



Copper Requirements

Copper is a trace mineral (i.e. required in small amounts) essential to many of the body's enzymes. In addition to reducing damage caused by free radicals and heavy metal detoxification, copper has a role in maintaining:

- iron usage
- normal thyroid function
- bones and connective tissue
- myelin sheaths (nerve protection)
- melanin production (skin & hair pigment)

Your naturopathic doctor will assist you in determining optimal dosage according to your current health status.

AGE GROUPS	STANDARD DAILY ALLOWANCES
Child	0.34 – 0.44 mg
Adolescent	0.70 mg
Adult	0.89 – 0.90 mg
Pregnancy & Lactation	1.00 – 1.30 mg

Your optimal copper dosage is _____.

Food Sources of Copper

Fruits *(raw unless otherwise stated)*

- raisins (0.46mg/cup)
- avocado (0.38mg/cup)
- date (0.36mg/cup)
- blackberries (0.24mg/cup)
- pear (0.19mg/each)
- mango (0.18mg/cup)
- prunes (0.18mg/5 prunes)
- pineapple (0.17mg/cup)
- starfruit (0.18mg/cup)
- asian pear (0.14mg/cup)
- banana (0.12mg/cup)
- kiwifruit (0.12mg/each)
- nectarine (0.12mg/cup)
- raspberries (0.11mg/cup)
- figs, dried (0.11mg/2 figs)
- blueberries (0.08mg/cup)
- strawberries (0.08mg/cup)
- cantaloupe (0.07mg/cup)
- watermelon (0.06mg/cup)
- red grapes (0.06mg/cup)
- cherries (0.04mg/10 cherries)
- honeydew (0.04mg/cup)
- plum (0.04mg/each)
- apple (0.04mg/each)
- apricot (0.03mg/each)
- papaya (0.02mg/cup)

Food Sources of Copper

Vegetables *(raw unless otherwise stated)*

- crimini mushrooms (9.0mg/0.5 cup)
- shitake mushrooms (1.29mg/cup)
- potato, baked with skin (0.37mg/cup)
- turnip greens, boiled (0.36mg/cup)
- winter squash, baked (0.19mg/cup)
- beets, boiled (0.13mg/cup)
- brussel sprouts, boiled (0.13mg/cup)
- tomato (0.13mg/cup)



Naturopathic Foundations

by Dr. Iva Lloyd, BScH, BCPP, ND

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- olives (0.34mg/cup)
 - spinach, boiled (0.31mg/cup)
 - swiss chard, boiled (0.29mg/cup)
 - asparagus, boiled (0.20mg/cup)
 - kale, boiled (0.20mg/cup)
 - summer squash, baked (0.19mg/cup)
 - mustard greens, boiled (0.12mg/cup)
 - eggplant, baked (0.11mg/cup)
 - onions (0.10mg/cup)
 - green bell pepper (0.08mg/cup)
 - fennel (0.06mg/cup)
 - red bell pepper (0.06mg/cup)

Nuts & Seeds *(raw unless otherwise stated)*

- sesame seeds (1.48mg/0.25 cup)
- cashews (0.76mg/0.25 cup)
- sunflower seeds (0.63mg/0.25 cup)
- pumpkin seeds (0.48mg/0.25 cup)
- peanuts (0.42mg/0.25 cup)
- almonds, dry roasted (0.40mg/0.25 cup)
- walnuts (0.40mg/0.25 cup)
- flaxseeds (0.20mg/0.25 cup)

Beans & Legumes *(cooked unless otherwise stated)*

- soybeans (0.70mg/cup)
- chickpeas (0.58mg/cup)
- navy beans (0.54mg/cup)
- lentils (0.50mg/cup)
- lima beans (0.44mg/cup)
- pinto beans (0.44mg/cup)
- kidney beans (0.43mg/cup)
- green peas (0.28mg/cup)

Grains *(cooked unless otherwise stated)*

- quinoa (0.35mg/0.5cup)
- barley (0.32mg/0.5cup)
- spelt grains (0.24mg/0.5cup)

Meats, Poultry & Fish *(roasted)*

- calf liver, braised (7.94mg/100 g)
- venison (0.31mg/100 g)
- shrimp, steamed (0.19mg/100 g)
- turkey, dark meat (0.16mg/100 g)
- chicken, breast (0.04mg/100g)

Other

- blackstrap molasses (0.28mg/2 tsp)

USDA. National Nutrient Database for Standard Reference (release 21). <http://www.ars.usda.gov/Services/docs.htm?docid=17477>

World's Healthiest Foods. Essential Nutrients in the World's Healthiest Foods. <http://www.whfoods.com/nutrientstoc.php>

Health Canada. Dietary Reference Intakes for Elements. http://www.hc-sc.gc.ca/fn-an/nutrition/reference/table/ref_elements_tbl-eng.php