USDA National Nutrient Database for Standard ReferenceRelease 28

Nutrients: Copper, Cu (mg) ; Zinc, Zn (mg)

Food Subset: All Foods
Ordered by: Nutrient Content
Measured by: 100 g
Report Run at: October 22, 2016 10:21 EDT

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17204	Veal, variety meats and by-products, liver, cooked, pan-fried	15.05	11.90
17203	Veal, variety meats and by-products, liver, cooked, braised	14.94	11.23
13327	Beef, variety meats and by-products, liver, cooked, pan-fried	14.59	5.23
13326	Beef, variety meats and by-products, liver, cooked, braised	14.28	5.30
17368	Lamb, New Zealand, imported, liver, cooked, soaked and fried	13.40	5.10
17202	Veal, variety meats and by-products, liver, raw	11.86	12.02
17369	Lamb, New Zealand, imported, liver, raw	11.40	3.40
17201	Lamb, variety meats and by-products, liver, cooked, pan-fried	9.83	5.63
13325	Beef, variety meats and by-products, liver, raw	9.76	4.00
05150	Goose, liver, raw	7.52	3.07
17200	Lamb, variety meats and by-products, liver, cooked, braised	7.07	7.89
17199	Lamb, variety meats and by-products, liver, raw	6.98	4.66
11667	Seaweed, spirulina, dried	6.10	2.00
05143	Duck, domesticated, liver, raw	5.96	3.07
23424	Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled	5.73	3.40
15169	Mollusks, oyster, eastern, wild, cooked, moist heat	5.71	78.60
23425	Beef, New Zealand, imported, variety meats and by-products, liver, raw	5.30	3.00
11268	Mushrooms, shiitake, dried	5.16	7.66
23437	Beef, New Zealand, imported, sweetbread, cooked, boiled	5.10	1.20
23438	Beef, New Zealand, imported, sweetbread, raw	5.10	1.00
11230	Pepeao, dried	5.07	7.52
15170	Mollusks, oyster, eastern, canned	4.46	90.95
15244	Mollusks, oyster, eastern, wild, cooked, dry heat	4.44	61.04
15168	Mollusks, oyster, eastern, cooked, breaded and fried	4.29	87.13
12169	Seeds, sesame butter, paste	4.21	7.29
12023	Seeds, sesame seeds, whole, dried	4.08	7.75
16117	Soy flour, defatted	4.06	2.46
19165	Cocoa, dry powder, unsweetened	3.79	6.81
19859	Cocoa, dry powder, hi-fat or breakfast, plain	3.61	6.70

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19860	Cocoa, dry powder, hi-fat or breakfast, processed with alkali	3.61	6.70
19166	Cocoa, dry powder, unsweetened, processed with alkali	3.61	6.37
19078	Baking chocolate, unsweetened, squares	3.23	9.63
16115	Soy flour, full-fat, raw	2.92	3.92
16135	Winged beans, mature seeds, raw	2.88	4.48
15167	Mollusks, oyster, eastern, wild, raw	2.86	39.30
15231	Mollusks, oyster, Pacific, cooked, moist heat	2.68	33.24
14067	Beverages, Protein powder soy based	2.62	6.60
43260	Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted	2.60	15.40
14654	Beverages, nutritional shake mix, high protein, powder	2.50	18.75
12024	Seeds, sesame seeds, whole, roasted and toasted	2.47	7.16
02022	Spices, mace, ground	2.47	2.30
25025	Snacks, soy chips or crisps, salted	2.46	1.50
12005	Seeds, breadnut tree seeds, dried	2.46	1.91
16116	Soy flour, full-fat, roasted	2.22	3.58
12085	Nuts, cashew nuts, dry roasted, without salt added	2.22	5.60
12585	Nuts, cashew nuts, dry roasted, with salt added	2.22	5.60
12087	Nuts, cashew nuts, raw	2.20	5.78
12088	Nuts, cashew butter, plain, without salt added	2.19	5.16
19177	Gelatins, dry powder, unsweetened	2.16	0.14
15176	Mollusks, squid, mixed species, cooked, fried	2.11	1.74
02003	Spices, basil, dried	2.10	7.10
15178	Mollusks, whelk, unspecified, cooked, moist heat	2.06	3.26
12086	Nuts, cashew nuts, oil roasted, without salt added	2.04	5.35
12586	Nuts, cashew nuts, oil roasted, with salt added	2.04	5.35
16100	Peanut flour, low fat	2.04	5.99
16119	Soy meal, defatted, raw	2.00	5.06
43114	Vermicelli, made from soy	1.92	4.24
19077	Baking chocolate, unsweetened, liquid	1.91	3.68
15175	Mollusks, squid, mixed species, raw	1.89	1.53
11975	Grape leaves, canned	1.84	0.40
12039	Seeds, sunflower seed kernels, toasted, without salt	1.83	5.30
12539	Seeds, sunflower seed kernels, toasted, with salt added	1.83	5.30
12037	Seeds, sunflower seed kernels, dry roasted, without salt	1.83	5.29
12536	Seeds, sunflower seed kernels from shell, dry roasted, with salt added	1.83	5.29
12537	Seeds, sunflower seed kernels, dry roasted, with salt added	1.83	5.29

