

Foods highest in

Copper

"Day%" is the % of the amount required each day; this is in "oz" (ounces) of each food. "oz" of each food is the amount that contains 100 calories. "Score" is total of all nutrient score - 165 is average.

"Day%" is based upon a

2 mg

nominal daily value.

<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>	<u>Food</u>	<u>Day%</u>	<u>Score</u>	<u>oz</u>	<u>gms</u>
Veal liver	424%	2093	2.5	71	Sprouted mung beans, cooked	29%	397	16.8	476
Beef liver	361%	1808	2.6	74	Kale	29%	1747	7.1	200
Oysters	327%	2266	5.2	147	Crushed tomatoes, canned	29%	310	11.0	313
Seaweed, spirulina	115%	596	13.6	385	Mustard greens	28%	2403	13.6	385
Italian (Crimini) mushrooms	93%	606	13.1	370	Spinach	28%	2601	15.3	435
Lobster	92%	417	3.9	111	Sun-dried tomatoes	28%	211	1.4	39
Shiitake mushrooms	87%	356	1.2	34	Thyme, fresh	27%	695	3.5	99
Capers, canned	81%	-147	15.3	435	Sprouted kidney beans	27%	610	12.2	345
Portabella mushrooms	77%	593	13.6	385	Sprouted mung beans	27%	395	11.8	333
White mushrooms	72%	629	16.0	455	Spearmint, fresh	27%	838	8.0	227
Lemons, with peel	65%	716	17.6	500	Toasted Wheat Bran	27%	819	1.8	50
Chicory greens	64%	1726	15.3	435	Dried basil	27%	866	1.4	40
Cocoa, dry powder	60%	212	1.2	33	Spearmint, dried	27%	762	1.2	35
Turnip greens	55%	1791	11.0	313	Sprouted navy beans	27%	360	5.3	149
Basil	54%	1751	13.1	370	Garden cress	27%	1639	11.0	313
Coriander (cilantro) leaves	49%	1762	15.3	435	Sprouted kidney beans, cooked	26%	545	10.7	303
Swiss chard	47%	2849	18.6	526	Chives	26%	1205	11.8	333
Beet greens	43%	1964	16.0	455	Ground mace	26%	111	0.7	21
Crab	38%	590	4.1	115	Sprouted pinto beans	26%	334	5.7	161
Asparagus	38%	586	14.1	400	Sauerkraut, canned	25%	269	18.6	526
Sesame seeds	36%	180	0.6	17	Pork liver	25%	1241	2.6	75
Purslane	35%	855	22.0	625	Sprouted navy beans, cooked	25%	320	4.5	128
Bamboo shoots	35%	393	13.1	370	Artichokes	25%	293	7.5	213
Watercress	35%	2843	32.1	909	Pumpkin	24%	857	13.6	385
Oyster mushrooms	35%	429	10.1	286	Sprouted pinto beans, cooked	24%	299	16.0	455
Sprouted alfalfa seeds	34%	496	15.3	435	Kohlrabi	24%	510	13.1	370
Lambquarters, raw	34%	1219	8.2	233	Chicken Broth 1% fat	24%	17	88.2	2500
Balsam-pear (bitter gourd)	34%	1072	11.8	333	Soy protein isolate	24%	331	1.0	30
Baking chocolate	32%	144	0.7	20	Peppermint, fresh	24%	556	5.0	143
Coriander leaf, dried	32%	913	1.3	36	Clams	23%	1591	4.8	135
Seaweed, wakame	32%	562	7.8	222	Wheat bran, crude	23%	677	1.6	46
Spinach, canned	31%	1280	18.6	526	Grape leaves	22%	998	3.8	108
Endive	29%	1482	20.7	588	Tomato paste	22%	243	4.3	122

