

Foods highest in

Zinc

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

15 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Oysters	890%	2266	5.2	147	Parsley	20%	2925	9.8	278
Complete Wheat Bran	110%	1194	1.1	31	Beef liver	20%	1808	2.6	74
Total cereal	100%	1153	1.1	30	Chicken gizzards	19%	100	3.8	106
Complete Oat Bran Flakes	99%	1118	1.0	29	Seaweed, kelp	19%	429	8.2	233
Multi-Grain Cheerios	91%	952	0.9	26	Shiitake mushrooms	17%	356	1.2	34
Total Corn Flakes	89%	1004	0.9	27	Turkey, dark meat	17%	270	2.8	80
Total Raisin Bran	59%	648	1.1	32	Spearmint, fresh	17%	838	8.0	227
Veal liver	57%	2093	2.5	71	Raisin Bran Cereal	16%	325	1.1	32
Smart Start Cereal	55%	593	1.0	27	Beef round, 1/4" fat	16%	242	1.8	52
Smart Start Soy Protein	49%	541	1.0	27	Cardamom	16%	525	1.1	32
Wheaties	45%	436	1.0	27	Beef, round, lean	16%	218	1.5	44
Fiber One	42%	519	1.8	50	White mushrooms	16%	629	16.0	455
Toasted Wheat Bran	37%	819	1.8	50	Dried basil	15%	866	1.4	40
Gourd	33%	300	25.2	714	Pumpkin and squash seeds	15%	98	0.8	22
All-Bran Original	32%	1025	1.4	38	Portabella mushrooms	15%	593	13.6	385
Endive	31%	1482	20.7	588	Spinach	15%	2601	15.3	435
POST 100% BRAN	30%	320	1.2	35	Chicken, liver	15%	983	3.0	86
Toasted wheat germ	29%	521	0.9	26	Cocoa, dry powder	15%	212	1.2	33
Pork liver	29%	1241	2.6	75	Thyme, dried	15%	869	1.3	36
Bamboo shoots	27%	393	13.1	370	Sprouted mung beans, cooked	15%	397	16.8	476
Italian (Crimini) mushrooms	27%	606	13.1	370	Seaweed, agar	15%	359	13.6	385
Crab	27%	590	4.1	115	Spinach, canned	15%	1280	18.6	526
Sprouted alfalfa seeds	27%	496	15.3	435	Oyster mushrooms	15%	429	10.1	286
Lean beef, chuck	26%	278	2.5	72	Coriander (cilantro) leaves	14%	1762	15.3	435
Beef tip round, lean, choice	25%	295	2.7	77	Asparagus	14%	586	14.1	400
Broccoli raab	23%	1267	16.0	455	Turkey leg, meat and skin	14%	224	2.4	69
Wheat germ, crude	23%	416	1.0	28	Dill weed	14%	1166	8.2	233
Cheerios	23%	368	1.0	27	Beef, ground,15% fat	14%	138	1.6	47
Wheat bran, crude	22%	677	1.6	46	Coffee, brewed	13%	1132	352.7	10000
Lobster	22%	417	3.9	111	All-Bran Buds	13%	874	1.4	40
Basil	21%	1751	13.1	370	Beef jerky	13%	37	0.9	24
All-Bran with fiber	21%	1098	1.8	52	Okra	13%	671	11.4	323
Beef, top sirloin lean	21%	289	2.7	76	Baking chocolate	13%	144	0.7	20

