



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	¾ 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/>