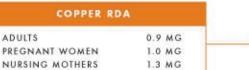
# COPPER IS ESSENTIAL FOR:

- 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 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/m
VEGETABLES	
BLACKEYED PEAS (COOKED 1/2 CUP)	0.234
LIMA BEANS (COOKED 1/2 CUP)	0.198
NAVY BEANS (COOKED 1/2 CUP)	0.241
MUSHROOMS (CANNED 1/2 CUP)	0.187
POTATO (BAKED W/PEEL)	0.140
GREEN PEAS (1/2 CUP)	0.081
TOMATO (RAW MEDIUM)	0.087
FRUIT/NUTS	
AVOCADO (RAW 1 MEDIUM)	0.527
BANANA (RAW 1 MEDIUM)	0.150
GRAPES (RAW 1 1/2 CUPS)	0.164
MANGO (1 MEDIUM)	0.228
RAISINS (DRIED 1/2 CUP)	0.114
PEACH (1 MEDIUM)	0.067
ALMONDS (1/4 CUP)	0.394
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
GRAINS/BREADS	•
OATMEAL (COOKED 1 CUP)	0.199
GRANOLA WITH RAISINS (1/2 CUP)	0.224
RAISIN BRAN (1 CUP)	0.281
SHREDDED WHEAT (2 BISCUITS)	0.206
WHOLE WHEAT BREAD (2 SLICES)	0.147
WHITE BREAD (2 SLICES)	0.055
RYE BREAD (2 SLICES)	0.112
NOODLES, EGG, ENRICHED (1 CUP)	0.139

SOURCES:							
Duyff, Roberta	L., MS,	RD,	CFCS.	The	American	Dietetic	Associations
Complete Food	& Nutri	ition	Guide.	Chi	ronimed 1	996; 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

COPPER/mg
0.796
0.191
6.15
0.093
0.052
0.054
0.372

LASAGNA (7 UZ)	0.208
SPAGHETTI & MEAT SAUCE (1 CUP)	0.265
DESSERT	
CHOCOLATE ICE CREAM (1 CUP)	0.086
MILK CHOCOLATE (1 1/2 OZ)	0.175

## SAMPLE MEAL

### BREAKFAST:

1 CUP OATMEAL: 0.199 1 CUP SKIM MILK: 0.007 1/2 MED. BANANA: 0.075

#### LUNCH:

2 SLICES OF WHITE BREAD: 0.055 4 OZ TUNA (CANNED): 0.052 8 OZ APPLE JUICE: 0.027

#### SNACK:

1 MED. PEACH: 0.067

#### DINNER:

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

#### DESSERT

1 CUP CHOCOLATE ICE CREAM: 0.086

TOTAL: 0.904 MG COPPER