

COPPER

Did you know???



Copper is needed by 12 enzymes in our bodies, which in turn are involved in a wide range of functions. For example, copper helps our bodies produce energy and helps to form important neurotransmitters, which support the healthy function of our brain and nervous system. Copper is also needed to form our connective tissue, supports the production of melanin in our skin and helps the transport of iron in the body. This mineral is also involved in many oxidation-reduction (redox) reactions that are continuously happening in cells to support many of our vital functions.

NUTRITIONAL FACTS

FOOD	QTY	COPPER	DAILY %	CARBS	PROTEIN	CALS
Beef Liver	50g	7.2mg	793%	2.6g	14.5g	95
Oysters	100g	1.6mg	172%	5g	9.5g	81
Lobster	100g	1.6mg	172%	0g	19g	89
Octopus	100g	0.7mg	82%	4.4g	29.8g	164
Cashews	30g	0.7mg	82%	8g	5.5g	165
White Beans	1 cup	0.6mg	41%	25.8g	11.4g	179
Dark Chocolate (70-85%)	30g	0.5mg	59%	12.8mg	2.3g	179
Brazil Nuts	30g	0.5mg	59%	1.3g	4.3g	197
Hazelnuts	30g	0.5mg	59%	2.1g	4.5g	188
Walnuts	30g	0.5mg	53%	2g	4.6g	196

- www.commons.wikimedia.org/wiki/File:ARS_copper_rich_foods.jpg
- www.Cronometer.com
- www.eufic.org/en/vitamins-and-minerals/article/copper-foods-functions-how-much-do-you-need-more