

# Food Sources of Selenium

Brazil nuts	Kidney	Liver	Oyster	Sea lion meat	Chicken giblets
Spleen	Blue mussel	Cuttlefish	Octopus	Orange roughy	Lobster
Rockfish	Tuna	Pork ham	Whelk	Swordfish	Pancreas
Turkey giblets	Halibut	Clam	Breakfast cereal	Abalone	Squid
Beef lungs	Pasta (except gluten free)	Heart	Mackerel	Pork loin	Sheefish
Tilapia	Lamb testes	Sardine	Atlantic cod	Emu meat	Tilefish
Sheepshead	Chicken wing meat	Shrimp	Snapper	Ostrich meat	Crab
Chicken back meat	Egg noodles	Cheese lasagna	Hard wheat	Whale meat	Bass
Bluefish	Butterfish	Croaker	Cusk	Mahi-mahi	Grouper
Herring	Common ling	Lingcod	Monkfish	Striped mullet	Ocean pout
Pollock	Pompano	Wild Atlantic salmon	Chinook salmon	Chum salmon	Wild coho salmon
Scup	Seatrout	Smelt	Spot (fish)	Wolffish	Yellowtail
European turbot	Bison meat	Pork shoulder	Couscous	Sockeye salmon	Beef bottom round
Beef shoulder center and shoulder top steaks	Turkey gizzard	Sablefish	American shad	Beaver meat	Beef medallion
Beef round knuckle	Chicken breast meat	Whiting	Beef top round steak	Chicken gizzard	Crayfish
Beef top blade steak	Pink salmon	Beef mock tender steak	Conch	Pork stomach	Beef round eye pot roast
Spaghetti	Beef top sirloin steak	Beef lip-on ribeye	Beef lip-off ribeye	Beef tenderloin steak	Beef arm pot roast
Sunflower seed butter	Beef brisket flat half	Pulled pork in barbecue sauce	Beef shoulder pot roast	Beef ribeye petite roast	Rabbit meat
Mutton meat	Turkey leg meat	Braunschweiger (a liver sausage)	Liverwurst	Steelhead trout	Turkey neck meat
Beef top loin steak	Beef under blade steak and under blade pot roast	Turkey back meat			