

# High Copper Foods

Food	Serving (Imperial)	Serving (Metric)	Copper Amount (mcg)	% RDA (DV)
Baking chocolate, unsweetened	1 oz	28 g	938	104%
Potatoes, cooked	1 medium	170 g	675	75%
Mushrooms, shitake, cooked	1/2 cup	85 g	650	72%
Cashews, dry roasted	1 oz	28 g	629	70%
Sunflower kernels, toasted	1/4 cup	32 g	615	68%
Chickpeas, cooked	1/2 cup	85 g	289	32%
Salmon, Atlantic	3 oz	85 g	273	30%
Pasta, whole wheat, cooked	1 cup	240 g	263	29%
Avocado	1/2 cup	100 g	219	24%
Spinach, cooked	1/2 cup	90 g	157	17%

## Adult U.S.RDA (Recommend Dietary Allowance)

900 mcg Male

900 mcg Female