



CENTRE DE MEDECINE FONCTIONNELLE
LUCIE BLOUIN
FUNCTIONAL MEDICINE CENTRE

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 diets 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 RDA for zinc in normal adults is 15 mg, for pregnant women it is 20-25, and for lactating women it is 25-30. Children aged 1-10 years require 10 mg per day, and infants under 1 year require from 3-5 mg.

	Amount	Milligrams
Seafood		
Oysters	½ cup	20.6
Crab (Dungeness)	3 oz	4.33
Lobster	3 oz	2.48
Clams	3 oz (9 small)	2.32
Shrimp	3 oz (15 large)	1.33
Rainbow smelt	3 oz	1.80
Sardines	3 oz	1.11

Land animals

Pot roast	3 oz	6.92
Ground beef	3 oz	4.60
Steak	3 oz	5.75
Lamb chop	3 oz	5.08
Spare ribs, pork	3 oz	4.00
Chicken (dark meat)	3 oz	2.15

Venison	3 oz	2.35
Pork chop	3 oz	2.15
Ham	3 oz	1.97

Grains

Wheat germ	2 Tbsp	2.30
Whole wheat flour	$\frac{1}{4}$ cup	.88
Buckwheat flour	$\frac{1}{4}$ cup	.94

Beans / Peas

Tofu raw, firm	$\frac{1}{2}$ cup	1.98
Tempeh	$\frac{1}{2}$ cup	1.50
Garbanzo beans	$\frac{1}{2}$ cup	1.25
Lentils	$\frac{1}{2}$ cup	1.25
White beans	$\frac{1}{2}$ cup	1.23
Black eyed peas	$\frac{1}{2}$ cup	1.10
Black beans	$\frac{1}{2}$ cup	.96
Kidney beans	$\frac{1}{2}$ cup	.95
Lima beans	$\frac{1}{2}$ cup	.90

Nuts / Seeds

Tahini	2 Tbsp	3.14
Pumpkin seeds	$\frac{1}{2}$ oz	1.00
Sesame seeds	1 Tbsp ($\frac{1}{2}$ oz)	1.00

Vegetables (cooked)

Bok choy	1 head	1.60
Green peas	$\frac{1}{2}$ cup	.95

Dairy products

Yogurt	1 cup	1.80
Gouda cheese	1 oz	1.11
Swiss	1 oz	1.11
Edam	1 oz	1.06
Buttermilk	1 cup	1.03
Milk, 2%	1 cup	.96

Miscellaneous

Chocolate (unsweetened)	1 oz	1.12
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Educational Program

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