

MAIN FUNCTIONS

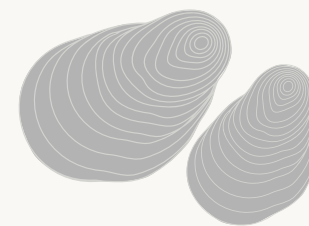
- Assists in the production of hemoglobin, the oxygen-carrying component of red blood cells
- Critical for normal immune function
- Structural component of hundreds of essential molecules

GOOD SOURCES

Seafood

oysters · crab

- Oysters (steamed), 6 medium, 49.9 mg



Meat

beef · dark meat · pork

- Rib Eye Steak (grilled), 3 ounces, 5.9 mg



Beans

chickpeas · black beans

- Black Beans (canned), ½ cup, 0.7 mg



mg = milligrams; a 3-ounce serving of meat is about the size of a deck of cards

DAILY RECOMMENDATION

11
mg

Men

8
mg

Women

SPECIAL NOTES

- Some dietary factors affect zinc absorption:
 - » Phytates and fiber in whole grains and beans inhibit absorption.
 - » Animal-based protein enhances absorption.
- National dietary surveys indicate that most Americans meet the dietary requirement for zinc.