



## Zinc

Zinc is a mineral that helps keep the immune system strong, assists in wound healing, is involved in making proteins and DNA for cell division and is also an essential nutrient required for the male reproductive system. During pregnancy, infancy and childhood, the body needs zinc to grow and develop properly.

Zinc is found in a variety of foods. However, oysters are the best source. It can also be found in meat, poultry, seafood (lobster and crab) and fortified breakfast cereals. Small doses of Zinc are found in nuts, beans, dairy products and wholegrains.

People who are at risk of zinc deficiency include; those who have a gastrointestinal condition (coeliac disease, Ulcerative colitis or crohns), those who consume large volumes of alcohol and vegetarians. Most individuals are able to obtain enough zinc through their diet. However if this is not possible, speak to your doctor about zinc supplementation.

***VIS Sports Dietitian, Kylie Andrew***