

Food Sources: Zinc

Zinc is an essential mineral involved in hundreds of enzymatic reactions in the body. It supports immune function, wound healing, DNA and protein synthesis, growth and development, taste and smell, and reproductive health.

Zinc is found in both animal and plant foods. Animal sources provide zinc in a form that is more easily absorbed (heme-like), while plant sources contain phytates that can reduce absorption. Maintaining adequate zinc intake is important for overall health and immune resilience.

The RDA for zinc is as follows:

- Males, 19+ years: 11 mg/day
- Females, 19+ years: 8 mg/day
- Pregnancy, 19+ years: 11 mg/day
- Lactation, 19+ years: 12 mg/day

Food, standard serving size

Average Zinc Content (mg)

- Oysters, cooked, 3 oz – 74 mg
- Beef chuck roast, braised, 3 oz – 7 mg
- Crab, cooked, 3 oz – 6.5 mg
- Lobster, cooked, 3 oz – 3.4 mg
- Pork, cooked, 3 oz – 2.9 mg
- Chicken, dark meat, 3 oz – 2.4 mg
- Tofu, firm, ½ cup – 2 mg
- Pumpkin seeds, roasted, 1 oz – 2.2 mg
- Lentils, cooked, ½ cup – 1.3 mg
- Chickpeas, cooked, ½ cup – 1.3 mg
- Cashews, dry roasted, 1 oz (~16 nuts) – 1.6 mg
- Yogurt, plain, 8 oz – 1.0 mg