



Selenium Requirements

Selenium is a trace mineral (i.e. required in small amounts) essential to good health. Selenium is part of a powerful antioxidant system that works to prevent cellular damage from free radicals (metabolic by-products that contribute to chronic disease). It also plays a major role in regulating thyroid function, balancing the immune system and heavy metal detoxification.

Your naturopathic doctor will assist you in determining optimal dosage according to your current health status.

AGE GROUPS	STANDARD DAILY ALLOWANCES
Child	20 – 30 mcg
Adolescent	40 mcg
Adult	55 mcg
Pregnancy & Lactation	60 – 70 mcg

Your optimal selenium dosage is _____.

Food Sources of Selenium

Fruits

- dates (5.30mcg/cup)
- grapefruit (1.70mcg/0.5 cup)
- mango (1.44mcg/cup)
- banana (1.20mcg/cup)
- honeydew (1.20mcg/cup)
- watermelon (1.10mcg/cup)
- papaya (0.80mcg/cup)
- strawberry (0.70mcg/cup)
- starfruit (0.60mcg/cup)
- cataloupe (0.60mcg/cup)
- blackberry (0.60mcg/cup)
- raspberry (0.20mcg/cup)
- peach (0.20mcg/cup)

Vegetables *(raw unless otherwise stated)*

- shitake mushroom (36.00mcg/cup)
- asparagus, boiled (3.06mcg/cup)
- spinach, boiled (2.70mcg/cup)
- broccoli (2.20mcg/cup)
- plantain, cooked (2.20mcg/cup)
- white mushroom (6.50mcg/cup)
- artichoke (1.10mcg/cup)
- cucumber, with peel (0.90mcg/cup)
- onion, white (0.80mcg/cup)
- cabbage, savoy (0.60mcg/cup)
- cauliflower (0.60mcg/cup)
- celery (0.50 mcg/cup)
- garlic (0.40mcg/clove)



Food Sources of Selenium

Nuts & Seeds *(raw unless otherwise stated)*

- brazil nuts (543.50mcg/5 nuts)
- sunflower seeds (18.89mcg/0.25 cup)
- sesame seeds, hulled (7.80mcg/tbsp)
- cashews, dry roasted (3.30mcg/18 nuts)
- macadamias, dry roasted (3.30mcg/12 nuts)
- pistachios, dry roasted (2.60mcg/47 nuts)
- peanuts, dry roasted (2.10mcg/28 nuts)
- chestnuts, dry roasted (1.70mcg/cup)
- pumpkin seeds (1.60mcg/2 tbsp)
- walnuts (1.40mcg/14 halves)
- pecans (1.10mcg/20 halves)
- almonds (0.70mcg/0.25 cup)

Beans & Legumes *(cooked unless otherwise stated)*

- soybeans (12.60mcg/cup)
- pinto beans (10.60mcg/cup)
- lima beans (8.50mcg/cup)
- great northern beans (7.30mcg/cup)
- chickpeas (6.10mcg/cup)
- lentils (5.50mcg/cup)
- navy beans (5.30mcg/cup)
- cowpeas (4.30mcg/cup)
- kidney beans (2.10mcg/cup)
- black beans (2.10mcg/cup)
- split peas (1.20mcg/cup)
- mung beans (0.70mcg/cup)
- mung beans, raw sprouts (0.60mcg/cup)
- alfalfa seeds, raw sprouts (0.20mcg/cup)

Grains *(cooked unless otherwise stated)*

- couscous (43.20mcg/cup)
- oat bran, raw (43.20mcg/cup)
- barley, whole grain (32.10mcg/cup)
- rice, brown (19.10mcg/cup)
- oats, whole grain (16.71mcg/cup)
- barley, pearled (13.50mcg/cup)
- rice, white (11.90mcg/cup)
- buckwheat, groats (3.70mcg/cup)

Meats, Poultry & Fish *(roasted or broiled)*

- snapper (49.00mcg/100 g)
- cod (46.79mcg/100 g)
- halibut (46.79mcg/100 g)
- salmon (46.79mcg/100 g)
- tuna, yellowfin (46.79mcg/100 g)
- shrimp (39.60mcg/100 g)
- lamb loin (30.30mcg/100 g)
- turkey breast (29.10mcg/100 g)
- chicken breast (24.70mcg/100 g)
- egg, hard boiled (15.50mcg/each)

Other

- ricotta cheese, part skim (41.140mcg/cup)
- cottage cheese, 1% fat (20.30mcg/cup)
- tofu, raw (98.89mcg/100g)
- blackstrap molasses (2.43mcg/2 tsp)
- mustard, yellow (1.60mcg/tsp)
- carob, unsweetened (1.50mcg/2 tbsp)
- curry powder (0.30mcg/tsp)
- celery seed (0.20mcg/tsp)



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

World's Healthiest Foods. Essential Nutrients in the World's Healthiest Foods. <http://www.whfoods.com/nutrientstoc.php>
Health Canada. Dietary Reference Intakes for Elements. http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php