

VEGETARIAN WHOLE FOODS DIET SORTED on ZINC CONTENT

Daily Requirement 15 mg

<u>FOOD NAME</u>	<u>SERVING SIZE</u>	<u>ZINC</u>	<u>FOOD NAME</u>	<u>SERVING SIZE</u>	<u>ZINC</u>
BARLEY-PEARLED-UNCOOKED	1.000 CUP	4.260 Mg	PEARS-DRIED-UNCOOKED	1.000 CUP	0.702 Mg
BEANS-ADZUKI-BOILED	1.000 CUP	4.060 Mg	NUT-FILBERT/HAZEL-DRI-CHOP	1.000 OUNCE	0.680 Mg
FLOUR-WHEAT-WHOLE GRAIN	1.000 CUP	3.520 Mg	POTATO-BAKED-FLESH & SKIN	1.000 ITEM	0.646 Mg
TEMPEH-SOYBEAN PRODUCTS	1.000 CUP	3.000 Mg	POTATO-BAKED-FLESH & SKIN	1.000 ITEM	0.646 Mg
SESAME SEED-DECORTICATED	1.000 OUNCE	2.940 Mg	PEAS-EDIBLE POD-RAW-BOILED	1.000 CUP	0.600 Mg
FLOUR-POTATO	1.000 CUP	2.920 Mg	ARTICHOKES-BOIL-DRAIN	1.000 ITEM	0.590 Mg
BULGUR-DRY-COMMERCIAL	1.000 CUP	2.700 Mg	BROCCOLI-RAW-BOIL-DRAIN	1.000 CUP	0.589 Mg
LENTILS-WHOLE-COOKED	1.000 CUP	2.500 Mg	BROCCOLI-RAW-BOIL-DRAIN	1.000 CUP	0.589 Mg
BEANS-WHITE-BOILED	1.000 CUP	2.460 Mg	BEANS-MUNG-SPROUTED-BOIL	1.000 CUP	0.588 Mg
CORNMEAL-WHOLE GRAIN-DRY	1.000 CUP	2.220 Mg	BEANS-MUNG-SPROUTED-BOIL	1.000 CUP	0.588 Mg
SEEDS-SESAME-DRIED-WHOLE	1.000 OUNCE	2.205 Mg	MISO-FERMENTED SOYBEANS	1.000 TBS	0.571 Mg
COWPEAS-COMMON-BOILED	1.000 CUP	2.200 Mg	SEAWEED-SPIRULINA-DRIED	1.000 OUNCE	0.567 Mg
RICE-WILD-COOKED	1.000 CUP	2.200 Mg	RASPBERRIES-RAW	1.000 CUP	0.566 Mg
SEEDS-PUMPKIN/SQUASH-DRIED	1.000 OUNCE	2.116 Mg	PUMPKIN-BOIL-DRAIN-MASHED	1.000 CUP	0.564 Mg
PEAS-SPLIT-DRY-COOKED	1.000 CUP	2.100 Mg	PUMPKIN-BOIL-DRAIN-MASHED	1.000 CUP	0.564 Mg
FLOUR-CORN-MASA	1.000 CUP	2.030 Mg	SQUASH-WINTER-BAKE-MASH	1.000 CUP	0.533 Mg
BEANS-CRANBERRY-BOILED	1.000 CUP	2.010 Mg	SQUASH-WINTER-BAKE-MASH	1.000 CUP	0.533 Mg
SOYBEANS-BOILED	1.000 CUP	1.980 Mg	BRUSSELS SPROUTS-RAW-BOIL	1.000 CUP	0.515 Mg
PEAS-SPLIT-BOILED	1.000 CUP	1.960 Mg	BRUSSELS SPROUTS-RAW-BOIL	1.000 CUP	0.515 Mg
BEANS-SMALL WHITE-BOILED	1.000 CUP	1.950 Mg	MUSHROOMS-RAW-CHOPPED	1.000 CUP	0.511 Mg
FLOUR-RICE-BROWN	0.500 CUP	1.935 Mg	POTATO-MICROWAV-PEEL AFTER	1.000 ITEM	0.510 Mg
BEANS-NAVY-BOILED	1.000 CUP	1.930 Mg	NUTS-MACADAMIA-DRIED	1.000 OUNCE	0.484 Mg
BEANS-BLACK-COOK-BOIL	1.000 CUP	1.920 Mg	CARROTS-BOIL-DRAIN-SLICED	1.000 CUP	0.468 Mg
