



Food Sources: Selenium

Selenium is an essential trace element present in plant foods, seafood, meats, and enriched grains and dairy in many parts of the world.

Plant sources of selenium may have variable selenium content, as their assimilation of this important nutrient depends on concentrations of the soil in which they are grown.

The recommended daily allowance for selenium is 55 micrograms in adults. This number increases to 60 micrograms in pregnant women, and 70 micrograms for women who are breastfeeding. The tolerable upper intake level for adults is 400 mcg/day.

Food, Standard Serving Size	Average Selenium Content (mcg)
Brazil nuts, 1 ounce	544
Pork, 3 ounces	265
Lamb, 3 ounces	186
Tuna (yellowfin), 3 ounces	92
Oysters (Pacific), 3 ounces	66
Clams, 3 ounces	54
Sardines, canned, 3.75 ounces	49
Halibut, 3 ounces	47
Shrimp, 3 ounces	42
Salmon (wild caught), 3 ounces	31
Cod fillet (Atlantic), 3 ounces	28
Beef chuck roast, 3 ounces	23
Sunflower seed butter, 1 Tbsp	17
Egg, whole	15

References

1. U.S. Department of Agriculture, Agricultural Research Service. USDA National Nutrient Database for Standard Reference, Release 25. Nutrient Data Laboratory Home Page 2012.
2. Office of Dietary Supplements. Selenium. NIH Office of Dietary Supplements. <https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/#en10>. Accessed May 23, 2018.
3. Selenium. Linus Pauling Institute. <http://lpi.oregonstate.edu/mic/minerals/selenium>. Published January 1, 2018. Accessed May 28, 2018.