

Zinc Content of Foods

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Zinc is needed for the function of many enzymes and proteins found in the body. It is also important for wound healing.

	Food	Zinc content
Beef (cooked & lean)	1 8oz sirloin steak, well done (226g)	13.8 mg
	1 medium portion braising steak (140g)	13.3 mg
	1 medium portion stewing steak (140g)	12 mg
	1 8oz rump steak, grilled (163g)	9.1 mg
	1 8oz beef fillet steak, grilled (168g)	8.6 mg
	1 medium portion beef mince, extra lean, stewed	7.8 mg
Pork (cooked & lean)	1 shoulder steak, roasted (135g)	5.8 mg
	1 loin chop, no bone, grilled (120g)	3.5 mg
	2 rashers of bacon, back, grilled (50g)	1.2 mg
	1 average slice of ham (23g)	0.4 mg
Lamb	1 medium portion shoulder, roasted (90g)	5.8 mg
	1 loin chop, grilled (edible portion only) (70g)	3.6 mg
Veal	1 escalope, fried (150g)	3.1 mg
	1 fillet, roasted ((85g)	2.1 mg
Chicken	1 average portion chicken, dark meat, roasted (100g)	2.2 mg
	1 average portion chicken, white meat, roasted (100g)	0.8 mg
Turkey	1 average portion turkey, dark meat, roasted (100g)	3.06 mg
	1 average portion turkey, light meat, roasted (100g)	1.26 mg
Fish	1 small can tuna in brine, drained (100g)	0.7 mg
	1 piece of cod, poached (120g)	0.7 mg
	1 salmon steak, grilled (85g)	0.6 mg
Shellfish	6 oysters, raw (60g)	21.3 mg
	2 tablespoons crab, boiled (80g)	3.5 mg
	1 average portion prawns, boiled (65g)	0.9 mg



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Dairy Products	1 average portion yogurt, lowfat, plain (150g)	1.4 mg
	1 glass semi-skimmed milk (200g)	1.6 mg
	1 average portion Cheddar cheese (40g)	0.4 mg
	1 tablespoon cottage cheese, plain (40g)	0.1 mg
Cereals	2 biscuits Shredded Wheat (45g)	0.5 mg
	1 bowl porridge made with water and milk (160g)	1.5 mg
	1 average portion bran flakes (30g)	0.3 mg
	1 average portion cornflakes (30g)	0.02 mg
Grains	1 average portion brown rice, boiled (180g)	2.3 mg
	1 average portion white rice, boiled (180g)	2.3 mg
	1 medium slice wholemeal bread (36g)	0.2 mg
	1 medium slice white bread (36g)	0.1 mg
Fruits	2 apricots, ready to eat (80g)	0.6 mg
	1 medium orange (160g)	0.3 mg
	1 medium banana (100g)	0.2 mg
	1 medium eating apple (100g)	0.1 mg
	1 heaped tablespoon raisins (30g)	0.1 mg
Vegetables	1 average baked potato, flesh and skin (180g)	1.6 mg
	1 average portion peas, boiled (70g)	0.5 mg
	1 average portion spinach, boiled (90g)	0.4 mg
	1 average portion broccoli (85g)	0.3 mg
	1 average portion cauliflower (90g)	0.3 mg
	1 medium carrot, raw (80g)	0.1 mg
Beans/ Legumes	1 small can baked beans (205g)	2.1 mg
	2 heaped tablespoons chickpeas, boiled, drained (70g)	0.4 mg
	2 heaped tablespoons kidney beans, re-heated, drained (60g)	0.3 mg
Meat substitutes	1 average portion tofu soya bean, steamed (100g)	0.7 mg
	1 average portion/packet peanut butter (25g)	0.2 mg
	1 average portion scrambled egg (100g)	1.4 mg



Meat and dairy sources of zinc are more readily absorbed by the body than cereal and vegetable sources.

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Daily Requirements

The amount of zinc you need varies at different stages of life:

Infants	0 – 6 months	= 4.0 mg
	7 – 12 months	= 4.0 mg
Children	1 – 3 years	= 5.0 mg
	4 – 6 years	= 6.5 mg
	7 – 10 years	= 7.0 mg
Adolescents	11 – 14 years	= 9.0 mg
	15 – 18 years male	= 9.5 mg
	15 – 18 years female	= 7.0 mg
Adults	19 – 50 years male	= 9.5 mg
	19 – 50 years female	= 7.0 mg
	50+ years male	= 9.5 mg
	50+ years female	= 7.0 mg