BEANS-KIDNEY-BOIL-ALL TYPE	1.000 CUP	1.890 Mg	CARROTS-BOIL-DRAIN-SLICED	1.000 CUP	0.468 Mg
BEANS-LIMA-BABY-BOILED	1.000 CUP	1.870 Mg	YAM-MOUNTAIN-HAWAII-STEAM	1.000 CUP	0.464 Mg
BEANS-PINTO-BOILED	1.000 CUP	1.850 Mg	YAM-MOUNTAIN-HAWAII-STEAM	1.000 CUP	0.464 Mg
BEANS-NAVY PEA-DRY-COOKED	1.000 CUP	1.800 Mg	BEANS-SNAP-WAX-RAW-BOIL	1.000 CUP	0.450 Mg
BEANS-GREAT NORTH-DRY-COOK	1.000 CUP	1.800 Mg	PEPPERS-HOT CHILLI-RAW	1.000 CUP	0.450 Mg
PEAS-GREEN-RAW	1.000 CUP	1.800 Mg	BEANS-SNAP-GREEN-RAW-BOIL	1.000 CUP	0.450 Mg
WHEAT-SPROUTED	1.000 CUP	1.790 Mg	BEANS-SNAP-GREEN-RAW-BOIL	1.000 CUP	0.450 Mg
TOFU-RAW-FIRM	4.000 OUNCES	1.782 Mg	ONIONS-MATURE-BOIL-DRAIN	1.000 CUP	0.441 Mg
BEANS-MUNG-BOILED	1.000 CUP	1.700 Mg	BEANS-MUNG-SPROUTED-RAW	1.000 CUP	0.426 Mg
TRITICALE-GRAINS	0.250 CUP	1.657 Mg	BEANS-MUNG-SPROUTED-RAW	1.000 CUP	0.426 Mg
BEANS-PINK-BOILED	1.000 CUP	1.630 Mg	BEETS-SLICED-BOIL-DRAIN	1.000 CUP	0.425 Mg
NUTS-CASHEWS-DRY ROASTED	1.000 OUNCE	1.587 Mg	BEETS-SLICED-BOIL-DRAIN	1.000 CUP	0.425 Mg
NUTS-PECANS-DRIED-HALVES	1.000 OUNCE	1.551 Mg	PARSNIPS-SLICED-BOIL-DRAIN	1.000 CUP	0.406 Mg
BEANS-GREAT NORTHERN-BOIL	1.000 CUP	1.550 Mg	ENDIVE-RAW-CHOPPED	1.000 CUP	0.395 Mg
SPAGHETTI-SPINACH-CKD-PAST	1.000 CUP	1.510 Mg	ENDIVE-RAW-CHOPPED	1.000 CUP	0.395 Mg
SEEDS-SUNFLOWER-DRIED	1.000 OUNCE	1.435 Mg	RAISINS-SEEDLESS	1.000 CUP	0.392 Mg
QUINOA-WHOLE OR GROUND	0.250 CUP	1.402 Mg	PEAS-EDIBLE PODDED-RAW	1.000 CUP	0.392 Mg
SPINACH-RAW-BOIL-DRAIN	1.000 CUP	1.370 Mg	PEAS-EDIBLE PODDED-RAW	1.000 CUP	0.392 Mg
SPINACH-RAW-BOIL-DRAIN	1.000 CUP	1.370 Mg	PEAS-EDIBLE PODDED-RAW	1.000 CUP	0.392 Mg
BEANS-LIMA-RAW-BOIL-DRAIN	1.000 CUP	1.340 Mg	BLACKBERRIES-RAW	1.000 CUP	0.390 Mg
NUTS-BRAZIL-DRIED-SHELLED	1.000 OUNCE	1.302 Mg	NUTS-PISTACHIO-DRIED	1.000 OUNCE	0.381 Mg
COWPEAS-BOIL/RESIDUAL LIQU	1.000 CUP	1.300 Mg	CORN-KERNELS FROM 1 EAR	1.000 ITEM	0.370 Mg
AVOCADO-RAW-FLORIDA	1.000 ITEM	1.280 Mg	BROCCOLI-RAW	1.000 CUP	0.352 Mg
FLOUR-RICE-WHITE	1.000 CUP	1.260 Mg	SQUASH-ACORN-BAKED	1.000 CUP	0.349 Mg
RICE-BROWN-LONG GRN-COOKED	1.000 CUP	1.230 Mg	SQUASH-ACORN-BAKED	1.000 CUP	0.349 Mg
