

Copper Levels in Food: An Approximate Guide

Average Copper (Cu) Content in mg per 100g Portion

VJW.19

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	
	mg		mg		mg		mg
Meat All fresh, frozen & tinned meat; Poultry (dark meat higher in <i>cu</i>) Fish - White/Oily Salmon/Tuna	L O W	Offal: Brain – calves' Heart – lambs' Kidney – pigs' Meat: Duck/goose Venison Stock Cubes (Beef)	0.42 0.66 0.84 0.34 0.36 0.70	Liver Pâté - HIGH (varies according to animal - consult list on right...)		Liver: Calves' Lambs' Cows' Pigs' Chicken	23.86 13.54 6.40 3.75 0.52
Dairy Milk: Cows' Goats' Butter: Cream: Single/Double Cheese: Cheddar Yogurt: Natural Flavoured	0.02 0.05 0.03 0.02 0.03 0.04 0.08	Nuts: Peanut Butter Mixed Nuts Peanuts—roasted Coconut Macademia Nuts Chestnuts Marzipan - homemade - shop bought	0.70 0.79 0.60 0.56 0.43 0.23 0.49 0.24	Nuts: Cashews Brazil Walnuts Pine Nuts Hazelnuts Pecan Peanuts (plain) Pistachios Almonds	2.20 1.76 1.34 1.32 1.23 1.07 1.02 1.00 1.00		
Eggs: Whole White Yolk Oils/Fats Cooking Oils Butter/ Margarine	0.10 0.05 0.30 Trace 0.04	Dried Fruits: Apricots Dates Figs Raisins Sultanas Dried Mixed Fruit Currants	0.35 0.26 0.30 0.39 0.40 0.47 0.81	Shellfish Crayfish Calamari (squid) Prawns Shrimps Mussels Cockles	2.00 2.10 0.70 0.80 0.48 0.38	Shellfish: Scallops Whelks Oysters Crab Clams Lobster	10.00 7.00 7.60 4.80 5.00 2.90
Fruits: Fresh Apples Oranges Pears Grapes Prunes Berries (average)	0.02 0.05 0.06 0.12 0.14 0.16	Fruits: Fresh Olives Avocados Banana Kiwi Lemons	0.23 0.20 0.21 0.30 0.26	Candied Fruit Glace Cherries Seeds Sunflower Sesame Pumpkin/Squash	1.28 2.27 1.46 1.40		
Vegetables/Tomatoes Potatoes - new/old - with skins - Sweet Root Greens Salads Lettuce, peppers Tomatoes - raw - tinned Lentils, split boiled	0.07 0.14 0.14 ≥0.08 ≥0.06 ≥0.05 0.01 0.07 0.19	Vegetables/legumes Mushrooms Asparagus Beans - Broad Haricot (raw) Mung (raw) Red Kidney (raw) Baked Peas (raw) Chick Peas (cooked) Chips Spinach (boiled) Parsley	0.72 0.20 0.43 0.61 0.97 0.68 0.21 0.23 0.33 >0.24 0.26 0.52	Legumes/sauces Beans-Butter (raw) Soy (Edamame) Tomatoes - sun dried <i>Tomato Puree</i> <i>Tomato Ketchup</i> <i>Brown Sauce</i> <i>Bovril</i> <i>Marmite</i> <i>Stock Cubes</i> Herbs: Pepper Basil (dried)	1.22 1.10 1.40 0.53 0.40 0.33 0.45 0.30 0.71 1.13 1.40	Bakers' Yeast (dried)	5.00
Bread/Rice/Pasta White bread (premium) <i>Wholemeal bread</i> White rice (cooked) <i>Brown rice</i> Porridge Spaghetti (white cooked)	0.19 0.26 0.12 0.33 0.06 0.10	Pasta/Preserves/Cakes Pasta (cooked) Treacle (black) Jams (berries) Mincemeat & fruit cake Xmas Pudding	>0.46 0.43 0.23 0.20 0.25	Cereals Bran All Bran <i>Puffed Wheat</i> <i>Weetabix</i> <i>Shredded Wheat</i> <i>Muesli</i>	1.34 1.20 0.56 0.54 0.40 0.36		
Sweets/Desserts White chocolate bar Twix Cream Egg Boiled sweets Pastries) Not con- Cakes) taining Ice Cream) cocoa	0.06 0.08 0.10 0.09 L O W	Confectionery/snacks Milk Chocolate Bar Liquorice Mars Bar Bounty Bar Bombay Mix Twiglets Crisps Cereal Crunchy bar	0.32 0.39 0.31 0.47 0.62 0.32 0.22 0.29	Chocolate/Sweets Dark chocolate (check amt of cocoa solids on packet) Fruit Gums Drinking chocolate (sweetened)	>1.8 1.43 1.10	Cocoa Powder Cocoa powder (unsweetened)	3.80