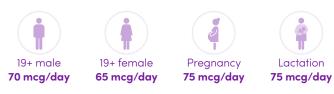


## Sources of selenium

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





Parazil nuts, raw or blanched (30g, 10 nuts)276Fund, canned in brine, drained (100g)68Fund, canned in brine, drained (100g)68Parawn, school or wild, raw (100g)62Egg, chicken, hard-boiled (1egg)60Sardines, canned in oil, with bones (110g, 11in)58Flathead, steamed, baked (100g)44Oysters, Pacific, raw (100g)43Porte, loin, baked (100g)60Porte, baked (100g)60Portes, baked (100g)60Portes, baked (100g)60Portes, baked (100g)10Portes, breast, baked (100g)10Portes, breast, baked (100g)10Portes, breast, baked (100g)10Portes, breast, baked (100g), 1 cup)16Portes, breast, baked (100g), 1 cup)16Portes, breast, baked (100g), 1 cup)16Portes, breast, baked (100g, 1 cup)16Portes, breast, baked (100g, 1 cup)16Portes, breast, baked (100g, 1 cup)16Portes, 1% milkfat (180g, 1/2 cup)16Portes, 1% milkfat (180g, 1/2 cup)16Portes, 1% milkfat (180g, 1/2 cup)16Portes, 1% milkfat (180g		Colonium (man)
Tuna, canned in brine, drained (100g)73Anchovy, canned in brine, drained (100g)68Prawn, school or wild, raw (100g)60Egg, chicken, hard-boiled (1egg)60Sardines, canned in bil, with bones (110g, 1 tin)58Flathed, steamed, baked (100g)44Oysters, Pacific, raw (100g)43Port, loin, baked (100g)40Oysters, Pacific, raw (100g)26Chicken, breast, baked (100g)26Chicken, breast, baked (100g)26Chicken, breast, baked (100g)19Sanfower seeds, raw (30g, ¼ cup)19Flathed, film, raw (100g)17Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)16Chitage cheese, 1% milkfat (180g, ½ cup)35Parmesan cheese (50g, ½ cup)55Parmesan cheese (50g, ½ cup)6Suntils, cooked (75g, 1 cup)6Chitage cheese, 1% milkfat (180g, ½ cup)6Chitage cheese, 1% milkfat (180g, ½ cup)6Chitage cheese (50g, ½ cup)6Chitage che	Food (serving size)	
An Achovy, canned in oil, drained (100g)   68     Prown, school or wild, raw (100g)   62     Egg, chicken, hard-boiled (1 egg)   60     Bardines, canned in oil, with bones (110g, 1 tin)   58     Protend, steamed, boked (100g)   58     Futnad, yellowfin, steamed (100g)   44     Dysters, Pacific, raw (100g)   43     Pork, loin, baked (100g)   66     Chicken, breast, baked (100g)   66     Stanflower seeds, raw (30g, ½ cup)   19     Stanflower seeds, raw (30g, ½ cup)   16     Mushroom, common, raw (100g, 1 cup)   16     Chitage cheese, ½ milkfat (180g, ½ cup)   10     Chitage cheese, ½ milkfat (180g, ½ cup)   10     Parmesan cheese (50g, ½ cup)   55     Parmesan cheese (50g, ½ cup)   6     Chitage cheese, ½ milkfat (180g, ½ cup)   6     Parmesan cheese (50g, ½ cup)   6     Chitage cheese (100g, ½ cup)   6		
