

## Significant Food Sources of Zinc

Zinc is an essential trace mineral for almost all metabolic functions. It plays an important role in wound healing, energy transformation, immune function, protein synthesis, detoxification and normal sexual growth and development. The amount of zinc available in our diet strongly reflects the condition of the soil from which we receive our foods. Furthermore, cooking and processing foods greatly reduces the overall zinc content available for use. Many people may therefore be deficient in this mineral. The recommended daily intake for zinc in normal adults is 15 mg, for pregnant women it is 20-25 mg, and for lactating women it is 25-30 mg. Children aged 1-10 years require 10 mg per day, and infants under 1 year require from 3-5 mg. Foods listed are cooked, unless indicated otherwise.

	<b>Amount</b>	<b>Milligrams</b>
<b>Seafood</b>		
Oysters	3 (medium)	25.0
Crab (Dungeness)	3 oz	4.65
Lobster	3 oz	3.44
Clams	3 oz (9 small)	2.32
Rainbow smelt	3 oz	1.80
<b>Land animals</b>		
Pot roast	3 ½ oz	9.44
Ground beef	3 oz	5.27
Steak, flank	3 ½ oz	5.11
Venison	3 oz	4.42
Lamb, leg roast	3 oz	4.20
Pork, loin roast	3 ½ oz	2.91
Chicken (dark meat)	3 ½ oz	2.13
<b>Beans / Peas</b>		
Tofu raw, firm	½ cup	1.98
Tempeh	3 oz.	1.33
Garbanzo beans, white beans, lentils	½ cup	1.25
Black beans	½ cup	0.96
<b>Nuts / Seeds</b>		
Tahini	2 Tbsp	2.81
Pumpkin seeds, sesame seeds	1 Tbsp. (½ oz)	1.00
Peanuts	2 Tbsp	0.93
<b>Dairy products</b>		
Yogurt, plain, nonfat	1 cup	2.38
Gouda or Swiss cheese	1 oz	1.11
Buttermilk, low fat	1 cup	1.03
Milk, nonfat	1 cup	1.03
<b>Miscellaneous</b>		
Chocolate (unsweetened)	1 oz	2.79
Wheat germ	1 oz.	4.73