

# ALL ABOUT ZINC DEFICIENCY

## HOW DOES ZINC HELP YOU?

- 1 Sustains proper immune function
- 2 Helps your body grow and develop
- 3 Keeps your brain healthy



Stabilizes  
Mood



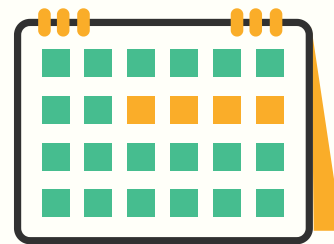
Reduces Risk  
of Dementia



Supports  
Development

## WHY DO YOU NEED IT?

Since your body **CANNOT STORE** extra zinc, you need to eat foods with high amounts of zinc everyday



## THE PROBLEM



## GROUPS AT HIGHER RISK



Vegetarians  
and Vegans



Pregnant and  
Lactating  
Women



Infants and  
Young  
Children



Teenagers



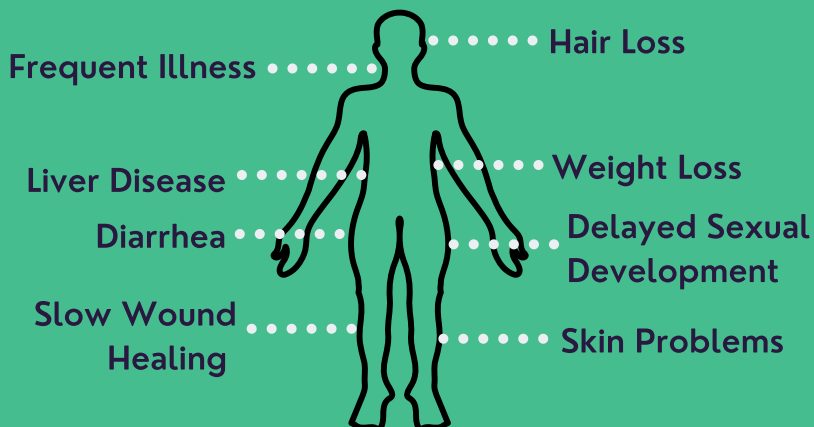
Older Adults

## DID YOU KNOW?

**PHYTATE AND FIBRE** in cereals, corn, rice, and vegetables can make it hard for your body to absorb zinc

**SOAKING** your legumes overnight can reduce phytate and increase zinc absorption

## SIGNS & SYMPTOMS OF DEFICIENCY



## ZINC SUPPLEMENTATION

If you have a **ZINC DEFICIENCY OR ARE AT-RISK**, taking a zinc supplement could be helpful — check with your doctor to find a suitable dose for you

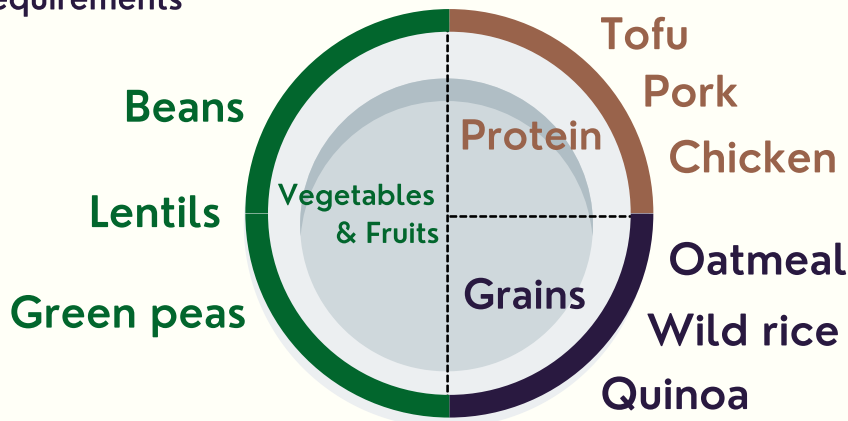
You can find options for zinc supplements or multivitamins with zinc at your nearest pharmacy or grocery store



# ZINC EATING HEALTHY

## EATING A BALANCED DIET IS KEY

A healthy and balanced diet with some of the zinc-rich foods below is likely enough to meet your daily zinc requirements



## SHOW US YOUR PLATE!

Send in your entrées using **#EATRRIGHT**



@ugts.ca

@unique\_together

@uniquegettogethersociety

## SHOPPING ON A BUDGET

Check out these low cost food and grocery programs in Vancouver



[https://qrco.de/eat\\_well](https://qrco.de/eat_well)

## GROCERY LIST FOR ZINC SUPERFOODS

Can you find them all?

- YOGURT
- OYSTERS
- TOFU
- RED MEAT
- POULTRY
- FISH
- NUTS
- CHICKPEAS
- BEANS
- FORTIFIED CEREALS

U K Y Y O G U R T X P B M D T P U K  
 Z N V P V T T T Q H F I S H X O J J  
 K R E D M E A T G P L U S C O N F Y  
 N W Y R Q E M V N X O G Q Q A F T U  
 V B E A N S G H U U Z V O R G E R Z  
 X G W Q G V H W W A T V I K C N L M  
 V P V G L S U B F G U S Y W T D H X  
 F O R T I F I E D C E R E A L S D M  
 J N O Y S T E R S A R Q M P G R T C  
 Z T H E D G U N W D R C K I W W P P  
 X J D W C H I C K P E A S G P K Y J  
 R U F X V A F D A P O U L T R Y Y S

## TIPS N' TRICKS FOR ADDING MORE ZINC

- Eat **protein-rich foods** like beef, eggs, and cheese to increase zinc absorption
  - Vegetarian and vegan protein sources include: beans, brussels sprouts, and broccoli
- Visit **farmer's markets** for fresh local food
- Choose **fortified** cereal (e.g. Cheerios Original, Quaker Life Cereal, President's Choice Wheat Squares)