

**World's Healthiest Foods ranked as quality sources of:
zinc**

Food	Serving Size	Cals	Amount (mg)	DV (%)	Nutrient Density	World's Healthiest Foods Rating
Calf's liver, braised	4 oz-wt	187.1	10.80	72.0	6.9	very good
Crimini mushrooms, raw	5 oz-wt	31.2	1.56	10.4	6.0	very good
Spinach, boiled	1 cup	41.4	1.37	9.1	4.0	very good
Beef tenderloin, lean, broiled	4 oz-wt	240.4	6.33	42.2	3.2	good
Lamb loin, roasted	4 oz-wt	229.1	4.60	30.7	2.4	good
Summer squash, cooked, slices	1 cup	36.0	0.70	4.7	2.3	good
Asparagus, boiled	1 cup	43.2	0.76	5.1	2.1	good
Venison	4 oz-wt	179.2	3.12	20.8	2.1	good
Swiss chard, boiled	1 cup	35.0	0.58	3.9	2.0	good
Collard greens, boiled	1 cup	49.4	0.80	5.3	1.9	good
Miso	1 oz	70.8	1.14	7.6	1.9	good
Shrimp, steamed/boiled	4 oz-wt	112.3	1.77	11.8	1.9	good
Maple syrup	2 tsp	34.9	0.55	3.7	1.9	good
Broccoli, steamed	1 cup	43.7	0.62	4.1	1.7	good
Green peas, boiled	1 cup	134.4	1.90	12.7	1.7	good
Yogurt, low-fat	1 cup	155.1	2.18	14.5	1.7	good
Pumpkin seeds, raw	0.25 cup	186.7	2.57	17.1	1.7	good
Sesame seeds	0.25 cup	206.3	2.80	18.7	1.6	good
Mustard seeds	2 tsp	35.0	0.44	2.9	1.5	good