Proven, school or wild, raw (100g)   62     Sigg, chicken, hard-boiled (1 egg)   60     Sardines, canned in oil, with bones (10g, 1 tin)   58     Flathead, steamed, baked (100g)   58     Flathead, steamed, baked (100g)   44     Opsters, Pacific, raw (100g)   43     Pork, loin, baked (100g)   26     Chicken, breast, baked (100g)   26     Chickpers, cooked (85g, ½ cup)   21     Sanflower seeds, raw (30g, ½ cup)   19     Flathead, film, raw (100g)   17     Kushroom, common, raw (100g, 1 cup)   16     Chicken sees, 1% milkfat (180g, ½ cup)   10     Sardower sees (50g, ½ cup)   58     Parmesan cheese (50g, ½ cup)   65     Parmesan cheese (50g, ½ cup)   65     Parmesan cheese (50g, ½ cup)   65     Parmesan chel	<b>Tuna,</b> canned in brine, drained (100g)	73
Egg, chicken, hard-boiled (legg)60Sardines, canned in oil, with bones (110g, 1 tin)58Sardines, canned in oil, with bones (110g, 1 tin)58Flathead, steamed, baked (100g)58Flathead, steamed, baked (100g)44Oysters, Pacific, raw (100g)40Sort, lein, baked (100g)66Sardines, cooked (100g)26Sardines, cooked (100g)26Chicken, breast, baked (100g)26Chicken, breast, baked (100g)26Sardinew seeds, raw (30g, ½ cup)19Sardinew seeds, raw (30g, ½ cup)19Sardinew, breast, baked (100g)17Washroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)35Sardinese (50g, ½ cup)58Sardinese (50g, ½ cup)58Sardinese (50g, ½ cup)6Sardinese (50g, ½ cup)6Cottage cheese (50g, ½ cup)6Cottage	Anchovy, canned in oil, drained (100g)	68
Stardines, canned in oil, with bones (110g, 1 fin)58Flathead, steamed, boked (100g)58Flathead, steamed, boked (100g)44Systers, Pacific, raw (100g)43Systers, Pacific, raw (100g)40Shathead (100g)26Chicken, breast, baked (100g)26Chicken, breast, baked (100g)21Shathead, steamed (100g)19Shathead, steamed (100g)19Shathead, steamed, baked (100g)17Shathead, steamed, baked (100g)16Shathead, steamed, baked (100g), 1 cup)16Shathead, steamed, baked (100g, 1 cup)16Shathead, steamed, baked (10g, 1 cup)16Shathead, steamed, baked (10g, 1 cup)16Shathead, steamed, baked (10g, 1 cup)16Shathead, 100g, 1 cup)16Shathead, 100g, 1 cup)16	Prawn, school or wild, raw (100g)	62
Flathead, steamed, baked (100g) 58   Funa, yellowfin, steamed (100g) 44   Oysters, Pacific, raw (100g) 40   Pork, loin, baked (100g) 26   Chicken, breast, baked (100g) 26   Chicken, breast, baked (100g) 21   Chickens, cooked (85g, ½ cup) 19   Chicken, breast, baked (100g) 19   Sunflower seeds, raw (30g, ½ cup) 19   Sunflower seeds, raw (30g, ½ cup) 19   Koth, firm, raw (100g) 17   Wushroom, common, raw (100g, 1 cup) 16   Cottage cheese, 1% milkfat (180g, ½ cup) 10   Cottage cheese, 1% milkfat (180g, ½ cup) 10   Rown rice, long grain, cooked (100g, ½ cup) 8.5   Parmeson cheese (50g, ½ cup) 8.5   Rown rice, long grain, cooked (100g, ½ cup) 8.5   Parmeson cheese (50g, ½ cup) 8.5   Rown rice, long grain, cooked (100g, ½ cup) 8.5   Parmeson cheese (50g, ½ cup) 8.5   Rown rice, long grain, cooked (100g, ½ cup) 6   Parmeson cheese (50g, ½ cup) 8.5   Rown rice, long grain, cooked (100g, ½ cup) 6   Parmeson cheese (50g, ½ cup) <td><b>Egg,</b> chicken, hard-boiled (1 egg)</td> <td>60</td>	<b>Egg,</b> chicken, hard-boiled (1 egg)	60
