

Food Sources of Zinc

Major Zinc Containing Foods:

- Oysters
- Meat
- Eggs
- Grains
- Vegetables
- Dairy
- Fruits
- Seeds (esp. pumpkin)
- Legumes
- Seafood

RDA for Zinc:

- Maintenance--15 mg
- Pregnancy--30 mg
- Breastfeeding--25 mg
- Preventive--25 mg
- Therapeutic--40-50 mg

Zinc Content of Various Foods

Grains (1 cup dry)	Milligrams	Legumes (1 cup cooked)	Milligrams
Hard wheat berries	6.9	Green peas	2.1
Soft wheat berries	5.4	Garbanzo beans	2.1
Wheat bran	5.7	Lentils	2.1
Buckwheat groats	3.9	Lima beans	1.7
Millet	3.6	Peanut butter (1 tablespoon)	0.5
Rice bran	3.1	Peanuts (1 tablespoon)	0.3
Whole wheat flour	2.9		
White flour	0.8	Vegetables (1 cup)	
Brown rice	2.4	Spinach (cooked)	1.3
Oatmeal	2.4	Sweet corn	0.7
White rice	1.2	Spinach (chopped/raw)	0.5
Corn meal	2.1	Onion	0.5
Black-eyed peas	3.0		
		Eggs/Brewers Yeast	
Dairy		Egg (1 egg, Zinc mostly in yolk)	0.5
Milk (1 cup)	0.9	Brewer's yeast (1 tablespoon)	0.4
Ice cream (1 cup)	0.6		
Cheddar cheese (1 slice)	0.5		