

Information about Zinc

- Zinc is a mineral that you need in small amount 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.

Age in Years	Aim for an intake of milligrams (mg)/day	Do Not Exceed* mg/day
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.

Food	Serving Size	Zinc (mg)
Vegetables and Fruit	This food group contains very little of this nutrient.	
Grain Products		
Wheat germ	30 mL (2 Tbsp)	2.4
Cereal, bran	30 g	1.8-2.4
Wild rice, cooked	125 mL (½ cup)	1.2



Milk and Alternatives		
Cheese (cheddar, swiss, gouda, brie, mozzarella)	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
Milk (3.3% homo, 2%, 1%, skim, chocolate, buttermilk)	250 mL (1 cup)	1.0-1.1
Meats and Alternatives		
<i>Meats</i>		
Liver, veal, cooked	75 g (2 ½ oz)	8.4-8.9
Beef, various cuts, cooked	75 g (2 ½ oz)	4.0-8.6
Veal, lean, various cuts, cooked	75 g (2 ½ oz)	2.3-7.4
Venison or bison, various cuts, cooked	75 g (2 ½ oz)	2.1-6.5
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
Pork, various cuts, cooked	75 g (2 ½ oz)	2.3-3.9
Turkey, various cuts, cooked	75 g (2 ½ oz)	0.8-2.7
Chicken, various cuts, cooked	75 g (2 ½ oz)	1.3-2.2
<i>Meat Alternatives</i>		
Pumpkin or squash seeds	60 mL (¼ cup)	2.7-4.4
Baked beans, cooked	175 mL (¾ cup)	4.3
Tempeh/fermented soy product, cooked	150 g (¾ cup)	2.4
Nuts (pine, peanuts, cashews, almonds), without shell	60 mL (¼ cup)	1.1-2.2
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 seed, without shell	60 mL (¼ cup)	0.6-1.8
Cashew butter	30 mL (2 Tbsp)	1.7
Tofu, prepared with magnesium chloride or calcium sulphate	175 mL (¾ cup)	1.2-1.7
Soy nuts	60 mL (¼ cup)	1.4
Tahini/sesame butter	30 mL (2 Tbsp)	1.4
Soyburger	1 patty (70 g)	1.3



Egg, cooked	2 large	1.2-1.3
Refried beans	175 mL (¾ cup)	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

Source: "Canadian Nutrient File 2010"

www.hc-sc.gc.ca/fn-an/nutrition/fiche-nutri-data/index-eng.php

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