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Vitamins and Minerals: Zinc Content of Foods

This dietary advice sheet gives some general information to help you make the recommended changes to your diet. If you need more detailed advice or if you are following a special diet that makes it difficult to make these changes, please ask your doctor to refer you to a registered dietitian.

Zinc is needed for the function of many enzymes and proteins found in the body. It is also important for wound healing. Meat and dairy sources of zinc are more readily absorbed by the body than cereal and vegetable sources.

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We aim to provide the best care for every patient. So, we would like your feedback on the quality of the care you have received from the Hospital. Please visit: <http://ratenhs.uk/IQu9vx>



