



## Getting Enough Zinc



### Overview

Zinc is a mineral we all need to be healthy. We get it from the foods we eat. Let's learn about zinc and how much we should be getting every day.

### What does it do?

What does zinc do? Well, it's used by cells throughout your body. It helps with cell division and growth. It helps your immune system fight off infection, and it helps wounds heal. Your body also uses zinc to process the carbohydrates you eat.

### How much do I need?

How much zinc do you need every day? The recommended daily allowance varies between 2 milligrams and 12 milligrams per day, depending on your age and gender. Children need more than infants, adults need more than children, and women who are pregnant or lactating need more zinc than women who aren't. Your doctor can tell you how much zinc is right for you.

### How do I get zinc?

You can get all the zinc you need every day by eating a balanced diet. It's in meat and fish. It's also in nuts, whole grains, yeast, beans and peas. Or, get your daily amount by taking a multivitamin that contains zinc.

### Conclusion

Talk to your doctor for more information about the benefits of zinc.