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14063	Beverages, chocolate powder, no sugar added	1.82	13.64
14080	Beverages, rich chocolate, powder	1.82	13.64
14309	Beverages, OVALTINE, Classic Malt powder	1.82	13.64
14315	Beverages, OVALTINE, chocolate malt powder	1.82	13.64
12038	Seeds, sunflower seed kernels, oil roasted, without salt	1.80	5.21
12538	Seeds, sunflower seed kernels, oil roasted, with salt added	1.80	5.21
12036	Seeds, sunflower seed kernels, dried	1.80	5.00
16099	Peanut flour, defatted	1.80	5.10
12138	Nuts, mixed nuts, oil roasted, without peanuts, without salt added	1.80	4.66
12638	Nuts, mixed nuts, oil roasted, without peanuts, with salt added	1.80	4.66
02012	Spices, coriander leaf, dried	1.79	4.72
16156	Peanut butter, chunky, vitamin and mineral fortified	1.77	15.10
19904	Chocolate, dark, 70-85% cacao solids	1.77	3.31
12588	Nuts, cashew butter, plain, with salt added	1.76	4.43
12122	Nuts, hazelnuts or filberts, dry roasted, without salt added	1.75	2.50
12021	Seeds, safflower seed kernels, dried	1.75	5.05
12078	Nuts, brazilnuts, dried, unblanched	1.74	4.06
12022	Seeds, safflower seed meal, partially defatted	1.73	5.01
12120	Nuts, hazelnuts or filberts	1.72	2.45
12041	Seeds, sunflower seed flour, partially defatted	1.71	4.95
12738	Nuts, mixed nuts, oil roasted, without peanuts, lightly salted	1.68	4.57
16108	Soybeans, mature seeds, raw	1.66	4.89
16155	Peanut butter, smooth, vitamin and mineral fortified	1.64	14.40
11432	Radishes, oriental, dried	1.63	2.13
02033	Spices, poppy seed	1.63	7.90
12198	Seeds, sesame butter, tahini, from raw and stone ground kernels	1.62	4.64
12166	Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type)	1.61	4.62
12698	Seeds, sesame butter, tahini, type of kernels unspecified	1.61	4.62
12012	Seeds, hemp seed, hulled	1.60	9.90
12121	Nuts, hazelnuts or filberts, blanched	1.60	2.20
16118	Soy flour, low-fat	1.60	4.10
16122	Soy protein isolate	1.60	4.03
16422	Soy protein isolate, potassium type	1.60	4.03
12040	Seeds, sunflower seed butter, without salt	1.60	4.89
12540	Seeds, sunflower seed butter, with salt added	1.60	4.89
12155	Nuts, walnuts, english	1.59	3.09

