

HOW Would You Rather Eat ZINC?



**Wheat
Germ**

Serving Size: 1 Tbsp, toasted
Calories: 27, Zinc: 1.18 mg

**Pork
Chop**



Serving Size: 3 oz, boneless,
cooked, broiled
Calories: 137, Zinc: 1.85 mg

Chickpeas



Serving Size: 1/2 cup, boiled
Calories: 124, Zinc: 1.25 mg

**Swiss
Cheese**



Serving Size: 1 oz
Calories: 111, Zinc: 1.24 mg



Asparagus

Serving Size: 1/2 cup, cooked
Calories: 20, Zinc: 0.54 mg

Peanuts



Serving Size: 1 oz, shelled, oil
roasted
Calories: 170, Zinc: 0.93 mg

Mushrooms



Serving Size: 1 cup, white,
boiled, drained
Calories: 44
Zinc: 1.36 mg

**Beef Chuck
Roast**



Serving Size: 3 oz, lean,
cooked, roasted
Calories: 156, Zinc: 8.27 mg

