

DIAN GINSBERG, MD

*Optimal Health Redefined*

# Best Food Sources of Zinc

## Lamb

**6.7 MG OR 45% DV IN 3 OZ**

Look for grass fed and finished lamb. Lamb chops tend to taste less gamey than the other cuts.

## Pumpkin Seeds

**6.6 MG OR 44% DV IN 1 CUP**

Pumpkin seeds are also a great source of magnesium which is one of the most common nutrient deficiencies.

## Hemp Seeds

**5 MG OR 43% DV IN 1 OZ**

Hemp seeds are also one of the highest protein plant foods. They are best soaked or sprouted (same for any plant source of zinc such as pumpkin seeds) so that the zinc in the seeds is well absorbed.

## Grass Fed Beef

**4.5MG OR 30% DV IN 3.5 OZ**

## Lentils

**2.5 MG OR 17% DV IN 1 CUP**

Lentils are also a great source of fiber.