

**People above 14 years of age need to consume 2.4 micrograms (mcg) every day. However, the requirement changes with the calorie our body needs at a particular time. For instance, a pregnant woman needs to ensure an intake of 2.6 mcg, and a lactating woman 2.8 mcg daily, says Dr Suranjit Chatterjee, Senior Consultant , Internal Medicine, Indraprastha Apollo Hospital, New Delhi**