

Nutritional considerations for dietitians

Selenium

A more sustainable diet does not necessarily have to exclude red meat or dairy altogether – therefore meat and dairy nutrient intakes need not be compromised.

This information sheet provides some additional information on nutritional considerations which dietitians may take into account. References and information sources are available as a separate download from www.bda.uk.com/onebluedot.

Selenium is an antioxidant and is involved with the normal function of the immune and thyroid system and sperm production.¹

Intakes

Although there is good selenium intake in the very young, intakes are exceptionally low in all other age groups for both males and females with 25-76% falling below the LRNI.²

	% population below the LRNI for Selenium ²		DRV for Selenium mcg ³	
	Male	Female	Male	Female
2-3 year olds	0%		15	
4-6 year olds	1%	1%	20	
7-10 year olds			30	
11 – 14 year olds	26%	45%	45	
15 – 18 year olds			70	60
19 – 64 year olds	25%	47%	75	60
65 – 74 year olds	34%	57%	75	60
75 years and over	39%	76%	75	60

Despite fish being an exceptionally good source of selenium, cereal products and meat are the key sources in the UK diet.²

Good plant sources include Brazil nuts (an excellent source), brown rice, baked beans, sunflower seeds and whole oats.⁴



5-6 Brazil nuts daily will provide 64-76mcg selenium daily which will meet recommendations for older teens and adults. Whilst 2-4 will meet the needs of the younger age groups.

The One Blue Dot 'Practical guide for dietitians: other source of selenium' sheet gives information on key plant sources bda.uk.com/onebluedot

References

1. EFSA. EU Register on Nutrition and Health Claims [Internet]. 2016 [cited 9/14/2018]. Available from: http://ec.europa.eu/food/safety/labelling_nutrition/claims/register/public/?event=search
2. FSA, PHE. The National Diet and Nutrition Survey: results from years 7 and 8 (combined): rolling programme for 2014 to 2015 and 2015 to 2016 [Internet]. 2018 [cited 7/13/2018]. Available from: <https://www.gov.uk/government/statistics/ndns-results-from-years-7-and-8-combined>
3. PHE. Government recommendations for energy and nutrients for males and females aged 1 – 18 years and 19+ years [Internet]. 2016 [cited Aug 2018]. Available from: https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/618167/government_dietary_recommendations.pdf
4. Forestfield Software Ltd.. Diet Plan7. McCance & Widdowson 7th summary edition of the composition of foods plus the revised composition of food integrated data set (CoFids). Patent Diet Plan7. 2018.

