



# nutrient function and food sources

## zinc

Zinc is an essential mineral that is found in almost every cell of the body. It is important for a wide variety of functions and has recently been shown to be protective for eye health. One recent major clinical trial found that a zinc supplement, in combination with other nutrients, significantly slowed the progression of AMD.

Zinc is found in a wide variety of foods. Red meat and poultry provide the majority of zinc in American the diet. See the table below for a list of good food sources of zinc.

## good food sources of zinc

FOOD	SERVING SIZE	ZINC (MG)
Oysters	6 medium	76.0
Breakfast cereal, fortified	1/2 cup	15.0
Beef, tenderloin	3 ounces	4.8
Chicken leg	1 leg	2.7
Pork loin	3 ounces	2.2
Baked beans, canned with pork	1/2 cup	1.8
Yogurt, low fat	1 cup	1.6
Mix nuts, dry roasted	1 ounce	1.1
Milk	1 cup	0

**RDA:**  
11 mg/day for men  
8 mg/day for women

Levels reported to provide an eye health benefit: up to 80 mg/day\*

Source: Clinical Nutrition Service, Warren Magnuson Grant Clinical Center and Office of Dietary Supplements, National Institutes of Health

\*It should be noted that the government has established a safe upper limit of 40 mg/day. While research has shown that levels up to 80 mg/day can benefit eye health, please consult your doctor before taking a high-dose of zinc.

vitamin E

vitamin C

lutein & zeaxanthin

beta-carotene

zinc