

Selenium

Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Selenium. The following contains some information on food sources to help improve this.

Selenium is a powerful antioxidant that works with Vitamin A and E to help protect the body and keep it healthy.





Best food sources:

- Meat – especially chicken
- Fish
- Brown rice
- Wholegrain cereals e.g. Cheerios, Shreddies, Shredded Wheat, Weetabix
- Wholemeal bread
- Brazil and cashew nuts (not suitable for young children due to choking hazard)
- Vegetables e.g. spinach, mushrooms
- Baked beans
- Eggs
- Liver and liver pâté

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Produced by: Medical Illustration Services • MID code: 20230207_008/EP

LN004934
Publication date
02/2023
Review date
02/2026