

Increasing your Zinc Intake: Tip Sheet

Zinc is a mineral that helps strengthen the immune system helps heal wounds. Zinc is essential for normal growth and development.

How Much Zinc Should I Consume?

Men 19 years and older	11 mg of zinc per day
Women 19 years and older	8 mg of zinc per day
Pregnant Women 19 years and older	11 mg of zinc per day
Breastfeeding Women 19 years and older	12 mg of zinc per day

- No more than 40 mg of zinc per day should be consumed by any individual over the age of 19.

How Much Zinc Should My Child Consume?

Babies from birth to 6 months	2 mg of zinc per day
Infants 7 months to 3 years	3 mg of zinc per day
Children 4-8 years	5 mg of zinc per day
Children 9-13 years	8 mg of zinc per day
Boys 14-18 years old	11 mg of zinc per day
Girls 14-18 years old	9 mg of zinc per day
Pregnant Females 14-18 years old	12 mg of zinc per day
Breastfeeding Females 14-18 years old	13 mg of zinc per day

- No more than 4 mg of zinc per day should be consumed by any baby younger than 6 months.
- No more than 5 mg of zinc per day should be consumed by any infant 7-12 months.
- No more than 7 mg of zinc per day should be consumed by any child 1-3 years old.
- No more than 12 mg of zinc per day should be consumed by any child 4-8 years old.
- No more than 23 mg of zinc per day should be consumed by any child 9-13 years old.
- No more than 34 mg of zinc per day should be consumed by any individual 14-18 years old.

Foods to Increase your Zinc Intake

It is difficult for individuals at the beginning of their celiac diagnosis to consume sufficient Zinc due to damage in their small intestine. Depending on the length of time damage has been occurring, zinc stores can be severely diminished. It is important to focus on foods rich in zinc. Zinc is found in seafood, meat and cooked dried beans, peas and lentils. Focus on these gluten-free foods to make sure you are getting enough zinc.

1. Consume meat or meat alternatives everyday.

75 g (2 ½ oz) of beef	4.0-8.6 mg of zinc
75 g (2 ½ oz) of veal	2.3-7.4 mg of zinc
75 g (2 ½ oz) of lamb	2.0-6.5 mg of zinc
75 g (2 ½ oz) of pork	1.8-3.9 mg of zinc
75 g (2 ½ oz) of turkey	0.8-2.7 mg of zinc
75 g (2 ½ oz) of chicken	1.3-2.2 mg of zinc
175 mL (¾ cup) of baked beans	4.3 mg of zinc
60 mL (¼ cup) of nuts (pine, peanuts, cashews, almonds)	1.1-2.2 mg of zinc
175 g (¾ cup) of cooked lentils	1.9 mg of zinc
175 g (¾ cup) of cooked, dried peas (chickpeas, black-eyed, split)	1.1-1.9 mg of zinc

2. Consume other foods that are high in zinc regularly

50 g (1 ½ oz) of cheese (cheddar, swiss, gouda, brie, mozzarella)	1.2-2.2 mg of zinc
125 mL (½ cup) of ricotta cheese	1.8 mg of zinc
2 large cooked eggs	1.2-1.3 mg of zinc
75 g (2 ½ oz) of cooked oysters	24.9-59.0 mg of zinc
75 g (2 ½ oz) of cooked crab	2.7-5.7 mg of zinc
75 g (2 ½ oz) of cooked lobster	3.0 mg of zinc

- Make sure to always read the food labels to ensure all the foods consumed are gluten free. Also look at the nutrition facts table to see the amount of zinc in that specific product.

Bonus: Zinc is present in almost all multivitamin supplements, read the label to make sure and check the amount included. Supplements can have different forms of zinc (gluconate, sulfate, acetate), however there is no consensus in the research about which form is best.

This information is adapted from:

Dietitians of Canada. Food sources of zinc. In: Practice-based Evidence in Nutrition [PEN]. 2016 October 19 [cited 2019 April 16]. Available from: <https://www.pennutrition.com/viewhandout.aspx?Portal=Uby=&id=JMbrWwl=&PreviewHandout=bA==>. Access only by subscription or sign up for a free two week trial.

Office of Dietary Supplements. Zinc – fact sheet for consumers. In: National Institutes of Health [NIH]. 2016 February 17 [cited 2019 April 16]. Available from: <https://ods.od.nih.gov/factsheets/Zinc-Consumer/#h8>