

ZINC

Did you know???



Zinc is used on over **200 enzymes** that have **many different functions**, such as **immunity, wound healing, taste perception**, producing the **active form of vitamin A** and defending against free radicals. ***Zinc intake above the UL can interfere with the absorption of copper, potentially leading to copper deficiency.***

NUTRITIONAL FACTS

(lean cooked protein & cooked grains)

FOOD	QTY	ZINC	%DAILY	PROTEIN	CALORIES
Hemp Seed	10g	8.1mg	74%	3.1g	59
Beef Steak	100g	4.5mg	41%	29.9g	160
Lamb Leg	100g	4.5mg	40%	26.2g	232
Lobster	100g	4.1mg	37%	19g	89
Octopus	100g	3.4mg	30%	29.8g	164
White Beans	1cup	2.9mg	27%	19g	289
Pork Chops	100g	2.8mg	26%	28.8g	214
Mussels	100g	2.7mg	24%	23.8g	172
Quinoa	1 cup	2mg	18%	8.1g	222