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15171	Mollusks, oyster, Pacific, raw	1.58	16.62
15148	Crustaceans, lobster, northern, cooked, moist heat	1.55	4.05
02066	Spearmint, dried	1.54	2.41
12135	Nuts, mixed nuts, dry roasted, with peanuts, without salt added	1.52	4.06
12170	Seeds, sesame flour, high-fat	1.52	10.67
11233	Kale, raw	1.50	0.56
12171	Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat)	1.49	10.45
12157	Nuts, walnuts, dry roasted, with salt added	1.49	2.98
12029	Seeds, sesame seed kernels, toasted, without salt added (decorticated)	1.46	10.23
12034	Seeds, sesame meal, partially defatted	1.46	10.23
12529	Seeds, sesame seed kernels, toasted, with salt added (decorticated)	1.46	10.23
08393	Cereals ready-to-eat, KASHI GOLEAN	1.45	1.70
12004	Seeds, breadnut tree seeds, raw	1.44	1.13
15246	Mollusks, oyster, eastern, farmed, cooked, dry heat	1.43	45.15
12032	Seeds, sesame flour, partially defatted	1.43	10.70
25017	Formulated bar, POWER BAR, chocolate	1.43	9.96
43205	Beverage, instant breakfast powder, chocolate, not reconstituted	1.42	8.55
12033	Seeds, sesame flour, low-fat	1.42	10.00
11955	Tomatoes, sun-dried	1.42	1.99
25021	Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE	1.41	9.72
01224	Protein supplement, milk based, Muscle Milk Light, powder	1.40	10.00
12201	Seeds, sesame seed kernels, dried (decorticated)	1.40	6.73
11634	Peppers, sweet, green, freeze-dried	1.39	2.41
11931	Peppers, sweet, red, freeze-dried	1.39	2.41
02007	Spices, celery seed	1.37	6.93
12154	Nuts, walnuts, black, dried	1.36	3.37
15147	Crustaceans, lobster, northern, raw	1.35	3.53
12014	Seeds, pumpkin and squash seed kernels, dried	1.34	7.81
16067	Hyacinth beans, mature seeds, raw	1.34	9.30
02030	Spices, pepper, black	1.33	1.19
12147	Nuts, pine nuts, dried	1.32	6.45
12158	Seeds, breadfruit seeds, roasted	1.32	1.03
12175	Nuts, chestnuts, japanese, dried	1.31	2.57
16144	Lentils, pink or red, raw	1.30	3.60
02043	Spices, turmeric, ground	1.30	4.50
06048	Soup, oyster stew, canned, condensed	1.30	8.40

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
12151	Nuts, pistachio nuts, raw	1.30	2.20
12152	Nuts, pistachio nuts, dry roasted, without salt added	1.29	2.34
12652	Nuts, pistachio nuts, dry roasted, with salt added	1.29	2.34
12635	Nuts, mixed nuts, dry roasted, with peanuts, with salt added	1.28	3.80
12016	Seeds, pumpkin and squash seed kernels, roasted, without salt	1.28	7.64
12516	Seeds, pumpkin and squash seed kernels, roasted, with salt added	1.28	7.64
16096	Peanuts, virginia, oil-roasted, with salt	1.27	6.62
16396	Peanuts, virginia, oil-roasted, without salt	1.27	6.62
19903	Chocolate, dark, 60-69% cacao solids	1.25	2.65
12220	Seeds, flaxseed	1.22	4.34
19117	Candies, halavah, plain	1.20	4.32
35233	Hazelnuts, beaked (Northern Plains Indians)	1.20	2.06
02015	Spices, curry powder	1.20	4.70
12142	Nuts, pecans	1.20	4.53
12144	Nuts, pecans, oil roasted, without salt added	1.20	4.47
12160	Seeds, cottonseed kernels, roasted (glandless)	1.20	6.00
12644	Nuts, pecans, oil roasted, with salt added	1.20	4.47
10931	Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted	1.20	3.16
15137	Crustaceans, crab, alaska king, cooked, moist heat	1.18	7.62
12007	Seeds, cottonseed flour, partially defatted (glandless)	1.18	11.69
16128	Tofu, dried-frozen (koyadofu)	1.18	4.90
16428	Tofu, dried-frozen (koyadofu), prepared with calcium sulfate	1.18	4.90
12008	Seeds, cottonseed flour, low fat (glandless)	1.17	11.61
16093	Peanuts, valencia, raw	1.17	3.34
12143	Nuts, pecans, dry roasted, without salt added	1.17	5.07
12643	Nuts, pecans, dry roasted, with salt added	1.17	5.07
14058	Beverages, Whey protein powder isolate	1.16	8.72
12001	Seeds, breadfruit seeds, raw	1.15	0.90
16087	Peanuts, all types, raw	1.14	3.27
12141	Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER	1.14	3.76
02023	Spices, marjoram, dried	1.13	3.60
16095	Peanuts, virginia, raw	1.11	4.43
08386	Cereals ready-to-eat, KASHI GOLEAN CRUNCH!	1.11	0.40
02019	Spices, fenugreek seed	1.11	2.50
16030	Beans, kidney, california red, mature seeds, raw	1.10	2.55
20008	Buckwheat	1.10	2.40

