

NUTRIFAX[®]

2008

Zinc

Only since 1960 have researchers been able to prove that zinc is an essential nutrient for humans. Since then, numerous studies have been done on the effects of too much or too little zinc intake.

Zinc is a mineral commonly found in animal products, legumes, whole grains, and some vegetables and fruits. The current Recommended Daily Allowances (RDA) are 15 mg per day for men and 12 mg per day for women. Many people are not meeting the RDA, and zinc deficiencies are common in older people.

Zinc contributes the following functions to good health:

- adequate immune functions
- normal taste and smell sensation
- bone and muscle formation
- skin integrity

As with most nutrients, you can suffer from too much or too little zinc intake.

Some Signs of Zinc Deficiencies:

- impaired taste sensation
- slow wound healing
- dermatitis
- slowed growth

Some Signs of Zinc Toxicity:

- metallic taste
- nausea and vomiting
- dizziness and lethargy
- anemia
- immune system abnormalities

Does zinc cure the common cold?

Some studies suggest that a chemical component of zinc can decrease the duration of colds and respiratory infection. But, taking megadoses of zinc will *not* prevent a cold or other illnesses from occurring and may result in serious health problems.

GOOD ZINC SOURCES

The RDA for zinc is 15 mg for men; 12 mg for women per day			
Food	Household Measure	Milligrams of Zinc	
		0	7
Fruits and Vegetables			
Apple	1 medium	tr	
Banana	1 medium	■	
Corn, Frozen, Cooked	1 cup	■	
Peas, Green, Frozen, Cooked	1 cup	■	
Grain Products			
Bread, white	1 slice	■	
Bread, whole grain	1 slice	■	
Macaroni	1 cup	■	
Milk			
Milk, low fat	1 cup	■	
Meat/Meat Alternates			
Beef	2 ounces	■	
Chicken, dark meat	2 ounces	■	
Chicken, light meat	2 ounces	■	
Eggs	2	■	
Great northern beans, cooked	1 cup	■	
Walnuts	1 cup	■	
Peanut Butter	1 cup	■	
Shrimp, canned	2 ounces	■	
Combination Foods			
Beef and vegetable stew	1 cup	■	
Lasagna, vegetarian	7.7 ounces	■	
Lasagna with meat	8.6 ounces	■	
Limited Extras			
Fats, oils	1 tablespoon	tr	

Food and Nutrition Services can assist in providing nutrition information. Call 703-813-4800 and ask for a Registered Dietitian.