



ZINC TO BOOST IMMUNITY

Eating foods high in zinc will help your body heal wounds and improve immunity.

HOW MUCH ZINC DO I NEED?

| Age (years) | Amount (mg per day) |
|-------------|---------------------|
| 1-3 | 3 |
| 4-8 | 5 |
| 9-13 | 5 |
| 14-18 | 9-11 |
| 19+ | 8-11 |

WHAT CAN I EAT TO GET MORE ZINC?

| Food | Serving Size | Average (mg) |
|------------------------------------|-------------------|--------------|
| Beans, cooked | 1 cup | 7.9 |
| Beef, cooked | 3 ounces | 5.9 |
| Cereal, fortified with zinc | $\frac{3}{4}$ cup | 8.4 |
| Cheese, cheddar, Swiss, mozzarella | 1 ounce | 1 |
| Chicken, cooked | 3 ounces | 1.8 |
| Lamb, cooked | 3 ounces | 4.6 |
| Oatmeal | 1 cup | 1.6 |
| Oysters, cooked | 3 ounces | 75 |
| Pork, cooked | 3 ounces | 3 |
| Rice, white, cooked | 1 cup | 1.3 |
| Ricotta cheese | 1 cup | 3.1 |
| Whole grain flour | 1 cup | 3.5 |
| Yogurt, fat free or low fat, plain | 8 ounces | 2.1 |

Information adapted from the National Institutes of Health, Office of Dietary Supplements. For more information or for a complete list of foods high in zinc, visit: <http://ods.od.nih.gov/factsheets/Zinc-HealthProfessional/>