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
12063	Nuts, almonds, dry roasted, without salt added	1.10	3.31
12563	Nuts, almonds, dry roasted, with salt added	1.10	3.31
16001	Beans, adzuki, mature seeds, raw	1.09	5.04
10929	Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted	1.09	2.91
08363	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran	1.09	11.23
16111	Soybeans, mature seeds, dry roasted	1.08	4.77
19905	Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%)	1.08	2.11
12003	Seeds, breadfruit seeds, boiled	1.07	0.83
02018	Spices, fennel seed	1.07	3.70
09428	Rowal, raw	1.06	0.43
16060	Cowpeas, catjang, mature seeds, raw	1.06	6.11
16101	Pigeon peas (red gram), mature seeds, raw	1.06	2.76
05178	Turkey, liver, all classes, cooked, simmered	1.05	4.53
08001	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original	1.04	12.40
12149	Nuts, pine nuts, pinyon, dried	1.04	4.28
12061	Nuts, almonds	1.03	3.12
15177	Mollusks, whelk, unspecified, raw	1.03	1.63
19902	Chocolate, dark, 45- 59% cacao solids	1.03	2.01
02025	Spices, nutmeg, ground	1.03	2.15
12062	Nuts, almonds, blanched	1.03	2.97
16076	Lupins, mature seeds, raw	1.02	4.75
19703	Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C	1.02	0.07
19704	Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium	1.02	0.07
12136	Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend	1.01	3.42
14035	Beverages, ABBOTT, EAS soy protein powder	1.00	2.29
01223	Protein supplement, milk based, Muscle Milk, powder	1.00	7.14
02009	Spices, chili powder	1.00	4.30
14033	Beverages, ABBOTT, EAS whey protein powder	1.00	7.14
16016	Beans, black turtle, mature seeds, raw	1.00	2.20
16035	Beans, kidney, royal red, mature seeds, raw	1.00	2.66
20077	Wheat bran, crude	1.00	7.27
15229	Mollusks, cuttlefish, mixed species, cooked, moist heat	1.00	3.46
19059	Snacks, trail mix, regular	0.98	3.22
19821	Snacks, trail mix, regular, unsalted	0.98	3.22
16049	Beans, white, mature seeds, raw	0.98	3.67
16083	Mungo beans, mature seeds, raw	0.98	3.35

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25015	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush	0.98	6.56
16121	Soy protein concentrate, produced by alcohol extraction	0.98	4.40
16420	Soy protein concentrate, produced by acid wash	0.98	4.40
02013	Spices, coriander seed	0.98	4.70
12206	Nuts, almonds, honey roasted, unblanched	0.97	2.60
03211	Babyfood, cereal, high protein, with apple and orange, dry	0.96	2.70
12145	Nuts, pilinuts, dried	0.96	2.97
16027	Beans, kidney, all types, mature seeds, raw	0.96	2.79
12065	Nuts, almonds, oil roasted, without salt added	0.96	3.07
12565	Nuts, almonds, oil roasted, with salt added	0.96	3.07
12665	Nuts, almonds, oil roasted, lightly salted	0.96	3.07
19154	Candies, sesame crunch	0.95	3.76
16080	Mung beans, mature seeds, raw	0.94	2.68
12195	Nuts, almond butter, plain, without salt added	0.93	3.29
12695	Nuts, almond butter, plain, with salt added	0.93	3.29
17217	Veal, variety meats and by-products, spleen, cooked, braised	0.92	1.91
43134	Vegetarian fillets	0.92	1.40
12006	Seeds, chia seeds, dried	0.92	4.58
13334	Beef, variety meats and by-products, spleen, cooked, braised	0.92	2.79
15136	Crustaceans, crab, alaska king, raw	0.92	5.95
16157	Chickpea flour (besan)	0.91	2.81
02002	Spices, anise seed	0.91	5.30
02005	Spices, caraway seed	0.91	5.50
02032	Spices, pepper, white	0.91	1.13
14557	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients	0.91	6.82
43131	Luncheon slices, meatless	0.91	1.60
12137	Nuts, mixed nuts, oil roasted, with peanuts, without salt added	0.91	3.36
12637	Nuts, mixed nuts, oil roasted, with peanuts, with salt added	0.91	3.36
12737	Nuts, mixed nuts, oil roasted, with peanuts, lightly salted	0.91	3.36
16091	Peanuts, spanish, raw	0.90	2.12
11269	Mushrooms, shiitake, cooked, without salt	0.90	1.33
11798	Mushrooms, shiitake, cooked, with salt	0.90	1.33
16042	Beans, pinto, mature seeds, raw	0.89	2.28
11369	Potatoes, microwaved, cooked in skin, skin, without salt	0.88	0.51
11836	Potatoes, microwaved, cooked, in skin, skin with salt	0.88	0.51
16133	Yardlong beans, mature seeds, raw	0.88	3.50

