

COPPER

The Recommended Daily Allowance (RDA) for Copper is .9mg for both men and women.

Foods Containing the Highest Levels of Copper (Cu mg per 100 grams of food)

Data Source: USDA National Nutrient Database for Standard Reference 28 Software v.3.8.6.5
2018-02-04

Food Groups Included:

- American Indian/Alaska Native Foods and Wild Foods Tested
- Fruits and Fruit Juices;
- Vegetables

Food Groups Excluded:

- Beef Products
- Dairy and Egg Products
- Lamb, Veal, and Game Products
- Legumes and Legume Products
- Nut and Seed Products
- Pork Products
- Poultry Product
- Prepared Foods

Ordered by: Nutrient Content from Highest to Lowest

Date: April, 2018

Description	Copper, Cu(mg)Per 100 g
Seaweed, spirulina, dried	6.1
Kale, raw	1.499
Litchis, dried	0.631
Mushrooms, morel, raw	0.625
Grape leaves, raw	0.415
Beans, fava, in pod, raw	0.402
Beans, navy, mature seeds, sprouted, raw	0.356
Mushrooms, Chanterelle, raw	0.353
Lentils, sprouted, raw	0.352
Turnip greens, raw	0.35
Radicchio, raw	0.341
Fireweed, leaves, raw	0.32
Mushrooms, white, raw	0.318
Garlic, raw	0.299
Chicory greens, raw	0.295
Mushrooms, portabella, raw	0.286
Seaweed, wakame, raw	0.284

Plums, dried (prunes), uncooked	0.281
Peas, mature seeds, sprouted, raw	0.272
Lemon grass (citronella), raw	0.266
Seaweed, laver, raw	0.264
Mushrooms, maitake, raw	0.252
Mushrooms, oyster, raw	0.244
Kale, scotch, raw	0.243
Artichokes, (globe or french), raw	0.231
Ginger root, raw	0.226
Coriander (cilantro) leaves, raw	0.225
Blackberries, wild, raw (Alaska Native)	0.222
Beet greens, raw	0.191
Asparagus, raw	0.189
Chard, swiss, raw	0.179
Yam, raw	0.178
Peas, green, raw	0.176
Peppers, hot chili, green, raw	0.174
Dandelion greens, raw	0.171
Arrowhead, raw	0.171
Cress, garden, raw	0.17
Blackberries, raw	0.165
Mustard greens, raw	0.165
Mung beans, mature seeds, sprouted, raw	0.164
Amaranth leaves, raw	0.162
Pomegranates, raw	0.158
Alfalfa seeds, sprouted, raw	0.157
Chives, raw	0.157
Seaweed, irishmoss, raw	0.149
Parsley, fresh	0.149
Mushrooms, shiitake, raw	0.142
Jerusalem-artichokes, raw	0.14
Chrysanthemum leaves, raw	0.137