

DIAN GINSBERG, MD

*Optimal Health Redefined*

## BEST FOOD SOURCES OF SELENIUM

### BRAZIL NUTS

**96 mcg or >100% the DV in a 5g kernel**

Eating brazil nuts is one of the easiest ways to get your selenium!

### SUNFLOWER SEEDS

**74 mcg or >100% DV in 1 cup**

Raw or sprouted is the best form of these tasty seeds. Add them to salads for an extra boost!

### HALIBUT

**47 mcg or 67% DV in 3 oz**

Look for Pacific Halibut instead of Atlantic.

### SARDINES

**24 mcg or 64% DV in 3 oz**

These little fish are super low in mercury since they are so low in the food chain.

### GRASSFED BEEF/WILD CAUGHT SALMON

**35-45 mcg or 50-65% DV in 3 oz**

Try to find locally grown sources of grassfed beef when possible. There is a huge difference in wild caught vs farmed salmon. Farmed salmon tends to have way less omega 3 content and way more toxic compounds.

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