

SELENIUM RICH FOODS



Brazil nuts
5,800 mcg/2000 cal



Oyster
1,900 mcg/2000 cal



Mussels
1,000 mcg/2000 cal



Liver
1,000 mcg/2000 cal



Shrimp/prawns
800 mcg/2000 cal



Egg whites
750 mcg/2000 cal



Spinach (100%)



Cod
700 mcg/2000 cal



Salmon
550 mcg/2000 cal



Asparagus
550 mcg/2000 cal



Pork loin (lean)
550 mcg/2000 cal



Tuna
500 mcg/2000 cal



The Role Of Selenium In Nutrition

RD Boyd



The Role Of Selenium In Nutrition:

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