

# SELENIUM



## MAIN FUNCTIONS

- Assists antioxidant enzymes
- Needed for production of thyroid hormone, which helps maintain body temperature and basal metabolic rate
- Supports immune function

## GOOD SOURCES

Meat, nuts, seafood, and whole grains are good sources of selenium.

### Meat

beef · chicken · pork

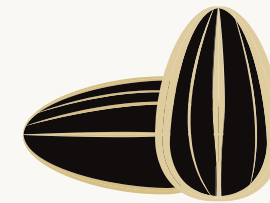
- Beef, 3 ounces, 30.6  $\mu\text{g}$



### Nuts

Brazil nuts · sunflower seeds

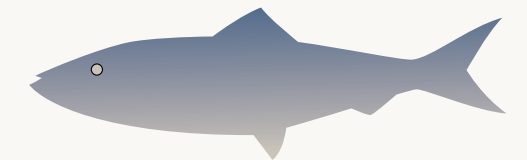
- Sunflower seeds, ¼ cup, 18.6  $\mu\text{g}$



### Seafood

tuna · clams · shrimp

- Tuna, 3 ounces, 92.0  $\mu\text{g}$



$\mu\text{g}$  = micrograms; a 3-ounce serving of meat or fish is about the size of a deck of cards

## DAILY RECOMMENDATION

55

$\mu\text{g}$

Adults

## SPECIAL NOTES

- The selenium content of plants and grains varies greatly.
  - » Food selenium content is influenced by the selenium content of the soil in which it was grown.
  - » Some plants accumulate selenium to a greater extent, including garlic, Brazil nuts, and *Brassica* vegetables (broccoli, Brussel sprouts, cabbage, cauliflower, kale).
  - » A single serving of Brazil nuts (6 nuts) is above the tolerable upper intake level (UL) of 400  $\mu\text{g}/\text{day}$ .
- Most people in the US consume enough selenium to meet the recommendation.