

Zinc

Information for parents and carers

Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Zinc. The following contains some information on food sources to help improve this.

Zinc is important for wound healing and the metabolism of vitamin A and helps support a healthy immune system.





Best food sources:

- Chicken
- Beef
- Liver and liver pâté
- Eggs
- All fish
- Cheddar cheese
- Fortified breakfast cereals, e.g. Cheerios, Shreddies, Shredded Wheat, Weetabix
- Wholemeal and white bread
- Milk and milk products
- Ham
- Chapatti made without fat

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