) |
| **E-UICc** | 51 (71%) |

a Iodine-specific digital dietary screener (I-screener)

b Iodine intake from 24-hour recall (24HR)

c Iodine intake estimated with the equation (E-UIC): Urinary iodine concentration (μg/L) × 0.0235 × body weight (kg) [21] Self-reported current body weight used for estimation.

**Supplementary Table 3:** Spearman´s rho correlation coefficienta between estimated iodine intake from I-screener, 24-hour recall, estimated iodine intake from UIC (E-UIC), urinary iodine concentration (UIC) (ug/L) and Tg (ug/L) without an extreme outlier of 1200 µg iodine/d.

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Estimated iodine intake from | 24HR (n=72)c  | E-UIC (n=72)d  | UIC (n=72)e  | Tg (n=61)  |
| I-screenerb | 0.292\*  | 0.124 | 0.116 | 0.189  |
| 24HR | - | 0.187 | 0.157 | -0.075  |
| E-UIC | 0.209 | - | - | 0.053 |

Tg, thyroglobulin

aSpearman´s rank order correlation coefficient. The correlation coefficients strength (effect size) was considered poor if < 0,20, acceptable if 0,20-0,49, and strong if > 0,50 corresponding to previously used dietary methods [45]

b Iodine-specific digital dietary screener (I-screener)

c Iodine intake from 24-hour recall (24HR)

d Iodine intake estimated with the equation (E-UIC): Urinary iodine concentration (μg/L) × 0.0235 × body weight (kg) [21] Self-reported current body weight used for estimation.

 e Urinary iodine concentration (UIC): Pooled sample of spot-urine samples from six consecutive days, one participant was missing one spot-urine sample (day 6)

\* Significant correlation coefficient