

Copper Levels in Food: An Approximate Guide

Copper (Cu) Content in mg per 100g Portion

VJW.18

LOW <0.2 mg Cu/100g		MEDIUM 0.2–1.0 mg Cu/100g		HIGH 1.0–3.0 mg Cu/100g		VERY HIGH ≥ 3 mg Cu/100g	
Meat	<u>mg</u>	Offal:	<u>mg</u>	Liver Pâté - HIGH	<u>mg</u>	Liver:	<u>mg</u>
All fresh, frozen & tinned meat;	L	Brain – calves'	0.42	(varies according to animal - consult list on right...)		Calves'	23.86
Poultry (dark meat higher in cu)	O	Heart – lambs'	0.66			Lambs'	13.54
Fish - White/Oily	W	Kidney – pigs'	0.84			Cows'	6.40
Salmon/Tuna	0.04	Meat: Duck/goose	0.34			Pigs'	3.75
		Venison	0.36			Chicken	0.52
		Stock Cubes (Beef)	0.70				
Dairy		Nuts:		Nuts:			
Milk: Cows'	0.02	Peanut Butter	0.70	Cashews	2.20		
Goats'	0.05			Brazil	1.76		
Butter	0.03			Pine Nuts	1.32		
Cream: Single	0.20			Pecan	1.07		
Double	0.13			Hazelnuts	1.23		
Cheese: Cheddar	0.03			Walnuts	1.34		
Yogurt: Natural	0.04			Pistachios	1.00		
Flavoured	0.08			Almonds	1.00		
Eggs:		Dried Fruits:		Shellfish		Shellfish:	
Whole	0.10	Peaches	0.63	Crayfish	2.00	Scallops	10.00
Yolk	0.30	Currants	0.48	Calamari (squid)	2.10	Whelks	7.00
White	0.05	Sultanas	0.35	Prawns	0.70	Oysters	7.60
Oils/Fats		Apricots	0.27	Shrimps	0.80	Crab	4.80
Cooking Oils	Trace	Raisins	0.24	Mussels	0.48	Lobster	2.90
Butter/ Margarine	0.04	Figs	0.24	Cockles	0.38	Clams	5.00
		Dates	0.21				
Fruits: Fresh		Fruits: Fresh		Candied Fruit			
Berries (average)	0.13	Olives	0.23	Glace Cherries	1.28		
Prunes	0.16	Avocados	0.21	Seeds			
Pears	0.10	Banana	0.21	Sesame	1.46		
Grapes	0.10	Kiwi	0.30	Sunflower	2.27		
Oranges	0.07	Lemons	0.26	Pumpkin/Squash	1.40		
Vegetables: Fresh		Vegetables: Fresh		Vegetables:			
Root Vegetables	0.08 - 0.20	Mushrooms	0.78	Beans -Butter (raw)	1.22		
		Asparagus	0.20	Soy (Edamame)	1.10		
Greens	≥0.06	Beans - Broad	0.43	Tomatoes			
		Haricot (raw)	0.61	(Sun Dried)	1.40		
Salads		Mung (raw)	0.97	(Tomato Puree)	0.53		
Lettuce, peppers	≥0.05	Red Kidney (raw)	0.61	(Tomato Ketchup)	0.40		
		Baked	0.21	Brown Sauce	0.33		
Pulses		Peas (raw)	0.23	(Bovril)	0.45		
Lentils, split boiled	0.19	Chick Peas (cooked)	0.33	(Marmite)	0.30	Bakers' Yeast (dried)	5.00
		Chips	0.27	(Stock Cubes)	0.71		
		Crisps	0.22	Herbs: Pepper	1.13		
		Spinach (boiled)	0.26	Basil (dried)	1.40		
		Parsley	0.52				
Pasta - dry	0.20	Preserves/Cakes		Cereals			
Semolina		Treacle (black)	0.43	Bran	1.34		
White Rice (cooked)	0.10	Jams (berries)	0.23	All Bran	1.20		
White Bread	0.12	Mincemeat & fruit cake	0.20	Shredded Wheat	0.40		
		Xmas Pudding	0.25	Weetabix	0.54		
Pastries		Confectionery/crisps		Sweets/Chocolate		Chocolate Bar (≥70%)	≥4.00
Cakes	L	Liquorice	0.39	Fruit Gums	1.43	Chocolate Bar (<70%)	<4.00
Ice Cream	O	Mars Bar	0.31	Drinking chocolate (sweetened)	1.10	Cocoa Powder (unsweetened)	3.90
(NOT CONTAINING CHOCOLATE)	W	Bounty Bar	0.47				
		Liquorice Allsorts	0.34				
		Bombay Mix	0.62				
		Twiglets	0.32				