

# Sources of selenium

Selenium is a trace mineral and antioxidant that supports the immune system, thyroid function, DNA synthesis, cognitive function, metabolism, and protects against tissue damage.

## Recommended Daily Intake (RDI) for selenium



19+ male  
70 mcg/day



19+ female  
65 mcg/day



Pregnancy  
75 mcg/day



Lactation  
75 mcg/day



Food (serving size)	Selenium (mcg)
<b>Brazil nuts</b> , raw or blanched (30g, 10 nuts)	276
<b>Tuna</b> , canned in brine, drained (100g)	73
<b>Anchovy</b> , canned in oil, drained (100g)	68
<b>Prawn</b> , school or wild, raw (100g)	62
<b>Egg</b> , chicken, hard-boiled (1 egg)	60
<b>Sardines</b> , canned in oil, with bones (110g, 1 tin)	58
<b>Flathead</b> , steamed, baked (100g)	58
<b>Tuna</b> , yellowfin, steamed (100g)	44
<b>Oysters</b> , Pacific, raw (100g)	43
<b>Pork</b> , loin, baked (100g)	40
<b>Chicken</b> , breast, baked (100g)	26
<b>Beef strips</b> , lean, cooked (100g)	26
<b>Chickpeas</b> , cooked (85g, ½ cup)	21
<b>Sunflower seeds</b> , raw (30g, ¼ cup)	19
<b>Turkey</b> , breast, baked (100g)	19
<b>Tofu</b> , firm, raw (100g)	17
<b>Mushroom</b> , common, raw (100g, 1 cup)	16
<b>Wheat bran</b> , unprocessed, raw (60g, 1 cup)	14
<b>Cottage cheese</b> , 1% milkfat (180g, ½ cup)	10
<b>Brown rice</b> , long grain, cooked (100g, ½ cup)	9.5
<b>Parmesan cheese</b> (50g, ½ cup)	8.5
<b>Milk</b> , 1% fat (1 cup)	8
<b>Lentils</b> , cooked (75g, 1 cup)	6
<b>Chia seeds</b> (10g, 1 tablespoon)	6
<b>Spinach</b> , boiled (110g, ½ cup)	5

Note: Selenium content of plant-based sources can vary with soil selenium levels.