

## Mineral Highlight: ZINC

- Zinc is considered an “essential trace” mineral because small amounts are needed in the body
- More than 300 enzymatic reactions depend on zinc to occur
- Zinc is important for growth and development, repair DNA, reproduction, wound healing, immune health, and eye health
- The body does not store excess zinc, therefore we must get it in the foods we eat
- Recommended Dietary Allowances (RDA): Men 11 mg and Women 8mg daily
- Acidic foods and foods rich in vitamin A, E, magnesium and B6 can improve absorption of zinc

### Foods rich in Zinc

- ❖ Oysters – 6 medium cooked = 27-50 mg
- ❖ Beef – 3 ounces cooked – 3.7 -5.8 mg
- ❖ Turkey – 3 ounces cooked = 3.0 mg
- ❖ Pumpkin seeds – 1 ounce = 2.1 mg
- ❖ Yogurt, low fat – 1 cup = 1.6 mg
- ❖ Raisin Bran Cereal – 3/4 cup = 1.5 – 10.8 mg