How To Get Plenty Of Zinc Without Eating Acidifying Beef (Plus A Delicious Vegan Recipe!)

One reason why the Osteoporosis Reversal Program is so versatile, is that vegans, vegetarians, and omnivores can all successfully save their bones and improve their overall health through the Program’s clinical nutrition plan. While meat is not out-of-bounds, it’s not emphasized either, and meat-free options can be found throughout the Program and on this site.

The Program’s emphasis on fresh fruits and vegetables is quite a shift from the meat-heavy, grain-filled diet of the average Westerner. So for some, it may be easy to assume that reducing or eliminating meat will result in nutritional deficiencies, since it’s contrary to mainstream “wisdom.”

But that’s simply not the case. Nutrients that are typically associated with meat, such as zinc, can also be found in non-animal foods. That’s especially good news as we’re in the midst of cold and flu season in the Northern Hemisphere, and zinc is an important immune-booster.

You’ll see what I mean about non-animal sources of zinc in today’s recipe, which is for a zinc-rich dish that’s completely meatless.

So let’s begin with uncovering the healthful properties of zinc, both for your bones and your overall health.

Zinc For Bones?

It’s not likely that your doctor mentioned zinc when you were diagnosed with osteoporosis. But zinc actually plays a very important role in building your bones. It’s a Foundation Supplement on the Osteoporosis Reversal Program, so you know its role in bone health is backed by science.

Now let’s take a look at how zinc helps your bones:

- Zinc is a moiety in the enzyme alkaline phosphatase, which has a pH of 10, making it a very alkaline substance. Preosteoblasts are easy to recognize due to their expression of alkaline phosphatase, which is associated with the maturation and mineralization of the bone matrix. Research strongly suggests that alkaline phosphatase has the ability to increase phosphorus concentrations by removing phosphorus inhibitors.¹

- Zinc increases new bone formation by enhancing proliferation of osteoblasts (bone-building cells) and synthesis of collagen,² and by inhibiting bone resorption by hampering the differentiation of new osteoclasts and stimulating the apoptotic death of mature osteoclasts.³

- Increasing the amount of zinc-rich foods in the diet “causes an increase in bone mass,”³ with zinc ingestion showing a significant “restorative effect on bone loss under various pathophysiologic conditions including aging, …estrogen deficiency, …and fracture healing.”³ In fact, this particular study from 2010 goes on to say that “Zinc compounds may be designed as new supplementation factor in the prevention and therapy of osteoporosis.”³ Clearly, supplementing with zinc for osteoporosis is a must!

- Zinc enhances the bone-building effects of estrogen.⁴
Benefits Beyond Bones: Zinc Boosts Overall Health

Zinc is essential for all kinds of body functions, including the following.

- **Your immune system must have zinc to function properly.** It’s been shown that zinc ingestion shortens the duration of colds, but how it is able to have such a protective effect is not as well known. Research points to zinc’s ability to influence “multiple aspects of the immune system” including the skin’s ability to act as a barrier against pathogens and the development and mediation of immune cells. Additionally, macrophages (pivotal immunologic cells) are significantly compromised in the presence of zinc deficiency.

- **Skin problems, such as acne and canker sores, can be attributed in some cases to a lack of zinc.**

- **Zinc deficiency has been found in those with anorexia, which ties in to its ability to influence taste and appetite. Severe zinc deficiency can result in a loss of taste and/or appetite.**

- **Research points to zinc’s role in healing duodenal and gastric ulcers. When zinc was given to rats with induced ulcers, the zinc “had a greater antacid effect than sodium bicarbonate; and moreover, the potency of its anti-peptic action...was higher than those of several other drugs (sodium bicarbonate, sucrose sulfate and aceglutamid aluminum).” This is great news, since common antacid drugs do great harm to your bones.**

- **Good vision depends on the interplay between zinc and Vitamin A. These two nutrients work together to sense light and send nerve impulses to the brain.**

- **A lack of zinc has a negative effect on male reproductive health, with sperm motility and number adversely affected in cases of a low-zinc diet.**

Top Foods Rich In Zinc

Here are the top zinc-rich foods, both animal and plant-based:

- Lamb
- Sesame seeds*
- Shitake mushrooms
- Garbanzo beans* (chickpeas)
- Beef*
- Quinoa*
- Turkey*
As you can see, there are a great many foods that contain this vital trace mineral. The following recipe contains several of them. I encourage you to create your own zinc-rich dish using combinations of the above foods!

**Mushroom Mishmash**

*2 Servings
pH-Balanced*

This recipe makes an excellent side dish or, with the addition of a protein such as quinoa, a main dish.

**Ingredients:**

- 1 onion, chopped
- 2 or 3 cloves garlic, peeled
- 1-inch piece of fresh ginger, peeled
- 1 red bell pepper, coarsely chopped
- 1 teaspoon olive oil
- 2 large tomatoes, coarsely chopped
- ¼ cup raw cashews (soaked for 15 mins if needed) - use ⅓ cup for creamier sauce
- 1 teaspoon curry
- 1 cup white mushrooms, sliced
- ¼ cup chickpeas
- 1 cup chopped kale
- Sea salt to taste
- Parsley and pumpkin seeds for garnish
Creative Ways To Get The Bone-Smart Nutrients You Need

The Osteoporosis Reversal Program is based on clinical nutrition, and it revolves around key foods and dishes that, when combined with exercise and other healthful lifestyle factors, help reverse bone loss and rejuvenate your bones.

