

# COPPER IS ESSENTIAL FOR:

- BONE GROWTH AND STRENGTH,
- FETAL AND INFANT DEVELOPMENT,
- DEVELOPMENT OF RED AND WHITE BLOOD CELLS,
- TRANSPORT AND ABSORPTION OF IRON,
- PROPER HEART AND MUSCLE MOVEMENTS,
- DEVELOPMENT OF BRAIN AND NERVOUS SYSTEM,
- PROTECTION OF THE BODY AGAINST TISSUE DAMAGE BY ACTING AS AN ANTIOXIDANT.

## COPPER RDA

ADULTS	0.9 MG
PREGNANT WOMEN	1.0 MG
NURSING MOTHERS	1.3 MG



Copper is available from a wide variety of fresh and lightly processed foods. Eating a well-balanced diet helps you to meet the National Academy of Sciences' new Recommended Dietary Allowance (RDA) for copper. Adults should get 0.9 milligrams (mg) of copper daily. Pregnant women need 1.0 mg and nursing women need 1.3 mg of copper. Here's how to satisfy copper needs with food.



FOOD	COPPER/mg	FOOD	COPPER/mg
<b>VEGETABLES</b>		<b>FISH/MEAT</b>	
BLACKEYED PEAS (COOKED 1/2 CUP)	0.234	OYSTERS (BREADED/FRIED 6)	0.796
LIMA BEANS (COOKED 1/2 CUP)	0.198	SHRIMP (3 OZ)	0.191
NAVY BEANS (COOKED 1/2 CUP)	0.241	BEEF/CALF LIVER (PAN-FRIED 3 OZ)	6.15
MUSHROOMS (CANNED 1/2 CUP)	0.187	BEEF STEAK (PAN-FRIED 8 OZ)	0.093
POTATO (BAKED W/PEEL)	0.140	TUNA (CANNED 4 OZ)	0.052
GREEN PEAS (1/2 CUP)	0.081	CHICKEN (BAKED 3 OZ)	0.054
TOMATO (RAW MEDIUM)	0.087		
<b>FRUIT/NUTS</b>		<b>MIXED DISHES</b>	
AVOCADO (RAW 1 MEDIUM)	0.527	CHILI (WITH BEANS, CANNED 1 CUP)	0.372
BANANA (RAW 1 MEDIUM)	0.150	LASAGNA (7 OZ)	0.208
GRAPES (RAW 1 1/2 CUPS)	0.164	SPAGHETTI & MEAT SAUCE (1 CUP)	0.265
MANGO (1 MEDIUM)	0.228		
RAISINS (DRIED 1/2 CUP)	0.114	<b>DESSERT</b>	
PEACH (1 MEDIUM)	0.067	CHOCOLATE ICE CREAM (1 CUP)	0.086
ALMONDS (1/4 CUP)	0.394	MILK CHOCOLATE (1 1/2 OZ)	0.175
PECANS (1 OZ PACKAGE)	0.306		
PEANUTS (1/4 CUP)	0.500		
PEANUT BUTTER (2 TBSP)	0.178		
SUNFLOWER SEEDS (1/4 CUP)	0.600		
TRAIL MIX (1 CUP)	1.478		
<b>GRAINS/BREADS</b>		<b>SAMPLE MEAL</b>	
OATMEAL (COOKED 1 CUP)	0.199	<b>BREAKFAST:</b>	
GRANOLA WITH RAISINS (1/2 CUP)	0.224	1 CUP OATMEAL: 0.199	
RAISIN BRAN (1 CUP)	0.281	1 CUP SKIM MILK: 0.007	
SHREDDED WHEAT (2 BISCUITS)	0.206	1/2 MED. BANANA: 0.075	
WHOLE WHEAT BREAD (2 SLICES)	0.147	<b>LUNCH:</b>	
WHITE BREAD (2 SLICES)	0.055	2 SLICES OF WHITE BREAD: 0.055	
RYE BREAD (2 SLICES)	0.112	4 OZ TUNA (CANNED): 0.052	
NOODLES, EGG, ENRICHED (1 CUP)	0.139	8 OZ APPLE JUICE: 0.027	
		<b>SNACK:</b>	
		1 MED. PEACH: 0.067	
		<b>DINNER:</b>	
		6 OZ LEAN BAKED CHICKEN: 0.108	
		1 SMALL BAKED POTATO: 0.140	
		1/2 CUP GREEN PEAS: 0.081	
		1 CUP SKIM MILK: 0.007	
		<b>DESSERT:</b>	
		1 CUP CHOCOLATE ICE CREAM: 0.086	
		<b>TOTAL: 0.904 MG COPPER</b>	

### SOURCES:

Duyff, Roberta L., MS, RD, CFCs. The American Dietetic Associations Complete Food & Nutrition Guide. Chronimed 1996; 99

Pennington, J.A.T., S.A. Schoen, G.D. Salmon, B. Young, R.D. Johnson and R.W. Marts. 1995. Composition of core foods in the U.S. Food Supply, 1982-1991. III. Copper, manganese, selenium, and iodine. J. Food Comp. Anal. 8: 171-217. (Data from US FDA Total Diet Study)

U.S. Department of Agriculture, Agricultural Research Service. 1999. USDA Nutrient Database for Standard Reference, Release 13. Nutrient Data Laboratory Home Page, <http://www.nal.usda.gov/fnic/foodcomp>