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Poppy seed	13%	192	0.7	19	Canadian bacon	10%	-8	2.9	82
Rice bran	13%	600	1.1	32	Chinese cabbage (bok choy)	10%	1749	27.1	769
Swiss chard	13%	2849	18.6	526	Oegano, dried	10%	519	1.2	33
Cured Ham	13%	-5	3.3	94	Broccoli stalks	10%	764	12.6	357
Arugula	13%	825	14.1	400	Pumpkin/squash seeds	10%	187	0.7	19
Chives	12%	1205	11.8	333	Sprouted lentils	9%	231	3.3	94
Mussels	12%	777	4.1	116	Turkey, light meat	9%	317	3.1	87
Clams	12%	1591	4.8	135	Paprika	9%	763	1.2	35
Watermelon seeds, dried	12%	120	0.6	18	Farm-raised crayfish	9%	383	4.9	139
Chicory greens	12%	1726	15.3	435	Capers, canned	9%	-147	15.3	435
Zucchini	12%	553	22.0	625	Enoki mushrooms	9%	270	8.0	227
Summer squash	12%	546	22.0	625	Sprouted kidney beans	9%	610	12.2	345
Thyme, fresh	12%	695	3.5	99	Frankfurter, turkey	9%	71	1.6	44
Whey, acid	12%	147	14.7	417	Sprouted mung beans	9%	395	11.8	333
Celery seeds	12%	307	0.9	26	Ground ginger	9%	490	1.0	29
Radishes	12%	356	22.0	625	Lentils	9%	229	1.0	28
Dove, Squab	12%	114	1.6	46	Romaine lettuce	9%	1566	20.7	588
Deer meat	12%	364	2.9	83	Sesame seeds	9%	180	0.6	17
Yogurt, fat free	12%	213	6.3	179	Tofu	9%	98	3.0	86
Horseradish	12%	148	7.3	208	Sprouted kidney beans, cooked	9%	545	10.7	303
Beet greens	12%	1964	16.0	455	Cucumber	9%	264	23.5	667
Parsley, dried	11%	903	1.3	36	Marjoram, dried	9%	659	1.3	37
Dill seed	11%	250	1.2	33	Sprouted navy beans	9%	360	5.3	149
Coriander leaf, dried	11%	913	1.3	36	Quail	9%	101	1.5	43
Wild rice	11%	128	1.0	28	Taragon, dried	9%	434	1.2	34
Ham	11%	297	2.6	74	Anchovies	9%	450	2.7	76
Caraway seeds	11%	254	1.1	30	Chicken vegetable soup	9%	125	5.1	145
Hot dogs, fat free	11%	8	4.8	137	Dill weed, dried	9%	458	1.4	40
Chicken, dark meat	11%	249	2.8	80	Sprouted radish seeds	9%	355	8.2	233
Peppermint, fresh	11%	556	5.0	143	Lean pork	9%	291	2.5	70
Sprouted lentils, cooked	11%	222	3.5	99	Miso	9%	54	1.8	50
Savory	11%	450	1.3	37	Sprouted soybeans, cooked	9%	296	4.4	123
Coriander seed	11%	242	1.2	34	Cumin seed	9%	279	0.9	27
Anise seed	10%	222	1.0	30	Oat bran	8%	330	1.4	41
Boston lettuce	10%	1299	27.1	769	Red leaf lettuce	8%	1603	22.0	625
Adzuki beans	10%	216	1.1	30	Curry powder	8%	323	1.1	31
Peas	10%	285	4.4	123	Sprouted navy beans, cooked	8%	320	4.5	128
Sage	10%	554	1.1	32	Blackberries	8%	285	8.2	233