Tuna, yellowfin, steamed (100g) 44   Dysters, Pacific, raw (100g) 43   Pork, loin, baked (100g) 40   Chicken, breast, baked (100g) 26   Beef strips, lean, cooked (100g) 26   Chickpeas, cooked (85g, ½ cup) 21   Sunflower seeds, raw (30g, ¼ cup) 19   Foruk, birn, raw (100g) 17   Wushroom, common, raw (100g, 1 cup) 16   Chickpeas, cooked (100g, ½ cup) 19   Sunflower seeds, raw (60g, 1 cup) 16   Wushroom, common, raw (100g, 1 cup) 16   Chickpeas, limitfat (180g, ½ cup) 10   Chickpeas, cooked (100g, ½ cup) 5   Parmesan cheese (50g, ½ cup) 8.5   Parmesan cheese (50g, ½ cup) 8.5   Wilk, % fat (1 cup) 8   Lentils, cooked (75g, 1 cup) 6   Chickpeas (10g, 1 tablespoon) 6	Sardines, canned in oil, with bones (110g, 1 tin)	58
Dysters, Pacific, raw (100g)43Pork, Ioin, baked (100g)40Chicken, breast, baked (100g)26Beef strips, Iean, cooked (100g)21Chickpeas, cooked (85g, ½ cup)21Chickpeas, cooked (85g, ½ cup)19Furkey, breast, baked (100g)19Forfu, firm, raw (100g)17Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)9.5Parmesan cheese (50g, ½ cup)8.5Parmesan cheese (50g, ½ cup)8.5Wilk, 1% fat (1 cup)8Chi seeds (10g, 1 tablespoon)6	Flathead, steamed, baked (100g)	58
Pork, loin, baked (100g)40Chicken, breast, baked (100g)26Beef strips, lean, cooked (100g)26Chickpeas, cooked (85g, ½ cup)21Chickpeas, cooked (85g, ½ cup)19Furkey, breast, baked (100g)19Foru, firm, raw (100g)17Mushroom, common, raw (100g, 1 cup)16Chicage cheese, 1% milkfat (180g, ½ cup)10Borwn rice, long grain, cooked (100g, ½ cup)55Parmesan cheese (50g, ½ cup)8.5Parmesan cheese (50g, ½ cup)6Chicage cheese, 1% milkfat (120p)6Chicage cheese (100g, ½ cup)6Chicage cheese (100g, ½ cup)6	Tuna, yellowfin, steamed (100g)	44
Chicken, breast, baked (100g)26Beef strips, lean, cooked (100g)26Chickpeas, cooked (85g, ½ cup)21Chickpeas, cooked (85g, ½ cup)19Sunflower seeds, raw (30g, ¼ cup)19Tortu, firm, raw (100g)7Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)9.5Parmesan cheese (50g, ½ cup)8.5Parmesan cheese (50g, ½ cup)8.5Wilk, % fat (1 cup)8Cottage (100g, 1 tub)6Chieseeds (100g, 1 tub)6	<b>Oysters,</b> Pacific, raw (100g)	43
Beef strips, lean, cooked (100g)26Chickpeas, cooked (85g, ½ cup)21Sunflower seeds, raw (30g, ¼ cup)19Furkey, breast, baked (100g)19Fofu, firm, raw (100g)17Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)9.5Brown rice, long grain, cooked (100g, ½ cup)8.5Parmesan cheese (50g, ½ cup)8.5Mulk, 1% fat (1 cup)8Lentils, cooked (75g, 1 cup)6Chia seeds (10g, 1 tablespon)6	Pork, loin, baked (100g)	40
Chickpeas, cooked (85g, ½ cup)21Sunflower seeds, raw (30g, ½ cup)19Turkey, breast, baked (100g)19Tofu, firm, raw (100g)17Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)10Brown rice, long grain, cooked (100g, ½ cup)9.5Parmesan cheese (50g, ½ cup)8.5Milk, 1% fat (1 cup)8Lentils, cooked (75g, 1 cup)6Chia seeds (10g, 1 tablespoon)6	Chicken, breast, baked (100g)	26
