

## ZINC

The Recommended Daily Allowance (RDA) for Zinc is 11mg for men and 8-9mg for women, age dependent.

### Foods Containing the Highest Levels of Zinc (Zn mg per 100 grams of food)

**Data Source:** USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5  
2018-02-04

**Food Groups Included:**

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits
- Vegetables

**Food Groups Excluded:**

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

**Ordered by:** Nutrient Content from Highest to Lowest

**Date:** April, 2018

Description	Zinc, Zn(mg) Per 100 g
Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	6.33
Fireweed, leaves, raw	2.66
Lemon grass (citronella), raw	2.23
Mushrooms, morel, raw	2.03
Seaweed, spirulina, dried	2
Seaweed, irishmoss, raw	1.95
Wasabi, root, raw	1.62
Lentils, sprouted, raw	1.51
Peas, green, raw	1.24
Seaweed, kelp, raw	1.23
Soybeans, mature seeds, sprouted, raw	1.17
Garlic, raw	1.16
Bamboo shoots, raw	1.1
Mushrooms, brown, italian, or crimini, raw	1.1
Parsley, fresh	1.07
Seaweed, laver, raw	1.05

Peas, mature seeds, sprouted, raw	1.05
Mushrooms, shiitake, raw	1.03
Beans, fava, in pod, raw	1
Apricots, dehydrated (low-moisture), sulfured, uncooked	1
Soybeans, green, raw	0.99
Alfalfa seeds, sprouted, raw	0.92
Amaranth leaves, raw	0.9
Beans, navy, mature seeds, sprouted, raw	0.89
Squash, zucchini, raw	0.83
Balsam-pear (bitter gourd), pods, raw	0.8
Endive, raw	0.79
Lima beans, immature seeds, raw	0.78
Mushrooms, oyster, raw	0.77
Broccoli raab, raw	0.77
Mushrooms, maitake, raw	0.75
Mushrooms, Chanterelle, raw	0.71
Chrysanthemum leaves, raw	0.71
Grape leaves, raw	0.67
Currants, zante, dried	0.66
Mushrooms, enoki, raw	0.65
Cauliflower, green, raw	0.64
Arrowroot, raw	0.63
Radicchio, raw	0.62
Lambsquarters, steamed (Northern Plains Indians)	0.61
Parsnips, raw	0.59
Seaweed, agar, raw	0.58
Kale, raw	0.56
Radish seeds, sprouted, raw	0.56
Chives, raw	0.56
Asparagus, raw	0.54
Spinach, raw	0.53
Blackberries, raw	0.53
Mushrooms, portabella, raw	0.53
Mushrooms, white, raw	0.52
Arugula, raw	0.47
Raspberries, wild (Northern Plains Indians)	0.47
Corn, sweet, yellow, raw	0.46
Dandelion greens, raw	0.41
Mung beans, mature seeds, sprouted, raw	0.41

