



SELENIUM

Did you know???

Selenium is involved in your **antioxidant defence system** to prevent damage to your cells. It helps produce **thyroid hormones** which help **regulate growth, development, body temperature and metabolic rate**.

NUTRITIONAL FACTS

FOOD	QTY	SELENIUM	DAILY %	CARBS	PROTEIN	CALS
Brazil Nuts	30g	575.1ug	1046%	3.5g	4.3g	198
Mussels	100g	89.6ug	163%	7.4g	23.8g	172
Octopus	100g	89.6ug	119%	4.4g	29.8g	164
Tuna	100g	80.4ug	146%	0	25.5g	116
Oysters	100g	77ug	140%	5g	9.5g	81
Lobster	100g	73.1ug	133%	0	19g	89
Pasta-Whole Wheat	1 Cup	50.8ug	92%	42.1g	8.4g	208
Salmon	100g	46.8ug	85%	0	25.4g	182
Prawns	100g	44.7ug	81%	0.2g	24g	99
Pork – Lean	100g	43.2ug	79%	0g	28.8g	214

1. www.Cronometer.com
2. <https://ods.od.nih.gov/factsheets/Selenium-Consumer>