



Zinc is a mineral. Because the body cannot make zinc, it is called an “essential” nutrient and must be supplied by the diet or zinc supplements. Up until the 1960’s very little was known about zinc, but now it is clear that it plays a very important role in health.

How do I maintain or improve my zinc intake?

- Eat foods high in zinc
- Take my CF multivitamin as prescribed
- If prescribed, take my zinc supplement as directed
Dose _____
- Other actions _____

Why should I care?

Zinc is involved in over 300 bodily functions. Zinc helps keep your body healthy and works with other nutrients to promote growth, maintain taste and appetite, fight infection, heal wounds, and promote sexual development. Zinc also helps the liver release vitamin A into the blood. It is important to get enough zinc every day since it is involved in so many of the body’s functions.

How much zinc do I need?

There are no specific recommendations for daily zinc intake for people who have CF. You may need more zinc than is recommended for people without CF. Your CF center dietitian (RD) can help you figure out how much zinc you need. The daily recommended intake of zinc from infancy through adulthood for people who do NOT have CF is about:

Age	Zinc (mg)
0 to 12 months	3
1 to 3 years	3
4 to 8 years	5
9 years and older	8 to 13

What are the best sources of zinc?

The best food sources are oysters, beef and beef liver. Good sources are high-protein foods such as turkey, cheese and milk. Many breakfast cereals are fortified with zinc. All forms of multivitamin supplements designed for people with CF have zinc, but not all over-the-counter multivitamins do. Look at the label of the multivitamin you are taking and make sure it contains zinc. Ask your CF center RD if your multivitamin has enough zinc.

Food	Mg Zinc
Eastern oysters (1/2 cup)	113
Total® cereal (1 cup)	11.3
Wheat germ (1/4 cup)	4.7
Ground beef (3 ounces)	4.6
Turkey, dark meat (3 ounces)	3.8
Cherrios® (1 cup)	3.8
Ricotta cheese (1/2 cup)	1.7
Peanuts (1/4 cup)	1.4
Milk (1 cup)	1.0
Whole wheat bread (1 slice)	0.5
White bread (1 slice)	0.2



Can I get too much zinc?

Too much zinc can interfere with other minerals so ask your CF Center dietitian if you need to take extra zinc.



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