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11366	Potatoes, boiled, cooked in skin, skin, without salt	0.88	0.44
11832	Potatoes, boiled, cooked in skin, skin, with salt	0.88	0.44
10932	Pork, cured, ham, rump, bone-in, separable lean only, unheated	0.87	2.61
02014	Spices, cumin seed	0.87	4.80
05177	Turkey, liver, all classes, raw	0.86	3.37
02042	Spices, thyme, dried	0.86	6.18
44258	Puddings, chocolate flavor, low calorie, regular, dry mix	0.85	1.49
02039	Spices, savory, ground	0.85	4.30
16062	Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw	0.84	3.37
19062	Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds	0.84	3.14
19822	Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds	0.84	3.14
02034	Spices, poultry seasoning	0.84	3.14
16014	Beans, black, mature seeds, raw	0.84	3.65
16094	Peanuts, valencia, oil-roasted, with salt	0.84	3.08
16394	Peanuts, valencia, oil-roasted, without salt	0.84	3.08
44061	Puddings, chocolate flavor, low calorie, instant, dry mix	0.84	0.41
16024	Beans, great northern, mature seeds, raw	0.84	2.31
16037	Beans, navy, mature seeds, raw	0.83	3.65
16110	Soybeans, mature seeds, roasted, salted	0.83	3.14
16410	Soybeans, mature seeds, roasted, no salt added	0.83	3.14
05176	Turkey, heart, all classes, cooked, simmered	0.82	4.60
16052	Broadbeans (fava beans), mature seeds, raw	0.82	3.14
12059	Nuts, acorns, dried	0.82	0.67
11364	Potatoes, baked, skin, without salt	0.82	0.49
11830	Potatoes, baked, skin only, with salt	0.82	0.49
16085	Peas, green, split, mature seeds, raw	0.82	3.55
15140	Crustaceans, crab, blue, cooked, moist heat	0.81	3.81
15141	Crustaceans, crab, blue, canned	0.81	3.81
12114	Nuts, coconut meat, dried (desiccated), toasted	0.81	2.05
16040	Beans, pink, mature seeds, raw	0.81	2.55
20142	Teff, uncooked	0.81	3.63
09173	Longans, dried	0.81	0.22
12177	Nuts, coconut meat, dried (desiccated), creamed	0.81	2.04
43078	Beverage, milkshake mix, dry, not chocolate	0.80	3.60
14422	Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder	0.80	3.60
12108	Nuts, coconut meat, dried (desiccated), not sweetened	0.80	2.01

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20078	Wheat germ, crude	0.80	12.29
16019	Beans, cranberry (roman), mature seeds, raw	0.79	3.63
25034	Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors	0.79	4.83
02016	Spices, dill seed	0.78	5.20
02029	Spices, parsley, dried	0.78	5.44
19147	Candies, peanut bar	0.77	3.94
25031	Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors	0.77	7.50
16136	Winged beans, mature seeds, cooked, boiled, without salt	0.77	1.44
16436	Winged beans, mature seeds, cooked, boiled, with salt	0.77	1.44
18943	Pie Crust, Cookie-type, Chocolate, Ready Crust	0.77	2.10
10955	Pork, cured, ham, rump, bone-in, separable lean and fat, unheated	0.77	2.42
14047	Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan	0.77	17.31
14055	Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan,	0.77	17.29
43287	Dove, cooked (includes squab)	0.76	3.83
16149	Peanut spread, reduced sugar	0.76	3.51
02038	Spices, sage, ground	0.76	4.70
12131	Nuts, macadamia nuts, raw	0.76	1.30
16069	Lentils, raw	0.75	3.27
08435	Cereals ready-to-eat, UNCLE SAM CEREAL	0.75	3.87
20031	Millet, raw	0.75	1.68
03819	Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted	0.74	4.40
16071	Lima beans, large, mature seeds, raw	0.74	2.83
15230	Mollusks, octopus, common, cooked, moist heat	0.74	3.36
12130	Nuts, hickorynuts, dried	0.74	4.31
15245	Mollusks, oyster, eastern, farmed, raw	0.74	37.92
19220	Desserts, rennin, chocolate, dry mix	0.74	1.58
15226	Crustaceans, crab, dungeness, cooked, moist heat	0.73	5.47
01159	Cheese, goat, soft type	0.73	0.92
12204	Nuts, chestnuts, japanese, roasted	0.73	1.43
14196	Beverages, Cocoa mix, no sugar added, powder	0.73	3.44
14538	Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A	0.73	3.44
20060	Rice bran, crude	0.73	6.04
08085	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ	0.72	13.88
02028	Spices, paprika	0.71	4.33
43130	Frankfurter, meatless	0.71	1.20
43132	Meatballs, meatless	0.71	1.80

