

# SELENIUM

## We Need You

### RECOMMENDED DIETARY ALLOWANCES (RDAS)

Age	Male	Female	Pregnancy	Lactation
14-18 years	55 mcg	55 mcg	60 mcg	70 mcg
19-50 years	55 mcg	55 mcg	60 mcg	70 mcg
51+ years	55 mcg	55 mcg		

### TOP FOOD SOURCES

#### Brazil Nuts

6-8 nuts	544 mcg
Ham 3 ounces	42 mcg
Shrimp 3 ounces	40 mcg
Macaroni 1 cup	37 mcg



### WHY WE NEED SELENIUM

#### Plays a critical role in:

- reproduction
- metabolism
- DNA synthesis
- antioxidant

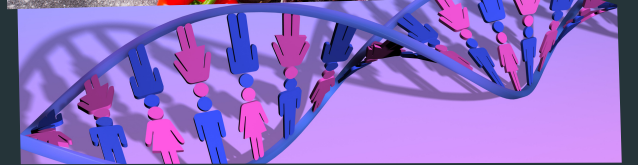


### DEFICIENCIES

#### Rare in the U.S.

#### Populations at risk:

- vegans who eat veggies grown in soil low in selenium
- undergoing kidney dialysis
- have HIV



### WHO KNEW?

Selenium's name comes from the Greek word for moon

### Too Much of a Good Thing

Selenium can be harmful if consume too much

Upper Limit is 400 mcg for 18+

#### SOURCES:

National Institute of Health

<https://ods.od.nih.gov/factsheets/Selenium-HealthProfessional/>

Live Science

<https://www.livescience.com/31972-selenium.html>