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Black pepper	22%	316	1.4	39	Summer squash	16%	546	22.0	625
Chicken, liver	21%	983	3.0	86	Chicken broth w sodium	16%	116	22.0	625
Cream of mushroom soup	21%	61	6.8	192	Zucchini	16%	553	22.0	625
Marjoram, dried	21%	659	1.3	37	Hummus	16%	113	2.1	60
Parsley	21%	2925	9.8	278	Pumpkin, canned	16%	1139	10.4	294
Sprouted soybeans, cooked	20%	296	4.4	123	All-Bran with fiber	16%	1098	1.8	52
Tomatoes, canned	20%	296	20.7	588	Radishes	16%	356	22.0	625
Coffee, instant, regular	20%	232	176.4	5000	Thyme, dried	16%	869	1.3	36
All-Bran Original	20%	1025	1.4	38	Savory	16%	450	1.3	37
Soybeans	20%	264	0.8	24	Fennel seed	15%	321	1.0	29
Cashew nuts, raw	20%	128	0.6	18	Oegano, dried	15%	519	1.2	33
Cashew nuts, roasted	19%	110	0.6	17	White pepper	15%	171	1.2	34
Blackberries	19%	285	8.2	233	Sunflower seed kernels	15%	220	0.6	18
Dandelion greens	19%	849	7.8	222	Poppy seed	15%	192	0.7	19
Japanese chestnuts	18%	158	2.3	65	Tofu, firm	15%	277	5.0	143
Japanese chestnuts, dried	18%	158	1.0	28	Arugula	15%	825	14.1	400
Soyburger	18%	171	1.8	52	Turnips	15%	231	12.6	357
Tomato juice	18%	401	20.7	588	Okra	15%	671	11.4	323
Coffee, instant, decaf	18%	351	176.4	5000	Seaweed, kelp	15%	429	8.2	233
Sprouted soybeans	18%	271	2.9	82	Hot dogs, fat free	15%	8	4.8	137
Celery seeds	17%	307	0.9	26	Gelatin desserts, dry mix	15%	108	1.0	29
Dove, Squab	17%	114	1.6	46	Tempeh	15%	186	1.8	52
Eggplant	17%	279	14.7	417	Kidney beans	14%	217	1.1	30
Dill weed	17%	1166	8.2	233	Ginger root	14%	108	4.4	125
Guavas	17%	526	5.2	147	Romaine lettuce	14%	1566	20.7	588
Chinese waterchestnuts	17%	117	3.6	103	Lima beans	14%	252	3.1	88
Sprouted lentils, cooked	17%	222	3.5	99	Sprouted radish seeds	14%	355	8.2	233
Adzuki beans	17%	216	1.1	30	Hazelnuts or filberts	14%	162	0.6	16
Sprouted lentils	17%	231	3.3	94	Poultry seasoning	14%	392	1.1	33
Green bell peppers	17%	738	17.6	500	Cucumber	14%	264	23.5	667
Farm-raised crayfish	16%	383	4.9	139	Caraway seeds	14%	254	1.1	30
Tomatoes, ripe	16%	416	19.6	556	Mung beans	14%	218	1.0	29
Coriander seed	16%	242	1.2	34	Soy milk	14%	274	6.8	192
Tofu	16%	98	3.0	86	Anise seed	14%	222	1.0	30
Chicken broth, condensed	16%	74	11.4	323	Acerola West Indian cherry	13%	5971	11.0	313
Chili peppers	16%	693	8.8	250	Brazilnuts, dried	13%	507	0.5	15
Buckwheat	16%	131	1.0	29	Pumpkin/squash seeds	13%	187	0.7	19
POST 100% BRAN	16%	320	1.2	35	Tomato soup	13%	88	5.9	167