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
43137	Vegetarian meatloaf or patties	0.71	1.80
43483	Millet, puffed	0.70	1.58
19439	Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar	0.70	2.20
19701	Candies, semisweet chocolate, made with butter	0.70	1.62
19080	Candies, semisweet chocolate	0.70	1.62
16032	Beans, kidney, red, mature seeds, raw	0.70	2.79
05172	Turkey, whole, giblets, cooked, simmered	0.69	4.29
12163	Seeds, pumpkin and squash seeds, whole, roasted, without salt	0.69	10.30
12663	Seeds, pumpkin and squash seeds, whole, roasted, with salt added	0.69	10.30
43128	Chicken, meatless	0.69	0.70
15159	Mollusks, clam, mixed species, cooked, moist heat	0.69	2.73
16078	Mothbeans, mature seeds, raw	0.69	1.92
11615	Chives, freeze-dried	0.69	5.12
12174	Seeds, watermelon seed kernels, dried	0.69	10.24
15146	Crustaceans, crayfish, mixed species, wild, cooked, moist heat	0.68	1.76
10107	Pork, fresh, variety meats and by-products, kidneys, cooked, braised	0.68	4.15
25041	Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors	0.68	2.86
02041	Spices, tarragon, dried	0.68	3.90
10110	Pork, fresh, variety meats and by-products, liver, raw	0.68	5.76
15143	Crustaceans, crab, dungeness, raw	0.67	4.27
12077	Nuts, beechnuts, dried	0.67	0.36
18076	Bread, whole-wheat, commercially prepared, toasted	0.67	2.15
19124	Baking chocolate, mexican, squares	0.67	1.26
15139	Crustaceans, crab, blue, raw	0.67	3.54
16113	Natto	0.67	3.03
16074	Lima beans, thin seeded (baby), mature seeds, raw	0.66	2.60
06448	Soup, oyster stew, canned, prepared with equal volume water	0.66	4.27
16092	Peanuts, spanish, oil-roasted, with salt	0.66	2.00
16392	Peanuts, spanish, oil-roasted, without salt	0.66	2.00
19021	Snacks, granola bars, soft, uncoated, peanut butter	0.66	1.86
11624	Leeks, (bulb and lower-leaf portion), freeze-dried	0.66	0.66
16056	Chickpeas (garbanzo beans, bengal gram), mature seeds, raw	0.66	2.76
06248	Soup, oyster stew, canned, prepared with equal volume milk	0.66	4.22
12100	Nuts, chestnuts, european, dried, peeled	0.65	0.35
12099	Nuts, chestnuts, european, dried, unpeeled	0.65	0.35
43135	Sandwich spread, meatless	0.65	1.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23414	Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled	0.65	2.79
08037	Cereals ready-to-eat, granola, homemade	0.65	4.17
02024	Spices, mustard seed, ground	0.64	6.08
28360	MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free	0.64	2.95
17372	Lamb, New Zealand, imported, heart, cooked, soaked and simmered	0.64	2.66
16047	Beans, yellow, mature seeds, raw	0.64	2.83
16045	Beans, small white, mature seeds, raw	0.64	2.81
10111	Pork, fresh, variety meats and by-products, liver, cooked, braised	0.63	6.72
02027	Spices, oregano, dried	0.63	2.69
09165	Litchis, dried	0.63	0.28
01156	Cheese, goat, hard type	0.63	1.59
20038	Oats	0.63	3.97
11240	Mushrooms, morel, raw	0.62	2.03
20009	Buckwheat groats, roasted, dry	0.62	2.42
42237	Cereals ready-to-eat, WEETABIX whole grain cereal	0.62	1.72
10106	Pork, fresh, variety meats and by-products, kidneys, raw	0.62	2.75
12058	Nuts, acorns, raw	0.62	0.51
15227	Crustaceans, crab, queen, cooked, moist heat	0.62	3.59
03184	Babyfood, cereal, whole wheat, with apples, dry fortified	0.62	2.60
08084	Cereals ready-to-eat, wheat germ, toasted, plain	0.62	16.67
08366	Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular	0.62	16.01
03945	Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA	0.62	6.18
08560	Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax	0.61	0.60
09289	Prunes, dehydrated (low-moisture), uncooked	0.61	0.75
12060	Nuts, acorn flour, full fat	0.61	0.64
08580	Incaparina, dry mix (corn and soy flours), unprepared	0.61	23.00
15142	Crustaceans, crab, blue, crab cakes, home recipe	0.61	4.09
17192	Lamb, variety meats and by-products, heart, cooked, braised	0.61	3.68
03928	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder	0.60	4.51
08189	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins	0.60	7.70
19422	Snacks, potato chips, reduced fat	0.60	0.07
05158	Quail, meat only, raw	0.59	2.70
05161	Squab, (pigeon), meat only, raw	0.59	2.70
43282	Quail, cooked, total edible	0.59	3.10
20035	Quinoa, uncooked	0.59	3.10
43570	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted	0.59	5.03

