


Zinc

Why do we need it?

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- To process carbohydrates, fats & protein in food.
 - Aids wound healing.
 - Supports the functioning of the immune system.

Recommended daily allowance: depends on gender:

Men: **9.5 mg/day**

Women: **7 mg/day**



= **3.8mg**

90g of steak



= **2.2mg**

30g of pumpkin seeds



= **2.3mg**

1 cup of oats



= **1mg**

170g of greek yogurt

Symptoms of Deficiency:

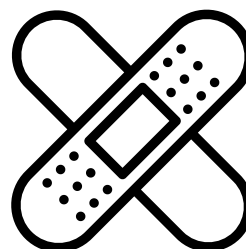
Hair loss



Skin Changes



Slow Healing



Impaired appetite

