

ZINC RICH FOODS



Oyster mushroom, dried
(सूखे मुशरूम)
Zinc - 8.67 mg



Gingelly seeds, white
(सफेद तिल)
Zinc - 7.77 mg



Poppy Seeds
(खसखस)
Zinc - 6.38 mg



Soyabean brown
(सोयाबीन)
Zinc - 4.01 mg



Bengal gram, dal
(चने की दाल)
Zinc - 3.65 mg

*Nutrient rich food items derived from relevant food groups, locally available and commonly consumed by the Indian population

Values are per 100 g

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Egg, whole, boiled
(अंडा)
Zinc - 3.59 mg



Wheat flour, whole
(गेहूँ का आटा)
Zinc - 2.85 mg



Bajra
(बाजरा)
Zinc - 2.76 mg



Khoa
(खोया)
Zinc - 2.74 mg



Amaranth leaves, green
(चौलाई का साग)
Zinc - 1.57 mg

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