

Food Sources of Zinc

Information about Zinc

- Zinc is a mineral that you need in small amounts every day for good health. You can find it in a variety of foods.
- Zinc supports normal growth and development for all ages.
- Zinc also helps your body use carbohydrates, protein and fat, strengthens the immune system, and helps heal wounds.

How Much Zinc Should I Aim For?

- Most people can get enough zinc by eating a healthy diet. The following table shows you how much zinc you need.

| <i>Age in years</i> | <i>Aim for an intake of milligrams (mg)/day</i> | <i>Stay below* mg/day</i> |
|----------------------------------|---|---------------------------|
| Men 19 and older | 11 | 40 |
| Women 19 and older | 8 | 40 |
| Pregnant Women 19 and older | 11 | 40 |
| Breastfeeding Women 19 and older | 23 | 40 |

*This amount includes sources of zinc from food and supplements.

Zinc Content of Some Common Foods

The best sources of zinc are seafood, meat, seeds, and cooked dried beans, peas and lentils. The following table will show you foods which are sources of zinc.

| <i>Food</i> | <i>Serving Size</i> | <i>Zinc (mg)</i> |
|---|---------------------------------|------------------|
| <i>Vegetables and Fruit</i> | | |
| Heart of palm, cooked | 2 hearts | 2.5 |
| Cabbage, nappa, cooked | 125 mL (½ cup) | 2.2 |
| Mushrooms, brown/crimini, raw | 125 mL (½ cup) | 1.3 |
| <i>Grain Products</i> | | |
| Wheat germ cereal, toasted | 30 g (¼ cup) | 4.8 |
| Wild rice, cooked | 125 mL (½ cup) | 1.2 |
| <i>Milk and Alternatives</i> | | |
| Cheese, hard and soft, all varieties | 50 g (1½ oz) | 1.2-2.2 |
| Ricotta cheese | 125 mL (½ cup) | 1.8 |
| Yogurt (plain, fruit bottom), regular or low fat | 175 mL (¾ cup) | 1.1-1.6 |
| Soy beverage | 250 mL (1 cup) | 1.2 |
| Milk (3.3% homo, 2%, 1%, skim, chocolate, buttermilk) | 250 mL (1 cup) | 0.7-1.1 |
| Skim milk powder | 24 g (will make 250 mL of milk) | 1.1 |
| <i>Meat and Alternatives</i> | | |
| <i>Meat</i> | | |
| Liver, veal, cooked | 75 g (2 ½ oz) | 8.4-8.9 |
| Beef, various cuts, cooked | 75 g (2 ½ oz) | 4.8-8.6 |

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| Venison or bison, cooked | 75 g (2 ½ oz) | 2.7-6.5 |
| Liver (beef, chicken, lamb, pork), cooked | 75 g (2 ½ oz) | 3.0-6.0 |
| Lamb, various cuts, cooked | 75 g (2 ½ oz) | 2.0-6.0 |
| Beef, ground, cooked | 75 g (2 ½ oz) | 4.0-5.2 |
| Pork, lean, various cuts, cooked | 75 g (2 ½ oz) | 1.7-3.4 |
| Veal, lean, various cuts, cooked | 75 g (2 ½ oz) | 2.3-2.9 |
| Turkey, various cuts, cooked | 75 g (2 ½ oz) | 1.3-2.3 |
| <i>Meat Alternatives</i> | | |
| Pumpkin or squash seeds | 60 mL (¼ cup) | 2.6-4.3 |
| Baked beans, canned | 175 mL (¾ cup) | 3.1 |
| Beans, adzuki, cooked | 175 mL (¾ cup) | 3.0 |
| Beans (navy, pinto, roman, white, black, great northern, pink, lima, kidney), cooked | 175 mL (¾ cup) | 1.2-2.2 |
| Nuts (pine, peanuts, cashews, almonds), without shell | 60 mL (¼ cup) | 1.2-2.2 |
| Refried beans | 175 mL (¾ cup) | 2.2 |
| Soy nuts | 60 mL (¼ cup) | 2.1 |
| Lentils, cooked | 175 mL (¾ cup) | 1.9 |
| Dried peas (chickpeas/garbanzo beans, black-eyed, split), cooked | 175 mL (¾ cup) | 1.1-1.9 |
| Sunflower seeds, without shell | 60 mL (¼ cup) | 1.8 |
| Cashew butter | 30 mL (2 Tbsp) | 1.7 |

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| Tofu, set with magnesium chloride or calcium sulphate | 175 mL (¾ cup) | 1.2-1.7 |
| Tempeh/fermented soy product, cooked | 100 g | 1.6 |
| Soybeans, mature, boiled | 175 mL (¾ cup) | 1.5 |
| Tahini/sesame butter | 30 mL (2 Tbsp) | 1.4 |
| Soyburger | 1 patty | 1.3 |
| Meatless, luncheon slices | 75 g (2 ½ oz) | 1.2 |
| Egg, cooked | 2 large | 1.1-1.2 |
| <i>Fish and Seafood</i> | | |
| Oysters, eastern, wild, cooked | 75 g (2 ½ oz) | 55.0-136.5 |
| Oysters, eastern, farmed, cooked | 75 g (2 ½ oz) | 33.4 |
| Oysters, Pacific, cooked | 75 g (2 ½ oz) | 24.9 |
| Crab, all varieties, cooked | 75 g (2 ½ oz) | 2.5-5.7 |
| Cuttlefish, cooked | 75 g (2 ½ oz) | 2.6 |
| Octopus, cooked | 75 g (2 ½ oz) | 2.5 |
| Scallops, cooked | 75 g (2 ½ oz) | 2.3 |
| Lobster, cooked | 75 g (2 ½ oz) | 2.2 |
| Clams, cooked | 75 g (2 ½ oz) | 2.1 |
| Mussels, cooked | 75 g (2 ½ oz) | 2.0 |
| Anchovies, canned | 75 g (2 ½ oz) | 1.8 |
| Shrimp, all varieties, cooked | 75 g (2 ½ oz) | 1.2 |

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Source: Health Canada, "Canadian Nutrient File 2007b" www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php [Accessed Jan 2, 2009]



Notes

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