

Zinc-rich FOODS

Food	Zinc (mg) per serving	Percent DV*
Oysters, cooked, breaded and fried, 3 ounces	74	673
Beef chuck roast, braised, 3 ounces	7	64
Crab, Alaska king, cooked, 3 ounces	6.5	59
Beef patty, broiled, 3 ounces	5.3	48
Lobster, cooked, 3 ounces	3.4	31
Pork chop, loin, cooked, 3 ounces	2.9	26
Baked beans, canned, plain or vegetarian, ½ cup	2.9	26
Chicken, dark meat, cooked, 3 ounces	2.4	22
Pumpkin seeds, dried, 1 ounce	2.2	20
Yogurt, fruit, low fat, 8 ounces	1.7	15
Cashews, dry roasted, 1 ounce	1.6	15
Chickpeas, cooked, ½ cup	1.3	12
Cheese, Swiss, 1 ounce	1.2	11
Oatmeal, instant, plain, prepared with water, 1 packet	1.1	10
Milk, low-fat or non fat, 1 cup	1	9
Almonds, dry roasted, 1 ounce	0.9	8
Kidney beans, cooked, ½ cup	0.9	8
Chicken breast, roasted, skin removed, ½ breast	0.9	8
Cheese, cheddar or mozzarella, 1 ounce	0.9	8
Peas, green, frozen, cooked, ½ cup	0.5	5
Flounder or sole, cooked, 3 ounces	0.3	3

Source: <https://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>

