



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

Zinc Requirements

Zinc is an essential trace mineral required for more than 200 enzymes in the body. It plays a major role in proper immune function, wound healing, reproduction and hormones. Zinc also supports healthy growth by contributing to building proteins, synthesizing DNA, cell-to-cell communication and heavy metal detoxification.

Your naturopathic doctor will assist you in determining optimal dosage according to your current health status.

AGE GROUPS	STANDARD DAILY ALLOWANCES
Child	3 – 5 mg
Adolescent	8 mg
Adult	11 mg
Pregnancy & Lactation	11 – 14 mg

Your optimal zinc dosage is _____.

Food Sources of Zinc

Fruits

- blackberries (0.76mg/cup)
- raspberries (0.52mg/cup)
- dates (0.52mg/cup)
- coconut (0.50mg/0.5 cup)
- raisins (0.32mg/cup)
- peach (0.29mg/cup)
- cantaloupe (0.29mg/cup)
- strawberries (0.23mg/cup)
- blueberries (0.23mg/cup)
- nectarines (0.23mg/cup)
- banana (0.23mg/cup)
- pineapple (0.19mg/cup)

Vegetables *(raw unless otherwise stated)*

- shiitake mushrooms, cooked (1.93mg/cup)
- green peas, boiled (1.90mg/cup)
- crimini mushrooms (1.56mg/0.25 cup)
- spinach, boiled (1.37mg/cup)
- collard greens, boiled (0.80mg/cup)
- asparagus, boiled (0.76mg/cup)
- summer squash, cooked (0.70mg/cup)
- okra, boiled (0.69mg/cup)
- broccoli, steamed (0.62mg/cup)
- beets, boiled (0.60mg/cup)
- swiss chard, boiled (0.58mg/cup)
- pumpkin, boiled (0.56mg/cup)
- brussel sprouts, boiled (0.51mg/cup)
- asparagus, boiled (0.36mg/4 spears)

Food Sources of Zinc



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Nuts & Seeds *(raw unless otherwise stated)*

- sesame seeds (2.80mg/2 tbsp)
- pumpkin seeds (2.57mg/2 tbsp)
- pine nuts (1.83mg/2 tbsp)
- pecans (1.28mg/20 halves)
- brazil nuts (1.15mg/8 nuts)
- peanuts, dry roasted (0.94mg/28 nuts)
- walnuts (0.88mg/14 halves)
- almonds (0.87mg/24 nuts)
- sunflower seeds (0.85/2 tbsp)
- chestnuts, roasted (0.82mg/cup)
- hazelnuts (0.69mg/20 nuts)

Beans & Legumes *(cooked unless otherwise stated)*

- white beans (2.93mg/cup)
- chickpeas (2.54mg/cup)
- lentils (2.51mg/cup)
- cowpeas (2.22mg/cup)
- soybeans (1.98mg/cup)
- split peas (1.96mg/cup)
- black beans (1.93mg/cup)
- kidney beans (1.89mg/cup)
- navy beans (1.87mg/cup)
- lima beans (1.79mg/cup)
- pinto beans (1.68mg/cup)
- great northern beans (1.56mg/cup)
- mung beans, raw sprouts (0.43mg/cup)
- alfalfa seeds, raw sprouts (0.30mg/cup)

Grains *(cooked unless otherwise stated)*

- rice, wild (2.20mg/cup)
- barley, pearled (1.29mg/cup)
- rice, brown (1.23mg/cup)
- oat bran (1.16mg/cup)
- bulgur (1.04mg/cup)
- buckwheat groats (1.02mg/cup)
- rice, white (0.77mg/cup)
- couscous (0.41mg/cup)

Meats, Poultry & Fish *(roasted or broiled)*

- ground beef, 75% lean (6.18mg/100 g)
- lamb shoulder (7.73mg/100 g)
- turkey, dark meat (4.41mg/100 g)
- pork, leg/ham (3.25mg/100 g)
- chicken, dark meat (2.86mg/100 g)
- halibut (0.98mg/100 g)
- sole (0.94mg/100 g)
- salmon (0.93mg/100 g)
- egg, hard boiled (0.53mg/each)

Other

- maple syrup (0.83mg/tbsp)
- tahini (0.69mg/tbsp)
- celery seed (0.14mg/tsp)

USDA. National Nutrient Database for Standard Reference (release 21). <http://www.ars.usda.gov/Services/docs.htm?docid=17477>

World's Healthiest Foods. Essential Nutrients in the World's Healthiest Foods. <http://www.whfoods.com/nutrientstoc.php>

Health Canada. Dietary Reference Intakes for Elements. http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php