While the Program includes a Recipe Sampler, many Savers asked for a cookbook over the years. So I created Bone Appétit, a unique collection of bone-healthy recipes that celebrates the variety and versatility of the Program’s many Foundation Foods.

Bone Appétit contains an entire vegetarian section, and for many of the recipes that do contain meat or animal products, it’s simple to use a meat substitute or simply leave the meat out altogether. And of course, if you do like to eat meat and want to continue to do so on the Program, with Bone Appétit you can also enjoy meat dishes without upsetting your bone health goals.

Eat Your Way to Stronger Bones!

Discover over 200 mouth-watering bone healthy recipes for breakfast, smoothies, appetizers, soups, salads, vegetarian dishes, fish, and plenty of main courses and even desserts!

I’d love to hear what you think of today’s recipe! Please feel free to share your experience or discuss any other topic covered in today’s post by leaving a comment below.

Till next time,
References:


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**14 comments. Leave Yours Now →**

**Joan**  
November 11, 2018, 10:33 am

Just wondering Vivian if I made another lot could I frize it

Reply

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**Joan**  
November 11, 2018, 10:28 am

O my God made this to day for my dinner it was absolutely gorgeous thanks Vivian.

Reply

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**Estelle**  
June 8, 2017, 7:52 am

I appreciate your newsletters. I cant do most of the exercises because I have advanced osteoarthritis in my hip and have pain in back and knees also. I use a walker. I bought your SAVE OUR BONES PROGRAM book a few years ago and refer to it occasionally. I remember much of it. Was happy to get your new info on cashews. There's a woman in Fairfax who sells cashew cheese to gourmet retail grocers, especially some health food stores. Its called Myyoko's Kitchen brand and she's Japanese, living in Fairfax. She has a big factory type kitchen. the local pizza restaurant uses it instead of dairy cheese, on gluten-free pizzas. Its quite expensive!

Reply

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**Vida**  
March 5, 2017, 7:59 pm

Hi Vivian ,  
I love quinoa,but I got constipation .  
Is any thing I can substitute??

Reply
A very interesting recipe. I will try it and come back with a comment. I'll use quinoa and/or millet with wheat berries. I love that crunch!

Reply

Ineke
March 2, 2017, 7:54 pm

I like the sound of this recipe but am a little confused. Ingredients such as chickpeas and cashews are listed as Acidifying foods in the Bone Appetit book on page 2, yet are included in this recommended zinc recipe. Do the Alkalizing ingredients cancel out the Acidity. Is the Bone Appetit book published in 2012 the same recipe book used today, or has there been an update. Thank you

Reply

shulamit sendowski
March 2, 2017, 4:31 pm

Thanks for this valuable information about Zinc!

Reply

Micke
March 2, 2017, 11:38 am

I didn’t see anywhere where it said how much zinc a person should take a day.

Reply

Vivian Goldschmidt, MA
March 2, 2017, 1:20 pm

Hi Micke,

The recommended daily allowance for zinc is 8mg a day for women and 11mg a day for men.

Reply

Estelle
June 8, 2017, 7:44 am

Thanks for the daily amt of zinc. I was told to take 30mg. Hope this isn’t too much. I have Hashimotos
Ruth Heidrich  
March 2, 2017, 11:22 am

So happy to see quinoa referred to as “adding a protein such as quinoa”! Yes, most people don’t know that there’s lots of protein in ALL plant foods – more than enough to build strong bones – and muscles! I’ve done the Ironman Triathlon on a vegan diet six times!

Reply

Kris Schonewolf  
March 2, 2017, 8:35 am

Looking forward to trying this new recipe with quinoa when my daughter visits in a few weeks. We’re both vegan and love trying new recipes. Thank you!

Reply

Vivian Goldschmidt, MA  
March 2, 2017, 1:19 pm

Absolutely, Ruth! You’ve touched on a key point in the Program; plant-based protein is excellent for building muscles and bones. And congratulations on your athletic achievements!

Reply

Vivian Goldschmidt, MA  
March 2, 2017, 8:46 am

I am glad this is such a fitting recipe for you, Kris! I hope you and your daughter will enjoy it.

Reply

Join the Conversation. Leave a Comment.

The purpose of this comment section is to encourage you to interact with the other Savers. Thank you so much for joining the conversation!
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Copper and zinc are two essential nutrients. Copper is important for keeping your heart healthy, brain development, and healthy bones. Zinc is an immune-system booster and ensures that your body stays healthy. He also holds a Bachelor of Science in exercise and sports science from the University of North Carolina, Chapel Hill and a Master of Science in exercise physiology from the University of North Carolina, Greensboro. View Full Profile.