

IODIZE

Meaning: To iodize means to add iodine to a substance, particularly salt, to prevent iodine deficiency and promote health.

1. To ensure proper thyroid function, it's important to iodize table salt.
2. Many countries have implemented policies to iodize their salt supplies for public health.
3. The process to iodize salt involves adding potassium iodide to prevent iodine deficiency.
4. Doctors often recommend using iodized salt to help maintain adequate iodine levels in the diet.
5. Some consumers prefer non-iodized salt for specific culinary uses, despite the health benefits of iodizing.

Source: sentences.whatistheurl.com

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