

Dear Dr. Grace,
The doctor told me that I am lacking zinc in my body and I was left totally confused. What is the purpose of zinc in the body and in what foods can I find it?
Patricia

Dear Patricia,
Many people know about zinc for its immune boosting properties, but it has other health benefits, which you did not know.

- Zinc is found in every tissue in the body and is directly involved in body building. This mineral plays a role in cell division, cell growth, wound healing, and the breakdown of carbohydrates.

- Zinc is a powerful antioxidant, which can help to prevent cancer.

- Zinc plays a key role in balancing hormonal levels in the body.

- Zinc is also needed for the senses of smell and taste.

- Additionally, adequate zinc is necessary for optimal physical performance, energy levels and

body composition.

- Zinc is highly required for



YOUR FOOD



YOUR PHARMACY

proper functioning of red and white blood cells.

- The deficiency of zinc in the body causes infertility in both men and women and low libido.

- Deficiency of zinc is indicated by diarrhoea, low energy, chronic fatigue, infertility, poor immunity, bad memory, inability to focus, slow wound healing, nerve dysfunction and ringing in the

WHAT IS THE PURPOSE OF ZINC IN THE BODY?



Beef and spinach, among other foods, are a source of zinc that can help improve your diet

ear.

- Zinc deficiency occurs from not eating enough zinc-rich foods. Zinc is found in large concentrations in meat, oysters and dairy products. Whole grains and legumes also contain zinc, but it is not easily accessible by the body.

- Zinc is available in many foods or as a dietary supplement. You can get zinc in your diet by consuming plant foods, like kidney beans, chicken, low fat milk, pumpkin seeds, beef, cocoa powder, mushroom, spinach. If you decide to take a dietary supplement, inform your physician as a precaution.

Dr. Grace Nambatya Kyeeyune is a doctor in medicinal chemistry. Do you have queries about nutrition for her? Send an email to: sundayxtra@newvision.co.ug