

Zinc Foods

PER SERVE

Seafood

- oyster - 29.7 mg/serve
- carp - 5.8 mg/serve
- lobster - 4.2 mg/serve
- crab - 3.8 mg/serve
- octopus - 2.3 mg/serve
- mussels - 2.2 mg/serve
- trout - 1.6 mg/serve
- shrimp/prawns - 1.5 mg/serve
- squid - 1.5 mg/serve
- crayfish - 1.5 mg/serve
- sardines - 1.5 mg/serve
- calamari (breaded) - 1.4 mg/serve

Meat

- ribeye filet (fat trimmed) - 25.7 mg/serve
- beef rib - 14.5 mg/serve
- New York strip steak - 13.2 mg/serve
- ground beef (90% lean) - 12.9 mg/serve
- ground beef (93% lean) - 12.7 mg/serve
- lamb chops - 12.2 mg/serve
- veal liver - 11.6 mg/serve
- beef loin - 11.5 mg/serve
- veal - 11.5 mg/serve
- T-Bone steak - 11.3 mg/serve
- ground beef (75% lean) - 11.2 mg/serve

- porterhouse steak - 11 mg/serve
- ground beef (97% lean) - 10.6 mg/serve
- lamb roast (fat eaten) - 10.6 mg/serve
- ground beef (85% lean) - 10.5 mg/serve
- skirt steak - 10.3 mg/serve
- sirloin steak (fat eaten) - 10.3 mg/serve
- lamb liver - 10.2 mg/serve
- ground beef (80% lean) - 9.6 mg/serve
- top round steak - 9.4 mg/serve
- ribeye steak (fat eaten) - 9.4 mg/serve
- ground beef (95% lean) - 9.2 mg/serve
- pork steak - 8.7 mg/serve
- filet mignon - 8.7 mg/serve
- flank steak (fat eaten) - 8.6 mg/serve
- rump steak - 8.2 mg/serve
- pork roast - 8.1 mg/serve
- pork ribs - 7.3 mg/serve
- lamb heart - 7.3 mg/serve
- goat meat - 7.1 mg/serve
- chicken heart - 6.6 mg/serve
- beef tongue - 6.6 mg/serve
- lamb roast (fat not eaten) - 6.5 mg/serve
- roast beef - 6.5 mg/serve
- sirloin steak - 6.4 mg/serve

- flank steak (fat not eaten) - 6.3 mg/serve
- pork liver - 6 mg/serve
- chicken thigh (skinless) - 5.4 mg/serve
- beef oxtail - 5.3 mg/serve
- pork heart - 5.2 mg/serve
- duck - 5.2 mg/serve
- pork chops (blade) - 5.2 mg/serve
- venison - 4.8 mg/serve
- chicken drumstick (skinless) - 4.8 mg/serve
- beef liver - 4.7 mg/serve
- ground turkey (lean) - 4.6 mg/serve
- chicken drumstick (with skin) - 4.5 mg/serve
- sausage (beef) - 4.5 mg/serve
- turkey thigh - 4.4 mg/serve
- lamb kidney - 4.3 mg/serve
- buffalo - 4.2 mg/serve
- turkey breast - 4.2 mg/serve
- pork chops (loin) - 4.1 mg/serve
- chicken liver - 3.8 mg/serve
- sausage (pork) - 3.8 mg/serve
- ground turkey - 3.7 mg/serve
- bratwurst - 3.7 mg/serve
- leg ham - 3.7 mg/serve
- pork loin (lean) - 3.6 mg/serve
- chicken thigh (skin eaten) - 3.6 mg/serve
- corned beef - 3.4 mg/serve
- beef jerky (full fat) - 3.1 mg/serve
- pastrami - 3 mg/serve
- ground chicken - 3 mg/serve
- beef jerky (low fat) - 3 mg/serve

Dairy

- halloumi - 2.8 mg/serve
- Jarlsberg cheese - 2.1 mg/serve
- Swiss cheese - 2 mg/serve
- gouda cheese - 1.8 mg/serve
- Edam cheese - 1.7 mg/serve
- cheddar cheese - 1.7 mg/serve
- mozzarella (part-skim) - 1.6 mg/serve
- camembert cheese - 1.5 mg/serve
- gruyere cheese - 1.4 mg/serve
- brie cheese - 1.3 mg/serve
- protein powder (whey) - 1.3 mg/serve

Vegetables, Beans, Legumes, Nuts & Grains

- baked beans - 3.5 mg/serve
- buckwheat groats - 3.2 mg/serve
- natto - 3.1 mg/serve
- oatmeal (steel cut) - 2.7 mg/serve
- kidney beans - 2.3 mg/serve
- Ezekiel bread - 2 mg/serve
- wheat bran - 1.9 mg/serve
- lentils - 1.9 mg/serve
- pasta - 1.8 mg/serve
- tofu - 1.7 mg/serve
- broadbeans - 1.7 mg/serve
- white rice - 1.7 mg/serve
- pili nuts - 1.7 mg/serve
- buckwheat - 1.7 mg/serve
- broccoli raab - 1.6 mg/serve
- hearts of palm - 1.6 mg/serve