

Low Copper Diet Food List 2023

This is a non-extensive list of foods to avoid and foods that are fine to eat on a Low Copper Diet. Ideally you should look for foods low in copper - less than 0.1 mg or 9%dv/portion

	Eat As Desired	Avoid
Meat and other proteins	<ul style="list-style-type: none"> ● Beef ● Bluefin tuna ● Canned Salmon ● Chicken ● Cod ● Eggs ● Frankfurters - not pork ● Halibut ● Imitation Crab ● Protein Powder (below 9% dv copper/serving) ● Orange Ruffly ● Rainbow Trout ● Scallops ● Sea bass ● Sole ● Swordfish ● Turkey ● White meat fish ● Yellowfin tuna 	<ul style="list-style-type: none"> ● All nuts and seeds, such as: <ul style="list-style-type: none"> ○ Hemp ○ Chia ○ Flaxseed ○ Almond ○ Cashew ○ Peanut ○ Pecan ○ Pistachio ○ Sunflower ○ Walnut ● Dark meat turkey and chicken ● Duck ● Goose ● Lamb ● Octopus ● Organ meats: <ul style="list-style-type: none"> ○ liver ○ heart ○ kidney ○ brain ● Meat Substitues <ul style="list-style-type: none"> ○ Tempeh ○ TOfu ● Meat Gelatin ● Mussels ● Peanut Butter ● Pork ● Pheasant ● Squid ● Salmon ● Shellfish <ul style="list-style-type: none"> ○ Oysters ○ Shrimp ○ Lobster ○ Clams ○ Crab ○ Crayfish ● Soy protein ● Tilapia

	Eat as Desired	Avoid
Vegetables	<ul style="list-style-type: none"> ● Alfalfa sprouts ● Arugula ● Bok Choy ● Broccoli ● Broccoli Raab ● Butterhead lettuce ● Cabbage ● Carrots ● Cauliflower ● Celery ● Corn ● Cucumber ● Eggplant ● Garden cress ● Garlic ● Ginger ● Green beans ● Green bell peppers ● Green olives ● Green leaf lettuce ● Herbs ● Hot chili pepper ● Iceberg ● Jalapeños ● Jicama ● Kimchi ● Leeks ● Lettuce ● Nopales ● Olives ● Onion, onion rings ● Peppers ● Pickles ● Radishes ● Red leaf lettuce ● Red bell peppers ● Romaine lettuce ● Rutabaga ● Seaweed ● Snap peas ● Snow peas ● Sun-dried tomatoes ● Spaghetti squash ● Tomatillos ● Tomatoes ● Wasabi ● Watercress ● Winter squash and Delicata winter squash ● Zucchini 	<ul style="list-style-type: none"> ● Artichoke ● Asparagus ● Bamboo shoots ● Bean sprouts ● Beets ● Brussel sprouts ● Canned tomato products ● Kale ● Kohlrabi ● Mushrooms ● Parsnips ● Potatoes, all variety ● Pumpkin ● Peas ● Sauerkraut ● Soybean sprouts ● Spinach ● Yellow Peppers ● Spirulina ● Summer squash ● Swiss chard ● Taro ● Turnip greens ● Vegetable juice cocktail ● Water chestnuts

	Eat as Desired	Avoid
Fruits	<ul style="list-style-type: none"> ● Acai ● Apples ● Blueberries ● Cantaloupe ● Clementines ● Cherries ● Cranberries ● Dragon fruit ● Dried fruits: <ul style="list-style-type: none"> ○ Cranberries ○ Figs ○ Mango ● Elderberry ● Figs ● Grapefruit ● Honeydew ● Kumquats ● Lemons ● Limes ● Mulberries ● Oranges ● Papaya ● Prickly pear ● Prunes ● Rhubarb ● Strawberries ● Tangerines ● Watermelon 	<ul style="list-style-type: none"> ● Apricot ● Avocado ● Banana ● Blackberries ● Coconut ● Commercially Dried Fruits: <ul style="list-style-type: none"> ○ Raisins ○ Dates ● Grapes ● Kiwi ● Mango ● Nectarine ● Peach ● Pear ● Pineapple ● Plums ● Pomegranate ● Raspberries
	Eat as Desired	Avoid
Starches, Breads, Grains	<ul style="list-style-type: none"> ● Breads and pasta from refined flour ● Cereals with <0.1 mg copper/serving ● Ciabatta ● Couscous ● Einkorn flour ● Hominy ● Mike's Killer Bread: <ul style="list-style-type: none"> ○ White Done Right ● Rice noodles ● Soba noodles ● Sourdough bread ● Medium grain white rice ● Polenta 	<ul style="list-style-type: none"> ● Barley ● Bran breads and cereals with >0.2 mg copper/serving ● Brown rice ● Buckwheat ● Coconut flour ● Dried beans: <ul style="list-style-type: none"> ○ soybeans ○ lima beans ○ baked beans ○ black beans ○ garbanzo beans ○ pinto beans ● Dehydrated and canned soups ● Enriched cereals ● Enriched flour ● Instant oatmeal

		<ul style="list-style-type: none"> ● Instant Ralstan ● Jasmine rice ● Melba toast ● Regular oatmeal ● Whole wheat toast ● Whole wheat crackers
	Eat as Desired	Avoid
Fats, Oils	<ul style="list-style-type: none"> ● Butter ● Margarine ● Cream ● Mayonnaise ● Non-dairy creamer ● Oils ● Olives ● Salad dressings (allowed ingredients) 	<ul style="list-style-type: none"> ● Nut butters
	Eat as Desired	Avoid
Milk and Milk Products	<ul style="list-style-type: none"> ● Camel milk ● Cheeses ● Cottage cheese ● Hemp milk ● Most dairy products ● Oat milk ● Pea milk ● Sour cream ● Yogurt 	<ul style="list-style-type: none"> ● Chocolate milk ● Coconut milk ● Goat milk and cheese ● Nut milk ● Soy milk
	Eat as Desired	Avoid
Beverages, Liquids, more	<ul style="list-style-type: none"> ● Agave ● Coconut aminos ● Coffee ● Fruit-flavored beverages ● Fruit juices ● Honey ● Lemonade ● Liquid aminos ● Soups made with allowed ingredients ● Soy sauce ● Tamari ● Tea ● White and pink grapefruit juice 	<ul style="list-style-type: none"> ● Brewer's yeast ● Copper fortified formulas ● Carbonated beverages ● Dehydrated and canned soups ● Instant breakfast beverages ● Ketchup ● Postum and other cereals ● Mineral water ● Multivitamins with copper ● Soy-based beverages ● Spirolina

Keep in Mind

- Copper foods 9% DV and below are OK to eat. Check out this link for a more extensive list (most have been added to this list):



- Remember, everyone's body tolerates copper foods differently. The amount you can tolerate in the food will be different than someone else. As you do your own research and find foods to add to Eat as Desired or Avoid, let us know! We are learning to help each other through our knowledge.
- Use the Lifestyle Change Food Journal to track your food and help figure out what copper foods cause a flare.

Please visit DanPurserMD.com/fibromyalgia and the [End Fibromyalgia with Natural Options](#) Facebook page for more information.

Dan Purser MD © 2023