

Sources of copper

Copper is an essential trace mineral needed in small amounts. It is required by the body for energy production, iron absorption, immune system function, bone and connective tissue production and brain development.



The adequate Intake (AI)



19+ male
1.7 mg/day



19+ female
1.2 mg/day



Pregnancy
1.3 mg/day



Lactation
1.5 mg/day

Food (serving size)	Copper (mg)
Beef, liver , pan-fried (85 g)	12.4
Oysters , raw (85 g, 2 medium oysters)	4.9
Prawns , cooked (100 g)	1.7
Kale, raw (100 g)	1.4
Seaweed , nori, dried (100 g)	1.2
Potatoes , with skin, baked (1 medium)	0.7
Mushrooms , Shiitake, cooked (½ cup)	0.7
Cashew nuts , dry roasted (30 g)	0.6
Brazil nuts , raw (30 g)	0.6
Sunflower seed kernels , toasted (¼ cup)	0.6
Turkey , simmered (85 g)	0.5
Chocolate , dark, 70%–85% (30 g)	0.5
Almonds , raw (50 g)	0.5
Poppy seeds (30 g)	0.5
Coconut milk , canned (1 cup)	0.5
Chia seeds , dried (30 g)	0.5
Tofu , firm (½ cup)	0.4
Chickpeas , cooked (½ cup)	0.3
Millet , cooked (1 cup)	0.3
Salmon , Atlantic, wild, cooked (85 g)	0.3
Avocado , raw (½ cup)	0.2
Figs , dried (½ cup)	0.2
Spinach , boiled (½ cup)	0.2
Asparagus , cooked (½ cup)	0.1
Sesame seeds (¼ cup)	0.1
Turkey , cooked (85 g)	0.1
Tomatoes , raw, chopped (½ cup)	0.1
Quinoa , cooked (½ cup)	0.1