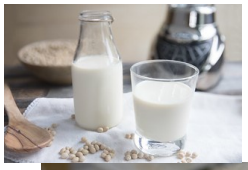
Micronutrient of the Month: Zinc

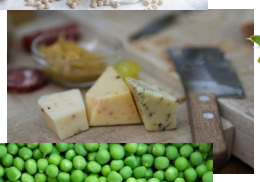
Zinc is an essential mineral needed for growth and development. It plays a big role in our immune systems. It supports wound healing, making proteins, cell division, and cell growth. You need zinc for taste and smell also!

Some great zinc enriched foods are:

- Milk
- Yogurt
- Cheese
- Beans, peas, and lentils
- Canned fish

And more!





Animal foods such as oysters, red meat, poultry and pork are excellent sources of zinc!

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