

# High Selenium Foods

Food	Serving (Imperial)	Serving (Metric)	Selenium Amount (mcg)	% RDA (DV)
Brazil Nuts	1 oz	28 g	544	989%
Tuna, yellowfin, cooked	3 oz	85 g	92	167%
Ham, cooked	3 oz	85 g	42	76%
Shrimp, cooked	3 oz	85 g	40	73%
Pasta, enriched	1 cup	140 g	37	67%
Beef steak, bottom round, cooked	3 oz	85 g	33	60%
Turkey, cooked	3 oz	85 g	31	56%
Beef liver, cooked	3 oz	85 g	22	40%
Chicken breast, cooked	3 oz	85 g	22	40%
Cottage cheese, 1%	1 cup	225 g	20	36%
Rice, brown, cooked	1 cup	200 g	19	35%
Beef ground, cooked	3 oz	85 g	18	33%
Egg, cooked	1 large	50 g	15	27%
Bread, whole wheat	1 slice	40 g	13	24%

## Adult U.S.RDA (Recommend Dietary Allowance)

55 mcg Male

55 mcg Female