

# 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  
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