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
02026	Spices, onion powder	0.59	4.05
03849	Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA	0.59	6.20
12094	Nuts, chestnuts, chinese, dried	0.59	1.41
15163	Mollusks, cuttlefish, mixed species, raw	0.59	1.73
19858	Candies, sugar-coated almonds	0.59	1.56
28290	Cookie, with peanut butter filling, chocolate-coated	0.58	0.20
43031	Candies, chocolate covered, caramel with nuts	0.58	1.87
15243	Crustaceans, crayfish, mixed species, farmed, cooked, moist heat	0.58	1.48
16150	Peanut butter, smooth, reduced fat	0.58	2.80
11382	Potatoes, mashed, dehydrated, granules with milk, dry form	0.58	1.20
16097	Peanut butter, chunk style, with salt	0.58	2.79
16397	Peanut butter, chunk style, without salt	0.58	2.79
05171	Turkey, whole, giblets, raw	0.58	3.23
09030	Apricots, dehydrated (low-moisture), sulfured, uncooked	0.58	1.00
19081	Candies, sweet chocolate	0.57	1.50
16055	Carob flour	0.57	0.92
16167	USDA Commodity, Peanut Butter, smooth	0.57	2.67
12132	Nuts, macadamia nuts, dry roasted, without salt added	0.57	1.29
12632	Nuts, macadamia nuts, dry roasted, with salt added	0.57	1.29
15144	Crustaceans, crab, queen, raw	0.57	2.80
19036	Snacks, popcorn, cakes	0.57	3.99
19916	Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup	0.56	0.99
01157	Cheese, goat, semisoft type	0.56	0.66
13324	Beef, variety meats and by-products, kidneys, cooked, simmered	0.56	2.84
19268	Candies, dark chocolate coated coffee beans	0.56	1.32
23421	Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled	0.56	2.60
12202	Nuts, chestnuts, japanese, raw	0.56	1.10
14204	Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener	0.56	1.01
16114	Tempeh	0.56	1.14
18299	Pancakes, whole-wheat, dry mix, incomplete	0.56	1.96
20063	Rye flour, dark	0.56	5.04
20070	Triticale flour, whole-grain	0.56	2.66
01061	Cheese, American, nonfat or fat free	0.56	4.11
13322	Beef, variety meats and by-products, heart, cooked, simmered	0.56	2.87
02049	Thyme, fresh	0.56	1.81
02001	Spices, allspice, ground	0.55	1.01

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
20076	Wheat, durum	0.55	4.16
42227	Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies	0.55	1.86
02036	Spices, rosemary, dried	0.55	3.23
14353	Beverages, tea, instant, decaffeinated, unsweetened	0.55	1.69
14366	Beverages, tea, instant, unsweetened, powder	0.55	1.69
18179	Cookies, oatmeal, commercially prepared, soft-type	0.55	0.44
28345	Crackers, gluten-free, multi-seeded and multigrain	0.55	2.64
25001	Snacks, popcorn, microwave, low fat	0.54	3.83
43572	Popcorn, microwave, low fat and sodium	0.54	3.83
19126	Candies, milk chocolate coated peanuts	0.54	2.60
19367	Toppings, nuts in syrup	0.54	1.05
43212	Bacon bits, meatless	0.54	1.87
12128	Nuts, ginkgo nuts, dried	0.54	0.67
05661	Chicken, liver, all classes, cooked, pan-fried	0.54	4.01
06122	Gravy, mushroom, dry, powder	0.54	1.54
20647	Millet flour	0.54	2.63
02020	Spices, garlic powder	0.53	2.99
16089	Peanuts, all types, oil-roasted, with salt	0.53	3.28
16389	Peanuts, all types, oil-roasted, without salt	0.53	3.28
32029	Rice mix, white and wild, flavored, unprepared	0.53	5.39
03193	Babyfood, cereal, oatmeal, with honey, dry	0.53	3.70
19061	Snacks, trail mix, tropical	0.53	1.17
16158	Hummus, commercial	0.53	1.83
19101	Candies, fudge, chocolate, with nuts, prepared-from-recipe	0.53	1.43
20001	Amaranth grain, uncooked	0.52	2.87
20088	Wild rice, raw	0.52	5.96
43364	Snacks, tortilla chips, unsalted, white corn	0.52	2.46
19188	Puddings, chocolate, dry mix, regular	0.52	0.90
20011	Buckwheat flour, whole-groat	0.52	3.12
42291	Peanut butter, reduced sodium	0.52	2.78
14181	Beverages, chocolate syrup	0.51	0.73
20140	Spelt, uncooked	0.51	3.28
21440	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading	0.51	1.31
28355	CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free	0.51	2.50
08484	Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal	0.51	6.36
10104	Pork, fresh, variety meats and by-products, heart, cooked, braised	0.51	3.09

