

Zinc Foods

PER CALORIE

Seafood

- oyster - 410 mg/2000 cal
- crab - 92 mg/2000 cal
- lobster - 89 mg/2000 cal
- crayfish - 43 mg/2000 cal
- octopus - 41 mg/2000 cal
- squid - 34 mg/2000 cal
- mussels - 31 mg/2000 cal
- scallops - 27 mg/2000 cal
- shrimp/prawns - 26 mg/2000 cal
- carp - 23 mg/2000 cal

Vegetables & Fruit

- brown mushrooms - 100 mg/2000 cal
- endive - 92 mg/2000 cal
- hearts of palm - 82 mg/2000 cal
- amaranth leaves - 78 mg/2000 cal
- broccoli raab - 70 mg/2000 cal
- spinach - 66 mg/2000 cal
- parsley - 59 mg/2000 cal
- asparagus - 54 mg/2000 cal
- radicchio - 54 mg/2000 cal
- shiitake mushrooms - 47 mg/2000 cal
- portabella mushrooms - 45 mg/2000 cal
- zucchini - 44 mg/2000 cal
- coriander leaf - 43 mg/2000 cal
- okra - 39 mg/2000 cal
- arugula - 37 mg/2000 cal

- chicory greens - 37 mg/2000 cal
- radish - 35 mg/2000 cal
- beet greens - 35 mg/2000 cal
- chard - 33 mg/2000 cal
- bok choy - 28 mg/2000 cal
- mung bean sprouts - 27 mg/2000 cal
- lettuce - 27 mg/2000 cal
- cucumber - 27 mg/2000 cal
- chayote squash - 26 mg/2000 cal
- broccoli - 26 mg/2000 cal
- scallions - 25 mg/2000 cal
- blackberries - 25 mg/2000 cal
- pumpkin - 23 mg/2000 cal

Beans, Legumes, Nuts, Seeds & Grains

- wheat bran - 67 mg/2000 cal
- baked beans - 49 mg/2000 cal
- hemp seeds - 36 mg/2000 cal
- poppy seeds - 30 mg/2000 cal
- natto - 29 mg/2000 cal
- lentil sprouts - 29 mg/2000 cal
- bran flakes - 28 mg/2000 cal
- pumpkin/squash seeds - 27 mg/2000 cal
- oat bran - 25 mg/2000 cal
- mustard seed - 24 mg/2000 cal
- lupini - 23 mg/2000 cal

Dairy

- yogurt (non-fat) - 35 mg/2000 cal
- cream cheese (fat-free) - 29 mg/2000 cal
- yogurt (low-fat) - 28 mg/2000 cal
- milk (skim) - 25 mg/2000 cal
- mozzarella (part-skim) - 24 mg/2000 cal
- halloumi - 24 mg/2000 cal

Offal

- veal liver - 117 mg/2000 cal
- pork liver - 81 mg/2000 cal
- chicken heart - 79 mg/2000 cal
- lamb liver - 72 mg/2000 cal
- lamb kidney - 55 mg/2000 cal
- beef liver - 55 mg/2000 cal
- pork kidney - 55 mg/2000 cal
- chicken liver - 48 mg/2000 cal
- pork heart - 42 mg/2000 cal
- lamb heart - 40 mg/2000 cal
- beef oxtail - 39 mg/2000 cal
- beef kidney - 36 mg/2000 cal
- beef heart - 35 mg/2000 cal
- beef tongue - 29 mg/2000 cal

Meat

- ribeye filet (fat trimmed) - 119 mg/2000 cal
- ground beef (97% lean) - 84 mg/2000 cal
- ground beef (95% lean) - 74 mg/2000 cal
- goat meat - 74 mg/2000 cal

- ground beef (93% lean) - 71 mg/2000 cal
- New York strip steak - 67 mg/2000 cal
- top round steak - 61 mg/2000 cal
- ground beef (90% lean) - 59 mg/2000 cal
- roast beef - 57 mg/2000 cal
- sirloin steak - 56 mg/2000 cal
- veal - 56 mg/2000 cal
- flank steak (fat not eaten) - 55 mg/2000 cal
- ground beef (85% lean) - 54 mg/2000 cal
- flank steak (fat eaten) - 51 mg/2000 cal
- rump steak - 51 mg/2000 cal
- filet mignon - 50 mg/2000 cal
- pastrami - 50 mg/2000 cal
- corned beef - 49 mg/2000 cal
- ground beef (80% lean) - 49 mg/2000 cal
- lamb roast (fat not eaten) - 48 mg/2000 cal
- beef loin - 47 mg/2000 cal
- ground beef (75% lean) - 45 mg/2000 cal
- turkey thigh - 41 mg/2000 cal
- chicken thigh (skinless) - 40 mg/2000 cal
- beef jerky (full fat) - 40 mg/2000 cal
- buffalo - 39 mg/2000 cal
- chicken drumstick (skinless) - 39 mg/2000 cal
- sirloin steak (fat eaten) - 39 mg/2000 cal