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Avocados	13%	130	2.9	83	European chestnuts	11%	88	1.8	51
Pinto beans	13%	206	1.0	29	Trail mix, regular	11%	92	0.8	22
Dill seed	13%	250	1.2	33	Kiwi	11%	287	5.8	164
Split peas	13%	192	1.0	29	Pimento, canned	11%	884	15.3	435
Quail	13%	101	1.5	43	Fennel bulbs	11%	254	11.4	323
Curry powder	13%	323	1.1	31	Sprouted peas	11%	180	2.8	78
Shrimp	12%	382	3.3	94	Miso	11%	54	1.8	50
Great northern beans	12%	218	1.0	29	Deer meat	11%	364	2.9	83
Tomatillos	12%	212	11.0	313	Allspice	11%	178	1.3	38
Black beans	12%	198	1.0	29	Paprika	11%	763	1.2	35
Navy beans	12%	218	1.0	29	Tofu, extra firm	10%	261	3.9	110
Quaker Puffed Rice	12%	70	0.9	26	Sour red cherries	10%	119	7.1	200
Walnuts	12%	88	0.5	15	Chestnuts, european	10%	101	1.4	41
Fava beans	12%	218	1.0	29	Enoki mushrooms	10%	270	8.0	227
Sage	12%	554	1.1	32	Pineapple	10%	243	7.3	208
Cranberry beans	12%	224	1.1	30	Peanuts	10%	142	0.6	18
Pink beans	12%	206	1.0	29	Garlic	10%	213	2.4	67
Seaweed, agar	12%	359	13.6	385	Coffee, brewed	10%	1132	352.7	10000
Pistachio nuts	12%	126	0.6	18	Millet	10%	107	0.9	26
Chickpeas (garbanzo)	12%	194	1.0	27	Puffed millet	10%	60	1.0	28
Pork and beans, canned	12%	120	2.7	78	Pine nuts, dried	10%	141	0.5	15
Parsley, dried	12%	903	1.3	36	Leeks	10%	274	5.8	164
Cumin seed	12%	279	0.9	27	Lemon peel	10%	479	7.5	213
Potatoes, no skin	12%	113	3.8	108	Groung nutmeg	10%	44	0.7	19
Rice bran	12%	600	1.1	32	Nectarines	10%	98	8.0	227
Rosemary, fresh	11%	281	2.7	76	Dill weed, dried	10%	458	1.4	40
Taragon, dried	11%	434	1.2	34	Green leaf lettuce	10%	1957	23.5	667
Flaxseeds	11%	158	0.7	19	Almonds	10%	154	0.6	17
Chicken noodle soup	11%	126	6.7	189	All-Bran Buds	10%	874	1.4	40
Litchis, dried	11%	92	1.3	36	Broccoli raab	10%	1267	16.0	455
Green beans	11%	393	11.4	323	White beans	9%	214	1.0	30
Wheat germ, crude	11%	416	1.0	28	Podded peas	9%	492	8.4	238
Black walnuts, dried	11%	159	0.6	16	Catsup	9%	27	3.6	103
Quinoa	11%	128	0.9	27	Gourd	9%	300	25.2	714
Celery	11%	422	22.0	625	Yellow beans	9%	211	1.0	29
Olives, canned	11%	61	3.1	87	Grapes	9%	44	5.1	145
Peas	11%	285	4.4	123	Chocolate syrup	9%	8	1.3	36
Limes	11%	222	11.8	333	Iceberg lettuce	9%	410	25.2	714

