



DIETARY ZINC AND PHYTATE CONTENT

DIETARY SOURCE	Zinc (mg/100g)	Phytate (mg/100g)
● Oysters	9.0-74.7	0
● Turkey	2.1-6.4	0
Beef, Pork	2.9-4.7	0
Chicken	0.9-3.4	0
Eggs	1.1-1.4	0
Fruits	0-0.2	0-63
Peas	0.8	28
White Bread	0.9	30
Oatmeal, Oats	0.5	111
Chickpeas	1.4	208
Vegetables	0.1-0.8	30-439
Beans, Lentils (corn)	1.0-2.0	100-617
Whole Grains	0.5-3.2	211-618
Peanut Butter (Legumes)	2.9	1,252
● Soy	0-0.2	800-1,750
● Wheat, Cereals	2.3	1,467
● Seeds, Nuts	2.9-7.8	176-4,710

260 mg phytate inhibit 50 mg of pure Zn⁺⁺

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Factors Adversely Affecting Zn⁺⁺ Levels

- Dietary
 - Low Zinc
 - Vegetarianism
 - Red meat avoidance
 - High phytate
 - Alcohol
 - Casein (milk-based products)
 - Phosphates (soft drinks)
 - EDTA, E391 preservatives (in many foods)
- Dietary Supplements
 - Poorly absorbed forms of Zinc
 - High fibre
 - Vitamin A
 - Iron
 - Calcium
 - Copper
 - Magnesium

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