



## **Vegan Zinc Sources and RDI**

# Vegan Zinc sources



**Walnuts**  
1/4 cup = 9mg



**Sunflower seeds**  
1/2 cup = 3.4mg



**Edamame**  
1 cup = 2.2mg



**Cashews**  
1/2 cup = 3.8mg



**Nutritional yeast**  
1 TBSP = 2mg



**Hummus**  
1/2 cup = 2.3mg

**Recommended  
Daily Intake (RDI)  
Zinc/day**

**Men: 14mg**

**Women: 8mg**



**Cooked Lentils**  
1 cup = 2.6mg



**Black Beans**  
1 cup = 2 mg



**Pumpkin seeds**  
1/2 cup = 4.6mg



**Oatmeal cooked**  
1 cup = 2.3mg