

Food Sources of Copper

Liver

Kidney

Heart

Beef sweetbread

Oyster

Squid

Oyster stew

Whelk

Rowal fruit

Northern lobster

Potato skins

Sesame butter

Kale

Whole sesame seeds

Soy-based protein powder

Winged bean tuber

Mushrooms

Soy vermicelli

Pork rump ham

Crab

Winged beans

Cuttlefish

Veal spleen

Beef spleen

Soy chips or soy crisps

Breadnut tree seeds

Cashew butter

Milk-based protein supplement (copper-fortified)

Cashew nuts

Quail meat

Squab or pigeon meat

Dove meat

Whey protein powder isolate (copper-fortified)

Vegetarian fillets

Turkey giblets

Octopus

Soy flour

Meatless meatballs

Meatless chicken

Clam

Crayfish

Soybeans

Steller sea lion meat

Peanut butter

Sunflower seed kernels

Hearts of palm

Mixed nuts

Cocoa-rich chocolate

Chocolate instant breakfast powder (copper-fortified)

Hazelnuts or filberts

Safflower seed kernels

Brazil nuts

Sunflower seed butter

Chocolate soymilk

Spirulina seaweed

Nutrition shake (copper-fortified)

Meatless luncheon slices

Papad

Buckwheat

Canada goose meat

Baking chocolate

Hemp seeds

Tempeh

English walnut

Hyacinth beans

Pink or red lentils

Suggested citation: Forouzes, Abed; Forouzes, Fatemeh; Samadi Foroushani, Sadegh; Forouzes, Abolfazl; Zand, Eskandar. A new method for calculating copper content and determining appropriate copper levels in foods. Revista Chilena de Nutricion 2021;48:862-873. <http://dx.doi.org/10.4067/S0717-75182021000600862>.