

## ZINC: Why and where do I find it?

Zinc is essential for all optimal function in all human cells and for this reason we need to ensure our diet contains adequate levels. Zinc deficiency can be associated with skin rashes, reduced sense of smell, impaired hair growth, reduced immunity, poor wound healing, erectile dysfunction, reduced birth weight in babies and a great deal of similar health conditions.

Australian recommended dietary intake of Zinc per day

<b>Children (1-3)-:</b> 3 mg	<b>Teenager (male):</b> 13 mg	<b>Pregnancy:</b> 10mg
<b>(4-8)-:</b> 4 mg	<b>Teenager (female):</b> 10 mg	<b>Females (18+):</b> 10mg
<b>(9-13):</b> 6 mg		<b>Males (18+):</b> 14mg

<b>Meat</b>	<b>milligrams</b>	<b>per serve</b>
Beef, Blade Steak, Grilled, Lean	11.8	200g / med. steak
Beef, Diced, Dry Fried	14.4	200g
Beef, Mince, Premium Quality	12.4	200g
Lamb, Diced, Dry Fried, Lean	5.2	200g
Lamb, Mince, Dry Fried	9.6	200g
Lamb, Leg Roast, Roasted, Lean	10.0	200g / med. serve
Kangaroo, Rump, Raw	4.6	200g / med. steak
Oyster, Raw	47.9	100g / 5 oysters
Mussel, Green, Steamed Or Boiled	10.9	100g / 4 mussels
Sardines, Canned, Drained	2.9	100g / 4 sardines
<b>Vegetables</b>		
Garlic, Peeled, Raw	0.5	50g
Basil, green, fresh	0.9	50g / ½ cup
Bean, Red, Fresh, Raw	1.0	100g / ½ cup
Peas, green, raw	1.0	100g / ½ cup
Parsley, Curly, Raw	5.7	50g / ⅓ cup
Tomato, Sundried	6.8	50g / ½ cup
<b>Snacks</b>		
Cashew, Raw	2.8	50g / ¼ cup
Seed, Sunflower	2.8	50g / ¼ cup
Tahini, Sesame Seed Pulp	2.7	50g / 2 Tbsp
Pine Nut, Raw	2.7	50g / 1 handful
<b>Other</b>		
Cocoa powder	2.1	25g / 6 tsp
Rice Cake, From Brown Rice, Unflavoured	0.9	50g / 10 cakes
Wheat Germ	7.4	100g / ½ cup
Miso, Soyabean Paste	0.7	25g / 1 Tbsp
Tofu (Soy Bean Curd), Firm	2.9	100g
Cheese, Cheddar	1.8	50g