



Nutrition for selenium deficiency



The daily requirement for selenium has not yet been precisely determined. Estimates assume a minimum of 20 to a maximum of 300 mg selenium per day. American researchers recommend 1mg selenium per day per kg of body weight.

To maintain the protective function of selenium, experts assume a requirement of at least 100 mg daily; 200-300 mg selenium per day are recommended for the safe prevention of selenium deficiency diseases or for therapeutic supplementation.

The coverage of demand varies greatly in different areas due to different selenium deposits in the soil.

Selenium is bound to protein in foods; it is mainly found in muscle meat, kidneys and livers of animals, tuna, sea fish, chicken eggs and in cereals.

Organic forms of selenium are preferable among the selenium preparations for additional intake.

Experience has shown that a selenium deficiency cannot be compensated for by diet alone. However, the following foods should be increasingly included in the menu:

Selenreiche Nahrungsmittel

Nahrungsmittel	Menge	µg
Herring, tuna	100g	130-140
Sardines	100g	80-100
Liver (calf)	100g	50-70
Soybeans	100g	50-70
Whole wheat bread	100g	30-60
Beef, pork	100g	30-35

There is an increased need for selenium with a weakened immune system, increased exposure to heavy metals (smoking), cancer diseases, rheumatic diseases, heart diseases (including heart attacks), diabetes mellitus, with immune-related thyroid diseases, in old age and during pregnancy and breastfeeding.