

# 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

**Julia Schneider**



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