BUCKWHEAT GROATS-ROAST-CKD	1.000 CUP	1.210 Mg	SEAWEED-KELP (KOMBU) -RAW	1.000 OUNCE	0.348 Mg
AMARANTH-BOIL-DRAIN	1.000 CUP	1.160 Mg	SWEET POTATO-BAKE-PEEL	1.000 ITEM	0.330 Mg
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LENTILS-SPROUTED-RAW	1.000 CUP	1.160 Mg	SQUASH-ZUCCHINI-RAW-BOIL	1.000 CUP	0.324 Mg
LENTILS-SPROUTED-RAW	1.000 CUP	1.160 Mg	SQUASH-ZUCCHINI-RAW-BOIL	1.000 CUP	0.324 Mg
SPAGHETTI-WHOLE WHEAT-CKD	1.000 CUP	1.130 Mg	SQUASH-ZUCCHINI-RAW-BOIL	1.000 CUP	0.324 Mg
BULGUR-COOKED	1.000 CUP	1.040 Mg	TURNIPS-BOIL-DRAIN-DICED	1.000 CUP	0.312 Mg
SOYBEANS-SPROUTED-STEAMED	1.000 CUP	0.978 Mg	TURNIPS-BOIL-DRAIN-DICED	1.000 CUP	0.312 Mg
NUTS-WALNUTS-FINELY GROUND	1.000 OUNCE	0.971 Mg	KALE-RAW-BOIL-DRAIN	1.000 CUP	0.312 Mg
NUTS-WALNUT-BLACK-DRI-CHOP	1.000 OUNCE	0.971 Mg	KALE-RAW-BOIL-DRAIN	1.000 CUP	0.312 Mg
APRICOTS-DRIED-UNCOOKED	1.000 CUP	0.970 Mg	NUTS-COCONUT-RAW-SHRED	1.000 OUNCE	0.312 Mg
NUTS-PEANUTS-SPANISH-DRIED	1.000 OUNCE	0.926 Mg	ALFALFA SEEDS-SPROUTED-RAW	1.000 CUP	0.304 Mg
PEACHES-DRIED-UNCOOKED	1.000 CUP	0.912 Mg	CAULIFLOWER-RAW-BOIL-DRAIN	1.000 CUP	0.300 Mg
PASTA-CORN-COOKED	1.000 CUP	0.882 Mg	PEPPERS-HOT CHILLI-RAW	100 GRAMS	0.300 Mg
OKRA-RAW-BOIL-DRAIN	1.000 CUP	0.880 Mg	CAULIFLOWER-RAW-BOIL-DRAIN	1.000 CUP	0.300 Mg
MUSHROOMS-BOIL-DRAIN	100 GRAMS	0.867 Mg	SPINACH-RAW-CHOPPED	1.000 CUP	0.297 Mg
ASPARAGUS-RAW-BOIL-SPEARS	1.000 CUP	0.864 Mg	DANDELION GREENS-BOILED	1.000 CUP	0.294 Mg
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PRUNES-DRIED-UNCOOKED	1.000 CUP	0.853 Mg	LETTUCE-LOOSELEAF-RAW	100 GRAMS	0.291 Mg
NUTS-ALMONDS-SHELLED-CHOP	1.000 OUNCE	0.829 Mg	CABBAGE-WHITE MUSTARD-BOIL	1.000 CUP	0.289 Mg
NUT-WALNUT-PERSIAN/ENGLISH	1.000 OUNCE	0.775 Mg	CABBAGE-WHITE MUSTARD-BOIL	1.000 CUP	0.289 Mg
POTATO-MICROWAVE-WITH SKIN	1.000 ITEM	0.730 Mg	YAMS-BOILED OR BAKED-DRAIN	1.000 CUP	0.272 Mg
AVOCADO-RAW-CALIFORNIA	1.000 ITEM	0.727 Mg	YAMS-BOILED OR BAKED-DRAIN	1.000 CUP	0.272 Mg
BEEF GREENS-BOIL-DRAIN	1.000 CUP	0.725 Mg	RICE CAKES-BROWN-PLAIN	1.000 ITEM	0.270 Mg
SQUASH-SUMMER-BOIL-SLICED	1.000 CUP	0.710 Mg	SQUASH-BUTTERNUT-BAKED	1.000 CUP	0.267 Mg
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