

Top tips for zinc intake

1

Aim for variety

Including a range of nutritious foods, as part of a balanced eating pattern, can help keep zinc levels steady over time.

2

Add animal-sourced foods

New Zealand beef and lamb, pork, venison, poultry, seafood, eggs and dairy provide zinc in a form your body absorbs well.

3

Think red for zinc

Lean red meat is one of the richest and most absorbable sources of zinc. Including it up to three times a week can help support healthy zinc levels.

4

Add plant sources too

Beans, lentils, nuts, seeds and wholegrains also contribute zinc and support overall nutrient intake. Just note that the body absorbs zinc from plant foods less efficiently than from animal-sourced foods.

5

Simple prep helps

Soaking raw beans, lentils and some wholegrains before cooking, or allowing them to sprout, can help increase zinc absorption. Cooking these foods thoroughly also makes zinc more available to the body.

6

Check with your GP

If you're experiencing symptoms such as hair thinning, taste changes or frequent infections, you may be low in zinc. Your GP can organise a blood test and advise on whether supplements or dietary changes are needed.

