

# Food Sources of Zinc

Oyster

Breakfast cereal (zinc-fortified)

Beef meat

Oyster stew

Bear meat

Bison meat

Deer meat

Lamb meat

Elk meat

Emu meat

Crab

Veal meat

Lobster

Beefalo meat

Mutton meat

Peanut butter (zinc-fortified)

Protein shake (zinc-fortified)

Goat meat

Caribou meat

Ostrich meat

Pork meat

Buffalo meat

Formulated bar (zinc-fortified)

Chili

Turkey meat

Chocolate drink (zinc-fortified)

Nutrition shake (zinc-fortified)

Hyacinth beans

Sea lion meat

Horse meat

Split pea soup with ham (chunky)

Hearts of palm

Moose meat

Pumpkin and squash seed kernels

Watermelon seed kernels

Sesame seeds

Whale meat

Quail meat

Squab meat

Cuttlefish

Octopus

Seal meat

Chunky beef soup

Beef and mushroom soup (chunky)

Wild rice

Goose meat

Tripe soup

Boar meat

Beef jerky

Catjang cowpeas

Whelk

Soy vermicelli

Blue mussel

Fireweed leaves

Chunky beef stroganoff

Chunky turkey soup

Pulled pork in barbecue sauce