

Guidance for patients undertaking particular treatments: patient information sheets

Good dietary sources of Zinc

ZINC	
Good Dietary Sources	mg
Oysters 1 Dozen	78
Popcorn 100g	8.3
Sesame seeds 100g	7.8
Beef 155g	7.0
Crab 100g	5.5
Lobster 85g	2.6
Walnuts 100g	2.7
Sardines 70g	2.0
Chickpeas, Lentils 155g	1.5
Bran Flakes 45g	1.5
Cheddar 50g	1.4
Wholemeal Bread 2 slices	1.3
Brown Pasta 150g	1.0
Brazil Nuts 10	1.0
Peanuts 25g	1.0

Shredded Wheat, Weetabix 2	1.0
Pulses 100g	1.0
Baked Beans 200g	1.0

Recommended daily dietary intake for women 7mg, for men 9.5mg.