

Foods highest in

Selenium

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

70 mcg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Brazilnuts, dried	417%	507	0.5	15	Bluefish	42%	421	2.8	81
Italian (Crimini) mushrooms	138%	606	13.1	370	Beef liver	42%	1808	2.6	74
Oysters	134%	2266	5.2	147	Mustard seed	41%	222	0.8	21
Orange roughy	125%	380	4.6	132	Anchovies	40%	450	2.7	76
Tuna, canned in water	99%	473	3.0	86	Chicken gizzards	39%	100	3.8	106
Chicken Broth 1% fat	79%	17	88.2	2500	Durum wheat	38%	177	1.0	29
Mussels	74%	777	4.1	116	Ham	37%	297	2.6	74
Yellow mustard	70%	298	5.3	149	Salmon	37%	452	1.9	55
Monkfish	69%	334	4.6	132	Fresh tuna	36%	509	1.9	54
Chicken, liver	67%	983	3.0	86	Lean pork	36%	291	2.5	70
Lobster	66%	417	3.9	111	Scallops	36%	316	4.0	114
Crab	61%	590	4.1	115	Semolina, enriched	35%	137	1.0	28
Dolphinfish	61%	377	4.1	118	Mackerel, canned	35%	458	2.3	64
Portabella mushrooms	60%	593	13.6	385	Pink salmon, canned	34%	548	2.5	72
White mushrooms	60%	629	16.0	455	Beef broth,from cube	33%	-584	117.6	3333
Ling	60%	361	4.1	115	Pork chops, lean boneless	33%	288	2.5	71
Swordfish	57%	388	2.9	83	Chicken liver, canned	33%	261	1.8	50
Pollock	57%	441	3.8	109	Turkey, dark meat	33%	270	2.8	80
Grouper	57%	360	3.8	109	Egg, whole	32%	123	2.5	70
Farm-raised crayfish	56%	383	4.9	139	Wheat germ, crude	31%	416	1.0	28
Pork liver	56%	1241	2.6	75	Atlantic mackerel	31%	450	1.7	49
Egg white	55%	327	6.8	192	Sprouted wheat	31%	171	1.8	51
Tuna, canned in oil	55%	279	1.8	51	Turkey, light meat	30%	317	3.1	87
Tilefish	54%	396	3.7	104	Beef, top sirloin lean	30%	289	2.7	76
Striped bass	54%	436	3.6	103	Top loin pork roast	29%	207	1.6	44
Haddock	52%	365	3.1	89	Cheese lasagna	29%	137	2.7	77
Flounder	51%	386	3.9	110	Hard-boiled egg	28%	98	2.3	65
Wheat bran, crude	51%	677	1.6	46	Whole duck egg	28%	83	1.9	54
Shrimp	51%	382	3.3	94	Chicken noodle soup	27%	126	6.7	189
Cod fish	51%	343	3.4	95	Shad	26%	327	1.8	51
Whiting	51%	377	3.0	86	Oat bran	26%	330	1.4	41
Halibut	47%	389	3.2	91	Turkey leg, meat and skin	26%	224	2.4	69
Clams	47%	1591	4.8	135	Lean beef, chuck	25%	278	2.5	72