Sunflower seeds, raw (30g, ¼ cup)19Furkey, breast, baked (100g)19Fofu, firm, raw (100g)17Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)10Brown rice, long grain, cooked (100g, ½ cup)9.5Parmesan cheese (50g, ½ cup)8.5Mulk, 1% fat (1 cup)8Lentils, cooked (75g, 1 cup)6Chia seeds (10g, 1 tablespon)6	Beef strips, lean, cooked (100g)	26
Furkey, breast, baked (100g) 19   Fofu, firm, raw (100g) 17   Mushroom, common, raw (100g, 1 cup) 16   Wheat bran, unprocessed, raw (60g, 1 cup) 14   Cottage cheese, 1% milkfat (180g, ½ cup) 10   Brown rice, long grain, cooked (100g, ½ cup) 9.5   Parmesan cheese (50g, ½ cup) 8.5   Wilk, 1% fat (1 cup) 8   Lentils, cooked (75g, 1 cup) 6   Chia seeds (10g, 1 tablespoon) 6	<b>Chickpeas,</b> cooked (85g, ½ cup)	21
Tofu, firm, raw (100g) 17   Mushroom, common, raw (100g, 1 cup) 16   Wheat bran, unprocessed, raw (60g, 1 cup) 14   Cottage cheese, 1% milkfat (180g, ½ cup) 10   Brown rice, long grain, cooked (100g, ½ cup) 9.5   Parmesan cheese (50g, ½ cup) 8.5   Wilk, 1% fat (1 cup) 8   Lentils, cooked (75g, 1 cup) 6   Chia seeds (10g, 1 tablespoon) 6	Sunflower seeds, raw (30g, ¼ cup)	19
Mushroom, common, raw (100g, 1 cup)16Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)10Brown rice, long grain, cooked (100g, ½ cup)9.5Parmesan cheese (50g, ½ cup)8.5Wilk, 1% fat (1 cup)8entils, cooked (75g, 1 cup)6Chia seeds (10g, 1 tablespoon)6	Turkey, breast, baked (100g)	19
Wheat bran, unprocessed, raw (60g, 1 cup)14Cottage cheese, 1% milkfat (180g, ½ cup)10Brown rice, long grain, cooked (100g, ½ cup)9.5Parmesan cheese (50g, ½ cup)8.5Wilk, 1% fat (1 cup)8Lentils, cooked (75g, 1 cup)6Chia seeds (10g, 1 tablespoon)6	<b>Tofu,</b> firm, raw (100g)	17
Cottage cheese, 1% milkfat (180g, ½ cup) 10   Brown rice, long grain, cooked (100g, ½ cup) 9.5   Parmesan cheese (50g, ½ cup) 8.5   Wilk, 1% fat (1 cup) 8   Lentils, cooked (75g, 1 cup) 6   Chia seeds (10g, 1 tablespoon) 6	Mushroom, common, raw (100g, 1 cup)	16
Brown rice, long grain, cooked (100g, ½ cup) 9.5   Parmesan cheese (50g, ½ cup) 8.5   Milk, 1% fat (1 cup) 8   entils, cooked (75g, 1 cup) 6   Chia seeds (10g, 1 tablespoon) 6	Wheat bran, unprocessed, raw (60g, 1 cup)	14
Parmesan cheese (50g, ½ cup)   8.5     Milk, 1% fat (1 cup)   8     centils, cooked (75g, 1 cup)   6     Chia seeds (10g, 1 tablespoon)   6	<b>Cottage cheese,</b> 1% milkfat (180g, ½ cup)	10
Milk, 1% fat (1 cup) 8   Lentils, cooked (75g, 1 cup) 6   Chia seeds (10g, 1 tablespoon) 6	Brown rice, long grain, cooked (100g, ½ cup)	9.5
Lentils, cooked (75g, 1 cup)   6     Chia seeds (10g, 1 tablespoon)   6	<b>Parmesan cheese</b> (50g, ½ cup)	8.5
Chia seeds (10g, 1 tablespoon) 6	Milk, 1% fat (1 cup)	8
Chia seeds (10g, 1 tablespoon) 6	Lentils, cooked (75g, 1 cup)	6
	Chia seeds (10g, 1 tablespoon)	6
		5

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