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.

<table>
<thead>
<tr>
<th>GOOD SOURCES</th>
<th>MEAT</th>
<th>NUTS</th>
<th>SEAFOOD</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>beef, chicken, pork</td>
<td>Brazil nuts, sunflower seeds</td>
<td>tuna, clams, shrimp</td>
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<tr>
<td></td>
<td>Beef, 3 ounces, 30.6 µg</td>
<td>Sunflower seeds, ¼ cup, 18.6 µg</td>
<td>Tuna, 3 ounces, 92.0 µg</td>
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</tbody>
</table>

µg = micrograms; a 3-ounce serving of meat or fish is about the size of a deck of cards

DAILY RECOMMENDATION

55 µg

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 µg/day.
• Most people in the US consume enough selenium to meet the recommendation.