

Zinc



Zinc is a trace element

**Zinc is found in all plant and
animal foods**

**Zinc plays a vital role in the
growth of children**

Growth



Zinc takes part in many chemical reactions in the body—most of them are to do with growth and digesting the nutrients in food.

The zinc found in meat and fish is much more easily absorbed than that found in plant foods. A high intake of other minerals like calcium or iron can reduce zinc absorption. This is why a balanced diet is so important.

Too little zinc may lead to stunted growth, skin problems, diarrhoea, loss of appetite, anaemia, susceptibility to infection and poor wound healing.

How much?

Age group	Amount mg/day
1—3 years	5
4—6 years	6.5



Sources of Zinc

Meat and fish are excellent sources of zinc. Milk is also an important source of zinc for children.

Zinc content of some common foods

Food and child's portion	Zinc (mg)
1 boiled egg	0.65
40g roast beef	2.9
150ml glass milk	0.6
50g tuna canned in water	0.35
40g roast chicken	0.7
30g Ready Brek	0.8
25g Cheddar cheese	1.0
1 slice brown bread	0.45
1 slice white bread	0.28

Meal ideas

Breakfast

Egg on brown toast OR

Ready Brek with milk

Lunch

Tuna and sweetcorn sandwich OR

Cheese cubes in a salad

Dinner

Spaghetti Bolognese with beef mince OR

Roast chicken with vegetables



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