

ZINC

ZINC CONTENT OF SELECTED COMMON FOODS

Food (3 ounces, cooked, lean only)	Zinc (mg)	Food	Zinc (mg)		
Beef	Shank crosscuts, simmered	8.9	Dairy Products	Yogurt, lowfat, plain, 1 cup	2.2
	Chuck, arm pot roast, braised	7.4		Milk, lowfat, 1 cup	1.0
	Roundtip, roasted	6.0		Cheese, cheddar, 1 ounce	.9
	Sirloin, broiled	5.5		Cheese, cottage, lowfat, ½ cup	.4
	Top round, broiled	4.7	Cereals	Raisin bran, dry, 1 cup	3.0
	Ground, 17% fat, broiled	4.6		Shredded wheat, dry, 1 cup	1.0
	Top loin, broiled	4.4		Oatmeal, instant, ½ cup	.6
	Tenderloin, roasted	4.1		Cream of wheat, instant, ½ cup	.2
	Eye round, roasted	4.0		Corn flakes, dry, 1 cup	.2
Pork	Shoulder, blade, Boston roasted	3.6	Grains	Bran muffin, 1 medium	.6
	Ham, boneless, 5% fat	2.4		Brown rice, cooked, ½ cup	.6
	Tenderloin, roasted	2.2		Bagel, 1-3½ inch	.6
	Loin chop, broiled	2.0		Whole wheat bread, 1 slice	.5
Lamb	Leg, shank half, roasted	4.3		White rice (enrich), cooked, ½ cup	.4
	Loin, roasted	3.5	White bread (enrich), 1 slice	.2	
Veal	Sirloin, braised	4.0	Fruits	Banana, 1 medium	.2
	Cutlet, pan fried	2.4		Apricots, dried, 7 halves	.2
Chicken	Liver, simmered	3.7		Prunes, dried, 3 medium	.1
	Dark meat, roasted	2.4		Orange, 1 medium	.1
	Light meat, roasted	1.0		Apple, 1 medium	.1
Turkey	Dark meat, roasted	3.8	Raisins, 2 tablespoons	.1	
	Light meat, roasted	1.7	Vegetables	Peas, green, cooked, ½ cup	.9
Fish	Tuna, light meat, canned	.7		Potato, baked w/skin, 1 medium	.6
	Ocean perch, dry heat	.5		Corn, cooked, ½ cup	.4
	Halibut, dry heat	.5		Broccoli, raw, ½ cup	.2
	Salmon, sockeye, dry heat	.4		Spinach, raw, 1 cup	.2
Shellfish	Oysters, 6 medium, raw	49.8		Lettuce, iceberg, chopped, 1 cup	.1
	Crab, Alaskan king, moist heat	6.5		Carrots, raw, 1 medium	.1
	Shrimp, moist heat	1.3		Beans/ Legumes	Baked beans, canned, plain, ½ cup
		Chickpeas, boiled, ½ cup	1.3		
		Kidney beans, boiled, ½ cup	.9		
		Meat Substitutes	Egg, substitute, ½ cup	1.6	
			Tofu, raw, ½ cup	1.0	
			Peanut butter, 2 tablespoons	.9	
			Egg, whole, cooked, scrambled	.6	