

# Zinc-Rich Foods to Help Manage Tinnitus

## 1. Red Meat

Red meat is one of the best natural sources of zinc, and it is likely part of your diet already. These meats are also full of vitamin B12, another nutrient linked to hearing health.

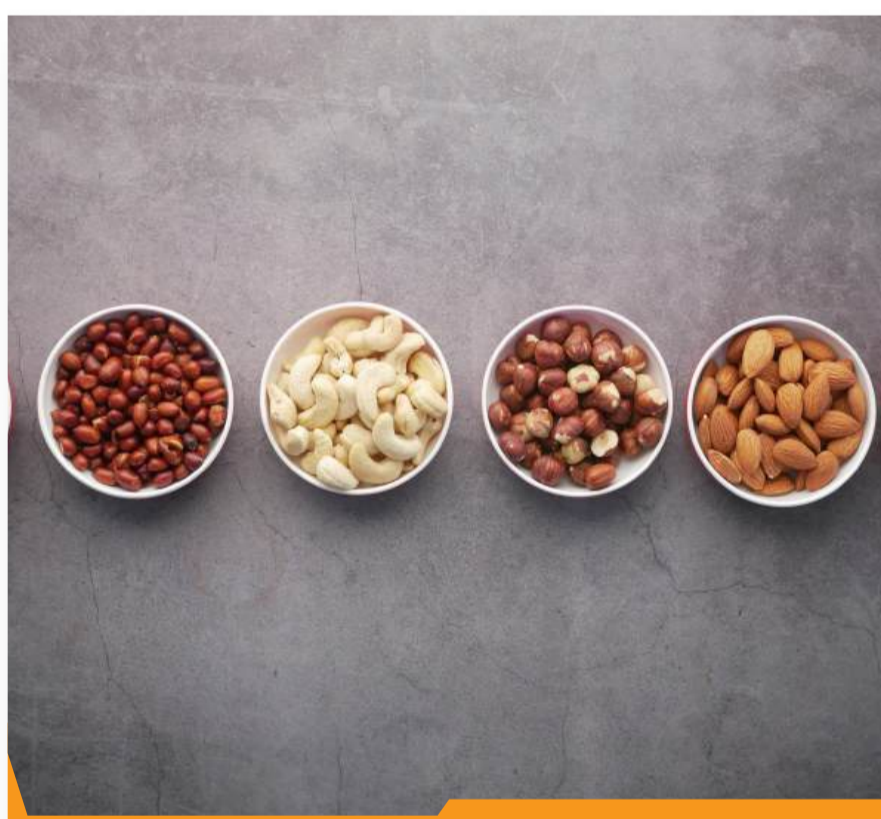


## 2. Oysters

One of the best natural sources of zinc, oysters are a dining delicacy that you may want to indulge in more frequently if you are looking to up your zinc intake. Six oysters can contain between 300 and 400% of the necessary daily zinc intake for the average person.

## 3. Nuts and Seeds

If you are looking for a convenient snack to help give a little boost to your zinc intake, look no further. An ounce of cashews can provide 15–20% of your daily zinc recommendations, and three tablespoons of hemp seeds can provide over a quarter of your daily intake needs.



## 4. Dark Chocolate

For those with a sweet tooth, here is your excuse to eat more chocolate. A 100-gram bar of dark chocolate has between 3.31 mg of the mineral, which can knock out 30–40% of your daily requirements of zinc.