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European chestnuts, dried	9%	81	1.0	27	Lentils	7%	229	1.0	28
Cream of potato soup	9%	80	5.9	167	Grapefruit	7%	228	11.0	313
Salmon	9%	452	1.9	55	Tofu, fried	7%	155	1.3	37
Sweet potato	9%	436	4.1	116	Wild rice	7%	128	1.0	28
Red leaf lettuce	9%	1603	22.0	625	Chicken vegetable soup	7%	125	5.1	145
Beets	9%	205	8.2	233	Cowpeas (blackeyes)	7%	223	3.9	111
Peaches	9%	104	9.0	256	Broccoli	7%	748	10.4	294
Pecans	9%	99	0.5	14	Pineapple, canned	7%	109	5.9	167
Raspberries	9%	234	6.8	192	New England clam chowder	7%	276	5.0	143
Ground tumeric	9%	284	1.0	28	Apricots dried	7%	68	1.5	41
Mangos	8%	111	5.4	154	Pears	7%	37	6.1	172
Cauliflower	8%	566	14.1	400	Barley	7%	143	1.0	28
Molasses	8%	64	1.2	34	Ensure plus	7%	116	2.5	71
Raisin Bran Cereal	8%	325	1.1	32	Potatoes with skin	7%	146	4.6	130
Rosemary, dried	8%	274	1.1	30	Watermelon	7%	117	11.8	333
Perch	8%	380	3.9	110	Mulberries	7%	188	8.2	233
Pinyon nuts, dried	8%	103	0.6	16	Goat cheese	7%	93	0.8	22
Manhattan clam chowder	8%	201	5.8	164	Ground ginger	7%	490	1.0	29
Oat bran	8%	330	1.4	41	Chili powder	7%	497	1.1	32
Durum wheat	8%	177	1.0	29	Kumquats	7%	151	5.0	141
Brussels sprouts	8%	692	8.2	233	Hot cocoa, homemade	7%	107	4.6	130
Apricots raw	8%	188	7.3	208	Bay leaf spice	7%	368	1.1	32
Toasted wheat germ	8%	521	0.9	26	Cranberries	7%	156	7.7	217
Chinese chestnuts, raw	8%	123	1.6	45	Baby oatmeal, dry	7%	268	0.9	25
Chinese cabbage (bok choy)	8%	1749	27.1	769	MultiGrain Oatmeal	7%	121	1.1	30
Anchovies	8%	450	2.7	76	Sprouted wheat	7%	171	1.8	51
Oats	8%	165	0.9	26	Apricot nectar, canned	7%	42	6.3	179
Broccoli stalks	8%	764	12.6	357	Pineapple juice w/vit C	7%	152	6.7	189
Parsnips	8%	190	4.7	133	Collards	7%	1611	11.8	333
Gooseberries	8%	204	8.0	227	Lemons	6%	318	12.2	345
Complete Wheat Bran	8%	1194	1.1	31	Yellow mustard	6%	298	5.3	149
Fiber One	8%	519	1.8	50	Ling	6%	361	4.1	115
Pumpkin and squash seeds	8%	98	0.8	22	Wheat	6%	121	1.0	29
Taro	8%	122	3.1	89	Plums	6%	72	7.7	217
Whole-wheat bread	8%	147	1.4	40	Chicken gizzards	6%	100	3.8	106
Yams	8%	118	3.0	85	Watermelon seeds, dried	6%	120	0.6	18
Ginko nuts	8%	104	1.9	55	Cardamom	6%	525	1.1	32
Strawberries	8%	359	11.0	313	Boston lettuce	6%	1299	27.1	769

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Oat bran muffins	6%	138	1.3	37
Shallots	6%	176	4.9	139
Swamp cabbage	6%	1506	18.6	526
Horseradish	6%	148	7.3	208
Cantaloupe	6%	395	10.4	294
Spaghetti squash	6%	137	11.4	323
Pears, asian	6%	60	8.4	238
Avocados raw	6%	142	2.2	63
Turkey, dark meat	6%	270	2.8	80
Red/cayenne pepper	6%	541	1.1	31
Dried plums	6%	44	1.5	42
Beechnuts, dried	6%	64	0.6	17
Rice cakes, brown rice	6%	115	0.9	26
Stewed prunes	6%	32	3.3	93
Pumpernickel bread	6%	124	1.4	40
Pear nectar, w/vit C	6%	71	5.9	167
Rutabagas	6%	251	9.8	278
Carrots	5%	1011	8.6	244
Mussels	5%	777	4.1	116
Salsify, (vegetable oyster)	5%	127	4.3	122
Cloves	5%	581	1.1	31
Shredded wheat	5%	136	1.0	30
Raisins	5%	8	1.2	33
Saffron	5%	531	1.1	32
Lotus seeds raw	5%	156	4.0	112
Lotus seeds, dried	5%	156	1.1	30
CHEX snack mix	5%	177	0.8	24
Macadamia nuts	5%	96	0.5	14
Swordfish	5%	388	2.9	83
Pomegranates	5%	26	5.2	147
Hershey's Chocolate Syrup	5%	-17	2.4	69
Grape-Nuts Cereal	5%	142	1.0	28
7-grain bread	5%	144	1.4	40

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