

Information About Selenium

Selenium is a mineral that works as an antioxidant in the body. It can help to keep tissues healthy by preventing cell damage.

Selenium helps keep your immune system and thyroid working well.

Selenium may help protect against the development of some types of cancers and certain chronic diseases but this is still being studied.

How Much Selenium Should I Aim For?

<i>Age in years</i>	<i>Aim for an intake of micrograms (mcg)/day</i>	<i>Stay below* mcg/day</i>
Men and Women 19 and older	55	400
Pregnant Women 19 to 50	60	400
Breastfeeding Women 19 to 50	70	400

*This amount includes sources of selenium from food and supplements

Food Sources of Selenium

Selenium is easily absorbed from food. The best source of selenium is Brazil nuts. Selenium content of foods can vary considerably depending on the selenium content of the soil where the animal was raised or the plant was grown. The amounts listed below are therefore subject to variation. The following table will show you foods which are a source of selenium.

Food	Serving Size	Selenium (mcg)
Vegetables and Fruit		
Mushrooms (portabella, shiitake, crimini), raw or cooked	125 mL (1/2 cup)	10-21



Grain Products		
Couscous, cooked	125 mL (½ cup)	23
Pasta, egg noodles, enriched, cooked	125 mL (½ cup)	20
Pasta (whole wheat, white), enriched, cooked	125 mL (½ cup)	19-20
Rice, brown, long-grain, cooked	125 mL (½ cup)	8-10
Oat bran, cooked	125 mL (½ cup)	10
Rice, white, cooked	125 mL (½ cup)	8
Milk and Alternatives		
Yogurt, soy	175 g (¾ cup)	25
Cottage cheese, 0%-4% MF	250 mL (1 cup)	14-28
Yogurt, Greek, all flavours, non fat	175 mL (¾ cup)	14-17
Yogurt, fruit, non fat	175 mL (¾ cup)	9
Processed cheese slices (cheddar, swiss), regular, low fat	50 g (1 ½ oz)	13
Milk (homogenized 3.3%, 2%, 1%, skim)	250 mL (1 cup)	8-10
Cheese (Swiss, emmental)	50 g (1 ½ oz)	9
Cheese, mozzarella, regular, low fat	50 g (1 ½ oz)	7-9
Meat and Alternatives		
<i>Meat Alternatives</i>		
Brazil nuts*, without shell	5	340
Mixed nuts, without shell	60 mL (¼ cup)	51-154
Egg, cooked	2 large	34
Sunflower seeds, without shell	60 mL (¼ cup)	21-27
Tofu	150 g (¾ cup)	13-20
Baked beans, canned	175 mL (¾ cup)	9-19
Chia seeds	60 mL (¼ cup)	24

*Due to the very high level of selenium in brazil nuts, if you like brazil nuts, eat them occasionally, not every day.



<i>Fish and Seafood</i>		
Oysters, Pacific, cooked	75 g (2 ½ oz)	116
Fish (halibut, herring, bass, cod, mackerel, orange roughy, tilapia), cooked	75 g (2 ½ oz)	12-66
Tuna (light, white), canned	75 g (2 ½ oz)	45-53
Oysters, farmed, cooked	75 g (2 ½ oz)	58
Pike or grayling, cooked	75 g (2 ½ oz)	45
Salmon, cooked	75 g (2 ½ oz)	27-45
Sardines, canned in oil	75 g (2 ½ oz)	40
Crab, cooked	75 g (2 ½ oz)	33-36
<i>Meat and Poultry</i>		
Liver (lamb, chicken, turkey, pork), cooked	75 g (2 ½ oz)	51-87
Bacon, strips, cooked	3 slices (24 g)	12
Chicken or turkey, various cuts, cooked	75 g (2 ½ oz)	12-38
Pork, various cuts, cooked	75 g (2 ½ oz)	20-34
Beef, various cuts, cooked	75 g (2 ½ oz)	22-29
Lamb, Canadian, various cuts, cooked	75 g (2 ½ oz)	18-27

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Source: "Canadian Nutrient File 2016"

<http://www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php>

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