

# High Zinc Foods

Food	Serving (Imperial)	Serving (Metric)	Zinc Amount (mg)	% RDA (DV)
Oysters, cooked	3 oz	85 g	74	673%
Beef, chuck roast, cooked	3 oz	85 g	7	64%
Beef, ground, cooked	3 oz	85 g	5.3	48%
Lobster, cooked	3 oz	85 g	3.4	31%
Pork chop, loin, cooked	3 oz	85 g	2.9	26%
Baked Beans, canned	1/2 cup	120 g	2.9	26%
Breakfast cereal, fortified, 25% DV	1 serving	28 – 56 g	2.8	25%
Chicken, dark meat, cooked	3 oz	85 g	2.4	22%
Pumpkin seeds, dried	1 oz	28 g	2.2	20%
Cashews, dry roasted	1 oz	28 g	1.6	15%

## Adult U.S.RDA (Recommend Dietary Allowance)

11 mg Male

8 mg Female

### NOTE

Zinc helps maintain a healthy immune system.