



Selenium



Selenium is a mineral important for healthy thyroid function, prevention and repair of cell damage, and several enzyme reactions in the human body. Adequate selenium in the diet may also be protective against heart disease by lowering LDL (“bad”) cholesterol in the bloodstream, but current evidence is not conclusive.

Having too little selenium in the body can cause muscle discomfort, muscle weakness, heart problems, degeneration of the pancreas, thyroid function problems, and it can make the body more susceptible to illnesses caused by other nutritional, biochemical or infectious stresses.

Good food sources of selenium include: seafood, kidney and liver, and to a lesser extent, other meats. Grains and seeds may be good sources, depending on the selenium content of the soil they were raised in - be sure to check the Nutrition Facts Panel on the food label.

Food Sources of Selenium

Food	Portion	Amount of selenium (mcg)
Shrimp	3 ounces	34
Scallops	3½ ounces	28
Clams	3 ounces	54
Brazil nuts	1 ounce	544
Chicken breast, roasted	3½ ounces	20
Egg, whole	1 medium	14
Chicken liver	3 ounces	70
Pork kidney	3 ounces	265
Beef, cooked	3½ ounces	35
Cod, cooked	3 ounces	32
Turkey, light meat, roasted	3 ounces	32
Wheat bread, enriched	1 slice	10
Noodles, enriched, boiled	½ cup	17

Recommended Intakes (RDA) for Selenium

Group	Amount per Day
Males	55 mcg
Females	55 mcg
Pregnancy	60 mcg
Lactation	70 mcg