

# Sources of zinc

Zinc is an essential mineral that is required for the activity of over 300 enzymes that regulate digestion, immune and thyroid function, skin and nerve health, DNA production, proper taste and smell, and wound healing. Zinc is also an antioxidant that protects cells from harmful free radicals.



## Recommended Daily Intake (RDI) for zinc



19+ male  
**14 mg/day**



19+ female  
**8 mg/day**



Pregnancy  
**11 mg/day**



Lactation  
**12 mg/day**

Food (serving size)	Zinc (mg)
<b>Rock oysters</b> (100g, 3-4 oysters)	<b>20.3</b>
<b>Pacific oysters</b> (100g, 2 medium oysters)	<b>16.6</b>
<b>Lamb shank</b> (100g)	<b>10</b>
<b>Beef, steak</b> (100g)	<b>8.2</b>
<b>Pumpkin seeds, dried</b> (100g, ¼ cup)	<b>7.5</b>
<b>Sesame seeds, roasted</b> (100g, ⅓ cup)	<b>7.2</b>
<b>Crab</b> (100g)	<b>6.4</b>
<b>Cashew nuts, roasted or raw</b> (100g, ⅓ cup)	<b>5.6</b>
<b>Beef, 90% lean, ground, raw</b> (100g)	<b>4.8</b>
<b>Chocolate, 70-85% dark</b> (100g)	<b>3.3</b>
<b>Cheese, cheddar, shredded</b> (100g, 1 cup)	<b>3.1</b>
<b>Oats, raw</b> (94g, 1 cup)	<b>2.9</b>
<b>Lentils, cooked</b> (200g, 1 cup)	<b>2.5</b>
<b>Chickpeas, canned</b> (240g, 1 cup)	<b>2.5</b>
<b>Quinoa, cooked</b> (185g, 1 cup)	<b>2</b>
<b>Sardines, canned in oil</b> (110g, 1 can)	<b>1.6</b>
<b>Yogurt, plain, whole milk</b> (245g, 1 cup)	<b>1.4</b>
<b>Rice, brown, cooked</b> (195g, 1 cup)	<b>1.2</b>
<b>Potatoes, regular, baked</b> (1 large)	<b>1.1</b>
<b>Milk, full fat</b> (1 cup)	<b>1</b>
<b>Almonds, dry roasted</b> (28g, 22 nuts)	<b>1</b>
<b>Chicken breast, no skin, roasted</b> (100g)	<b>1</b>
<b>Eggs, hard-boiled</b> (1 large)	<b>0.55</b>
<b>Green beans</b> (110g, 1 cup)	<b>0.3</b>
<b>Kale, raw</b> (67g, 1 cup)	<b>0.3</b>

- Plant-based sources such as legumes & whole grains contain phytates that inhibit zinc absorption