

THE LOW COPPER

Diet Plan & Shopping Guide



Items in **Blue** are the recommended choice.
Items in **Red** are to be **avoided**.

MEAT

- Grass-fed beef
- Organic White Meat Poultry
- Venison
- Pasture-raised eggs
- Lam
- Duck
- Wild-caught Fish
- Grass-fed Raw Milk & Cheese
- Bison
- Antelope
- Pheasant
- Stock Bones and Bone Broth
- Organ Meats
- Shellfish (Oysters, Scallops, Shrimp, Lobster, Clams)

GOOD FATS

- Coconut Products
- Pumpkin Seeds
- Olives & Olive oil (moderation)
- Avocados (Moderation)
- Grass-fed Butter/Ghee
- Seeds (chia, flax and hemp – moderation)
- Nuts
- Chocolate
- Sunflower Seeds
- Sesame Seeds

GRAINS

- Quinoa (in moderation)
- Avoid all

VEGETABLES

- Artichokes
 - Asparagus
 - Broccoli
 - Cabbage
 - Celery
 - Cilantro
 - Cucumbers
 - Dill Weed
 - Kale
 - Lettuce
 - Rhubarb
 - Squash
 - Bell Peppers
 - Organic Vegetable Broths are also Excellent!
- Arugala
 - Bok Choy
 - Brussel Sprouts
 - Cauliflower
 - Chard
 - Collard Greens
 - Dandelion
 - Fennel
 - Leeks
 - Parsley
 - Spinach
 - Watercress
 - Eggplant

- Beans/Legumes
- Mushrooms
- All soy including fermented forms such as tempeh, miso, natto
- Brewer's Yeast

HERBS & OTHERS

- Coffee (no more than 1 cup daily)
- Basil (moderation)
- Sea Salt (moderation)
- Sea Vegetable (moderation)
- Spirulina & Chlorella (moderation)
- All other herbs are great
- Artificial Sweeteners
- Table Salt
- Preservatives

FRUIT

- Granny Smith
 - Apples
 - Blackberries
 - Coconuts
 - Grapefruits
 - Raspberries
 - Pineapple
 - Watermelon
 - Apples
 - Grapes
 - Avocados (moderation)
 - Blueberries
 - Lemons/Limes
- Goji Berries
 - Strawberries
 - Mango
 - Cantelope
 - Oranges
 - Tomatoes
 - Nectarines
 - Dried fruits (raisins, dates, prunes)

Extra Notes:

- The copper content in a food can vary depending upon the copper content of the soil it was grown in and the method of processing the food. In general, the low copper diet is meant to restrict foods that are usually high in copper, especially organ meats, shellfish, dried beans, peas, whole wheat and chocolate.
- Alcohol and sugar both deplete zinc levels and can lead to elevated copper-zinc ratios. Best to avoid alcohol and eat a lower carbohydrate diet
- Avoid Copper Cooking Utensils
- Avoid Supplements with Copper in them
- Get High quality water filtration to avoid drinking copper rich water (copper pipes can release copper too) and avoid commercial beverages which may have high copper
- Pesticides and Herbicides are often high in copper compounds. Always look for organic meat and produce