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Egg yolk	25%	38	1.1	31	Frankfurter, pork	15%	99	1.3	37
Spaghetti, enriched	24%	138	1.0	27	Turkey wings	15%	143	1.7	48
Toasted wheat germ	24%	521	0.9	26	Cheerios	15%	368	1.0	27
Whole-wheat bread	23%	147	1.4	40	Popovers, dry mix	14%	77	1.0	27
Veal liver	23%	2093	2.5	71	Italian bread	14%	109	1.3	37
Chicken, light meat	22%	315	3.1	88	Coffee, instant, decaf	14%	351	176.4	5000
Shiitake mushrooms	22%	356	1.2	34	Pumpernickel bread	14%	124	1.4	40
Beef tip round, lean, choice	22%	295	2.7	77	English muffins w. calcium	14%	124	1.3	37
Tofu	21%	98	3.0	86	Wonton wrappers	14%	91	1.2	34
Beef round, 1/4" fat	21%	242	1.8	52	Garlic	14%	213	2.4	67
Kellogg's Special K	21%	529	0.9	26	Sourdough or French Bread	13%	101	1.2	35
Northern pike	20%	365	4.0	114	Red leaf lettuce	13%	1603	22.0	625
Tofu, extra firm	20%	261	3.9	110	Quail	13%	101	1.5	43
Tofu, firm	20%	277	5.0	143	Soy milk	13%	274	6.8	192
Perch	20%	380	3.9	110	Croutons	13%	84	0.9	25
Tofu yogurt	20%	69	3.8	106	Asparagus	13%	586	14.1	400
Catfish	19%	316	3.4	95	Dove, Squab	13%	114	1.6	46
MultiGrain Oatmeal	19%	121	1.1	30	Baby oatmeal, dry	13%	268	0.9	25
Cottage cheese, 1% fat	18%	227	4.9	139	Bagels, plain	13%	122	1.4	39
Manhattan clam chowder	18%	201	5.8	164	Trout	13%	370	2.4	67
Beef, round, lean	17%	218	1.5	44	Coriander seed	13%	242	1.2	34
Ricotta cheese, skim	17%	139	2.6	72	Chicken noodle soup mix	12%	57	0.9	27
New England clam chowder	17%	276	5.0	143	Tomato soup	12%	88	5.9	167
Rye bread	17%	111	1.4	39	Pheasant	12%	73	1.4	40
7-grain bread	17%	144	1.4	40	Ricotta cheese	12%	94	2.0	57
All-Bran Buds	17%	874	1.4	40	Wild rabbit	12%	236	3.1	88
Garlic powder	16%	141	1.1	30	Watercress	12%	2843	32.1	909
Boston brown bread, canned	16%	91	1.8	51	Deer meat	12%	364	2.9	83
Ground ginger	16%	490	1.0	29	Pinto beans	11%	206	1.0	29
Chicken, dark meat	15%	249	2.8	80	Milk 1% with vitamin A	11%	206	8.4	238
Bacon, cooked	15%	95	0.6	18	Whey, sweet, dried	11%	122	1.0	28
Wheat gluten	15%	56	1.0	27	Bread stuffing dry mix	11%	86	0.9	26
Broccoli stalks	15%	764	12.6	357	White rice, enriched	11%	119	2.9	81
Barley	15%	143	1.0	28	Non-fat dry milk w vit A	11%	218	1.0	28
Parsley, dried	15%	903	1.3	36	Pork skins	11%	66	0.6	18
Tofu, fried	15%	155	1.3	37	Whey, acid	11%	147	14.7	417
Coriander leaf, dried	15%	913	1.3	36	Oyster mushrooms	11%	429	10.1	286
Sunflower seed kernels	15%	220	0.6	18	Chicken broth, condensed	11%	74	11.4	323