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Wheatena	8%	130	6.3	179	Poultry seasoning	7%	392	1.1	33
Pumpkin	8%	857	13.6	385	Oats	7%	165	0.9	26
Ground tumeric	8%	284	1.0	28	Wheat	7%	121	1.0	29
Durum wheat	8%	177	1.0	29	Sauerkraut, canned	7%	269	18.6	526
Perch	8%	380	3.9	110	Milk 1% with vitamin A	7%	206	8.4	238
Mustard seed	8%	222	0.8	21	Watercress	7%	2843	32.1	909
Manhattan clam chowder	8%	201	5.8	164	Balsam-pear (bitter gourd)	7%	1072	11.8	333
Tofu, extra firm	8%	261	3.9	110	Top loin pork roast	7%	207	1.6	44
Broccoli	8%	748	10.4	294	Brussels sprouts	7%	692	8.2	233
Green leaf lettuce	8%	1957	23.5	667	Rosemary, dried	7%	274	1.1	30
Soy protein isolate	8%	331	1.0	30	Cashew nuts, roasted	7%	110	0.6	17
Tofu, firm	8%	277	5.0	143	Ricotta cheese, skim	6%	139	2.6	72
Bay leaf spice	8%	368	1.1	32	Yogurt, plain, whole milk	6%	104	5.8	164
Soybeans	8%	264	0.8	24	Turnips	6%	231	12.6	357
Pork chops, lean boneless	8%	288	2.5	71	Red bell peppers	6%	1071	13.6	385
Swiss cheese	8%	125	0.9	26	MultiGrain Oatmeal	6%	121	1.1	30
Non-fat dry milk w vit A	8%	218	1.0	28	Sprouted soybeans	6%	271	2.9	82
Cowpeas (blackeyes)	7%	223	3.9	111	Pine nuts, dried	6%	141	0.5	15
Cauliflower	7%	566	14.1	400	Yellow mustard	6%	298	5.3	149
Kellogg's Nutri-Grain	7%	75	1.0	27	Swordfish	6%	388	2.9	83
Hummus	7%	113	2.1	60	Swamp cabbage	6%	1506	18.6	526
Fortified skim milk	7%	263	8.6	244	Tomatoes, ripe	6%	416	19.6	556
Gouda cheese	7%	97	1.0	28	Rutabagas	6%	251	9.8	278
Feta cheese	7%	85	1.3	38	Chickpeas (garbanzo)	6%	194	1.0	27
Mozzarella cheese, skim	7%	136	1.4	39	Soyburger	6%	171	1.8	52
Cranberry beans	7%	224	1.1	30	Baby oatmeal, dry	6%	268	0.9	25
Scallops	7%	316	4.0	114	Fava beans	6%	218	1.0	29
Navy beans	7%	218	1.0	29	Provolone cheese	6%	100	1.0	28
Fennel seed	7%	321	1.0	29	Dandelion greens	6%	849	7.8	222
Iceberg lettuce	7%	410	25.2	714	Parmesan cheese, grated	6%	118	0.8	23
Ensure plus	7%	116	2.5	71	Ling	6%	361	4.1	115
Black beans	7%	198	1.0	29	Shredded wheat	6%	136	1.0	30
Chicken liver, canned	7%	261	1.8	50	Sunflower seed kernels	6%	220	0.6	18
Purslane	7%	855	22.0	625	Split peas	6%	192	1.0	29
Shrimp	7%	382	3.3	94	Quinoa	6%	128	0.9	27
Cashew nuts, raw	7%	128	0.6	18	Tomato juice	6%	401	20.7	588
Artichokes	7%	293	7.5	213	Kale	6%	1747	7.1	200
Lambquarters, raw	7%	1219	8.2	233	Milk 2% with vitamin A	6%	162	7.1	200

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Chili powder	6%	497	1.1	32	Mustard greens	5%	2403	13.6	385
New England clam chowder	6%	276	5.0	143	Seaweed, spirulina	5%	596	13.6	385
Corned beef hash	6%	64	2.2	61	Tomato paste	5%	243	4.3	122
Chicken, light meat	6%	315	3.1	88	Kellogg's Special K	5%	529	0.9	26
Soy milk	6%	274	6.8	192	Muenster cheese	5%	84	1.0	27
Spearmint, dried	6%	762	1.2	35	Whole duck egg	5%	83	1.9	54
Seaweed, wakame	6%	562	7.8	222	Northern pike	5%	365	4.0	114
Crushed tomatoes, canned	6%	310	11.0	313	American cheese	5%	64	0.9	27
Kidney beans	6%	217	1.1	30	Cinnamon	5%	515	1.4	38
White beans	6%	214	1.0	30	Blue cheese	5%	78	1.0	28
Sprouted wheat	6%	171	1.8	51					
Pimento, canned	6%	884	15.3	435					
Tomatoes, canned	5%	296	20.7	588					
Sprouted peas	5%	180	2.8	78					
Yellow beans	5%	211	1.0	29					
Hot cocoa, homemade	5%	107	4.6	130					
Beets	5%	205	8.2	233					
Flaxseeds	5%	158	0.7	19					
Celery	5%	422	22.0	625					
Raspberries	5%	234	6.8	192					
Sprouted pinto beans	5%	334	5.7	161					
Monterey cheese	5%	87	0.9	27					
Sprouted peas, cooked	5%	160	3.6	102					
Popcorn, air-popped	5%	91	0.9	26					
Garlic powder	5%	141	1.1	30					
Parsnips	5%	190	4.7	133					
Barley	5%	143	1.0	28					
Red/cayenne pepper	5%	541	1.1	31					
Colby cheese	5%	79	0.9	25					
Garlic	5%	213	2.4	67					
Frankfurter, pork	5%	99	1.3	37					
Egg, whole	5%	123	2.5	70					
Rice cakes, brown rice	5%	115	0.9	26					
Green beans	5%	393	11.4	323					
Sprouted pinto beans, cooked	5%	299	16.0	455					
Mung beans	5%	218	1.0	29					
Cheddar cheese	5%	80	0.9	25					
Sun-dried tomatoes	5%	211	1.4	39					