

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