

FOODS HIGH IN ZINC



Zinc is a crucial mineral required for over 300 chemical processes within the body, it is needed for optimal immune health, the manufacture of brain chemicals and is deficient in pyroluria sufferers.

While supplementation of zinc for pyroluria sufferers is essential, it should not be the only source of zinc. The foods listed below, not only contain good amounts of zinc, but are rich in antioxidants and other essential disease fighting nutrients. Pyroluria sufferers should try to include a variety of these foods in their daily eating regime.

The chart below represent foods with high and good levels of zinc.

HIGHEST SOURCE

Oysters

HIGH SOURCE

Asparagus
Beef (grass fed)
Cashew
Chickpeas
Chocolate dark
Crab
Eggs
Emu
Flaxseed
Garlic
Kidney beans
Lamb
Lentils
Lima beans
Liver
Lobster
Mushrooms
Pork
Pumpkin Seeds
Quinoa
Rice brown
Sesame seeds
Shiitake mushroom
Shrimp/Prawn
Spinach
Turkey

GOOD SOURCE

Alfalfa sprouts
Almonds
Amaranth
Anchovies
Apricots
Avocado
Bamboo shoots
Banana
Barley
Bell pepper
Bilberry
Blackberries
Brazil Nuts
Brewers Yeast
Broad beans
Buckwheat
Butter Beans
Buttermilk
Carrot
Chestnut
Cheese
Chia seed
Chicken
Chives
Coconut
Corn
Fava beans
Fig
Ginger
Green Peas

Haddock
Hazelnuts
Herring
Lemongrass
Macadamia Nuts
Milk
Millet
Miso
Mung beans
Natto
Oats
Onion
Ostrich
Oysters
Parsley
Peanuts
Pecans
Peach
Pepeao
Pine Nuts
Pinto beans
Pistachio Nuts
Radish
Rice bran
Rye
Sardines
Seaweed
Shallots
Shellfish
Soybeans
Soy protein concentrate

Soy protein isolate
Spelt
Spirulina
Sun-dried tomatoes
Sunflower Seeds
Tahani
Tangerine
Tofu
Tuna
Turnip
Walnuts
Wheat
Wheat Germ
Wild rice

