

The Importance of Zinc in the Diet



A healthy eating routine can help boost your health today and in the years to come.

Zinc is an essential mineral that the body needs in small amounts for many important functions. It is especially important for your baby's growth and development.

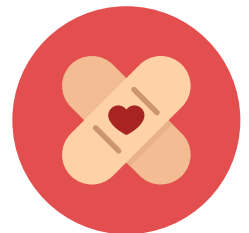
Zinc supports:



The Immune System



Digestive Functions



Wound Healing

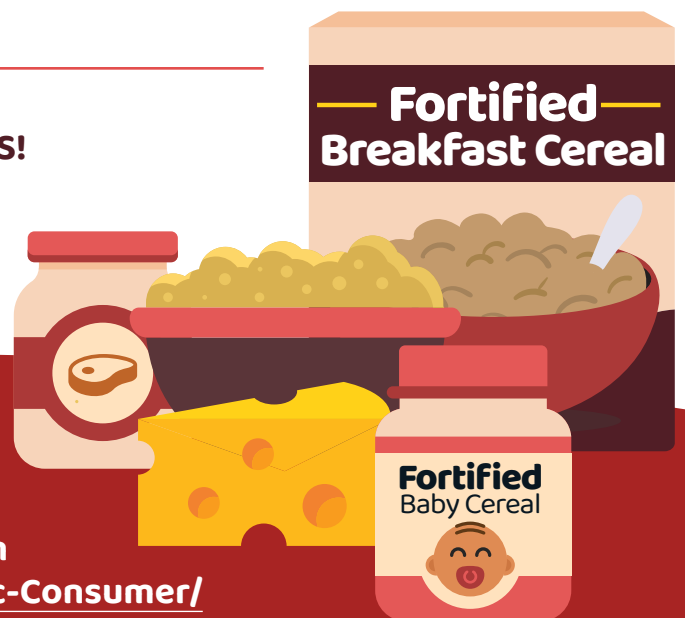


Zinc content in breast milk is initially high and efficiently absorbed, but the concentration declines over the first 6 months of breastfeeding. **Once your baby starts eating solid foods, be sure to offer foods that contain zinc.**

GET YOUR NUTRIENTS FROM YOUR WIC* FOODS!

Baby meat, fortified baby cereal, fortified breakfast cereal, cheese, and lentils.

*Special Supplemental Nutrition Program for Women, Infants, and Children (WIC)



See other foods that contain zinc from <https://ods.od.nih.gov/factsheets/Zinc-Consumer/>