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Gelatin desserts, dry mix	11%	108	1.0	29	Milk 2% with vitamin A	7%	162	7.1	200
Chicken vegetable soup	11%	125	5.1	145	Pork and beans, canned	7%	120	2.7	78
Meatball and pasta, canned	11%	95	3.4	97	Rice bran	7%	600	1.1	32
Broccoli	11%	748	10.4	294	All-Bran with fiber	7%	1098	1.8	52
Beef, ground,15% fat	10%	138	1.6	47	Complete Oat Bran Flakes	7%	1118	1.0	29
Egg biscuit	10%	59	1.3	36	Swiss cheese	7%	125	0.9	26
Frankfurter, chicken	10%	55	1.4	39	Flaxseeds	7%	158	0.7	19
Whey, sweet	10%	107	13.1	370	Swamp cabbage	7%	1506	18.6	526
Frankfurter, turkey	10%	71	1.6	44	Swiss chard	7%	2849	18.6	526
White bread	9%	91	1.3	38	Boston lettuce	7%	1299	27.1	769
Tomato paste	9%	243	4.3	122	Corned beef hash	7%	64	2.2	61
Bread crumbs, seasoned	9%	99	0.9	26	Broccoli raab	6%	1267	16.0	455
Yogurt, fat free	9%	213	6.3	179	Fiber One	6%	519	1.8	50
Italian pork sausage	9%	79	1.0	29	Limburger cheese	6%	91	1.1	31
Rice cakes, brown rice	9%	115	0.9	26	Multi-Grain Cheerios	6%	952	0.9	26
Malted milk, chocolate	9%	86	4.1	118	Spinach	6%	2601	15.3	435
Brown rice	9%	125	1.0	27	Brie cheese	6%	81	1.1	30
Spinach, canned	9%	1280	18.6	526	Collards	6%	1611	11.8	333
Whole milk 3.25% fat	9%	123	5.9	167	Soybeans	6%	264	0.8	24
Molasses	9%	64	1.2	34	Chocolate-flavor milk	6%	96	4.1	118
Smart Start Cereal	8%	593	1.0	27	Provolone cheese	6%	100	1.0	28
Fortified skim milk	8%	263	8.6	244	Cocoa, dry powder	6%	212	1.2	33
Horseradish	8%	148	7.3	208	Corn flour, enriched	6%	145	1.0	27
Parmesan cheese	8%	124	0.9	26	Blue cheese	6%	78	1.0	28
Feta cheese	8%	85	1.3	38	Parmesan cheese, grated	6%	118	0.8	23
Mozzarella cheese, skim	8%	136	1.4	39	Beet greens	6%	1964	16.0	455
Purslane	8%	855	22.0	625	Oat bran muffins	6%	138	1.3	37
Link sausage, smoked	8%	82	0.9	26	Gouda cheese	6%	97	1.0	28
Kashi GoLean Crunch	8%	46	0.9	27	Navy beans	6%	218	1.0	29
Crackers, saltines, fat-free	8%	83	0.9	25	Plain frozen waffles	6%	133	1.1	32
Curry powder	8%	323	1.1	31	Green leaf lettuce	6%	1957	23.5	667
Rhubarb	7%	325	16.8	476	Dill seed	6%	250	1.2	33
Capers, canned	7%	-147	15.3	435	Muenster cheese	6%	84	1.0	27
Commercial bisquits	7%	59	1.0	27	Roquefort cheese	6%	71	1.0	27
Soft pretzels	7%	25	1.0	30	Coriander (cilantro) leaves	6%	1762	15.3	435
Ensure plus	7%	116	2.5	71	Monterey cheese	6%	87	0.9	27
Enoki mushrooms	7%	270	8.0	227	Chinese cabbage (bok choy)	5%	1749	27.1	769
Coffee, instant, regular	7%	232	176.4	5000	American cheese	5%	64	0.9	27

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White beans	5%	214	1.0	30
Great northern beans	5%	218	1.0	29
Cranberry beans	5%	224	1.1	30
Pink beans	5%	206	1.0	29
Mashed potato flakes	5%	116	1.0	28
Turnip greens	5%	1791	11.0	313
Radishes	5%	356	22.0	625
Romano cheese	5%	108	0.9	26
Brussels sprouts	5%	692	8.2	233
Frankfurter beef	5%	51	1.1	31
Yellow beans	5%	211	1.0	29
Colby cheese	5%	79	0.9	25
Granola bars, plain	5%	58	0.8	23
Caraway seeds	5%	254	1.1	30
All-Bran Original	5%	1025	1.4	38
Yogurt, plain, whole milk	5%	104	5.8	164
Cashew nuts, raw	5%	128	0.6	18
Miso	5%	54	1.8	50
Hot cocoa, homemade	5%	107	4.6	130

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