

Copper Foods

PER CALORIE

Vegetables

- brown mushrooms - 46 g/2000 cal
- spirulina - 42 g/2000 cal
- kale - 41 g/2000 cal
- shiitake mushrooms - 32 g/2000 cal
- radicchio - 30 g/2000 cal
- portabella mushrooms - 26 g/2000 cal
- chicory greens - 26 g/2000 cal
- coriander leaf - 19 g/2000 cal
- beet greens - 17 g/2000 cal
- chard - 16 g/2000 cal
- spinach - 15 g/2000 cal
- asparagus - 15 g/2000 cal
- watercress - 14 g/2000 cal
- amaranth leaves - 14 g/2000 cal
- mustard greens - 12 g/2000 cal
- endive - 12 g/2000 cal
- mung bean sprouts - 11 g/2000 cal
- sauerkraut - 10 g/2000 cal
- hearts of palm - 10 g/2000 cal
- kohlrabi - 9 g/2000 cal
- chayote squash - 9 g/2000 cal
- pumpkin - 9 g/2000 cal
- parsley - 8 g/2000 cal
- yellow bell pepper - 8 g/2000 cal
- okra - 8 g/2000 cal
- dandelion greens - 8 g/2000 cal
- zucchini - 7 g/2000 cal
- green bell peppers - 7 g/2000 cal
- arugula - 6 g/2000 cal
- radish - 6 g/2000 cal
- lettuce - 6 g/2000 cal
- ginger root - 5 g/2000 cal
- kimchi - 5 g/2000 cal
- cucumber - 5 g/2000 cal
- sour pickles - 5 g/2000 cal
- scallions - 5 g/2000 cal
- artichoke hearts - 5 g/2000 cal
- broadbeans - 5 g/2000 cal
- dill pickles - 5 g/2000 cal
- green beans - 4 g/2000 cal
- celery - 4 g/2000 cal
- potato (boiled, with skin) - 4 g/2000 cal
- fennel bulb - 4 g/2000 cal
- garlic - 4 g/2000 cal
- leeks - 4 g/2000 cal
- broccoli raab - 4 g/2000 cal
- potato (boiled, without skin) - 4 g/2000 cal
- snow peas - 4 g/2000 cal
- sweet potato - 4 g/2000 cal
- beets - 3 g/2000 cal
- broccoli - 3 g/2000 cal
- parsnip - 3 g/2000 cal

Fruit

- blackberries - 8 g/2000 cal
- tomato - 6 g/2000 cal
- pineapple - 4 g/2000 cal
- kiwi fruit - 4 g/2000 cal

- black olives - 4 g/2000 cal
- goji berries - 4 g/2000 cal
- pomegranate - 4 g/2000 cal
- mango - 4 g/2000 cal
- raspberries - 3 g/2000 cal
- peach - 3 g/2000 cal

Meat & Offal

- veal liver - 156 g/2000 cal
- beef liver - 149 g/2000 cal
- lamb liver - 64 g/2000 cal
- pork kidney - 9 g/2000 cal
- pork liver - 8 g/2000 cal
- beef kidney - 7 g/2000 cal
- pork heart - 7 g/2000 cal
- beef heart - 7 g/2000 cal
- lamb heart - 7 g/2000 cal
- chicken liver - 6 g/2000 cal
- lamb kidney - 5 g/2000 cal
- chicken heart - 5 g/2000 cal
- beef jerky (low fat) - 4 g/2000 cal
- goat meat - 4 g/2000 cal
- venison - 4 g/2000 cal

Seafood

- squid - 39 g/2000 cal
- oyster - 39 g/2000 cal
- lobster - 34 g/2000 cal
- crab - 20 g/2000 cal
- crayfish - 16 g/2000 cal
- calamari (breaded) - 13 g/2000 cal
- octopus - 9 g/2000 cal
- shrimp/prawns - 4 g/2000 cal
- salmon (smoked) - 4 g/2000 cal
- salmon (Atlantic) - 3 g/2000 cal

Beans, Legumes, Grains, Nuts & Seeds

- wheat bran - 9 g/2000 cal
- cashews - 8 g/2000 cal
- cashew butter - 7 g/2000 cal
- lentil sprouts - 7 g/2000 cal
- buckwheat - 6 g/2000 cal
- natto - 6 g/2000 cal
- sunflower seeds - 6 g/2000 cal
- poppy seeds - 6 g/2000 cal
- hemp seeds - 6 g/2000 cal
- hazelnuts - 5 g/2000 cal
- Brazil nuts - 5 g/2000 cal
- tempeh - 5 g/2000 cal
- walnuts - 5 g/2000 cal
- flax seeds - 5 g/2000 cal
- sesame seeds - 4 g/2000 cal
- pumpkin/squash seeds - 4 g/2000 cal
- chickpeas - 4 g/2000 cal
- pistachio nuts - 4 g/2000 cal
- millet - 4 g/2000 cal
- peanuts - 4 g/2000 cal
- lentils - 4 g/2000 cal
- lupini - 4 g/2000 cal
- peanut flour - 4 g/2000 cal
- bran flakes - 4 g/2000 cal
- almonds - 4 g/2000 cal
- garbanzo beans - 4 g/2000 cal
- pecans - 3 g/2000 cal
- kidney beans - 3 g/2000 cal
- pine nuts - 3 g/2000 cal
- quinoa - 3 g/2000 cal
- oat bran - 3 g/2000 cal