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11978	Peppers, ancho, dried	0.51	1.42
05157	Quail, meat and skin, raw	0.51	2.42
12167	Nuts, chestnuts, european, roasted	0.51	0.57
20138	Wheat, KAMUT khorasan, uncooked	0.51	3.68
25033	Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors	0.51	1.60
19140	Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies	0.50	1.76
11261	Mushrooms, white, cooked, boiled, drained, without salt	0.50	0.87
11797	Mushrooms, white, cooked, boiled, drained, with salt	0.50	0.87
05026	Chicken, heart, all classes, cooked, simmered	0.50	7.30
07207	OSCAR MAYER, Braunschweiger Liver Sausage (sliced)	0.50	3.40
08005	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS	0.50	5.00
08028	Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes	0.50	51.70
08029	Cereals ready-to-eat, POST Bran Flakes	0.50	5.00
11266	Mushrooms, brown, italian, or crimini, raw	0.50	1.10
11936	Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw	0.50	1.10
43410	Chicken, meatless, breaded, fried	0.50	0.65
20126	Spaghetti, spinach, dry	0.50	2.76
16088	Peanuts, all types, cooked, boiled, with salt	0.50	1.83
20004	Barley, hulled	0.50	2.77
20124	Pasta, whole-wheat, dry	0.50	2.97
05028	Chicken, liver, all classes, cooked, simmered	0.50	3.98
18227	Crackers, rye, wafers, seasoned	0.50	2.55
17197	Veal, variety meats and by-products, kidneys, raw	0.49	1.97
19216	Candies, praline, prepared-from-recipe	0.49	1.67
09244	Peaches, dehydrated (low-moisture), sulfured, uncooked	0.49	0.78
05027	Chicken, liver, all classes, raw	0.49	2.67
19279	Candies, milk chocolate coated coffee beans	0.49	2.02
19120	Candies, milk chocolate	0.49	2.30
02017	Spices, dill weed, dried	0.49	3.30
05175	Turkey, heart, all classes, raw	0.49	3.21
19134	Candies, milk chocolate, with rice cereal	0.49	2.29
19304	Molasses	0.49	0.29
02035	Spices, pumpkin pie spice	0.48	2.37
21441	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading	0.48	1.24
02021	Spices, ginger, ground	0.48	3.64
17187	Lamb, variety meats and by-products, brain, cooked, pan-fried	0.48	2.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
08290	Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes	0.48	2.89
16399	Peanut butter with omega-3, creamy	0.48	3.08
08214	Cereals ready-to-eat, QUAKER, Oatmeal Squares	0.47	7.18
03853	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted	0.47	3.94
03858	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted	0.47	3.94
03950	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted	0.47	3.94
11956	Tomatoes, sun-dried, packed in oil, drained	0.47	0.78
43245	Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits	0.47	2.73
12101	Nuts, chestnuts, european, boiled and steamed	0.47	0.25
14631	Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds	0.47	1.60
31019	Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry	0.47	2.53
19125	Chocolate-flavored hazelnut spread	0.47	1.06
09085	Currants, zante, dried	0.47	0.66
03181	Babyfood, cereal, barley, dry fortified	0.47	3.13
03999	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA	0.46	3.83
18157	Cookies, chocolate wafers	0.46	1.09
03837	Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted	0.46	3.85
18226	Crackers, rye, wafers, plain	0.46	2.80
33871	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA	0.46	3.84
08215	Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon	0.46	7.14
11625	Parsley, freeze-dried	0.46	6.11
08144	Cereals, whole wheat hot natural cereal, dry	0.46	2.66
20069	Triticale	0.46	3.45
08060	Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN	0.46	3.39
12071	Nuts, almond paste	0.45	1.48
08146	Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat	0.45	3.07
25008	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar	0.45	11.88
25016	Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors	0.45	11.88
42148	Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies	0.45	1.49
03948	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA	0.45	3.91
03967	Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder	0.45	4.50
12084	Nuts, butternuts, dried	0.45	3.13
20073	Wheat, soft red winter	0.45	2.63
12097	Nuts, chestnuts, european, raw, unpeeled	0.45	0.52
18949	Crackers, whole-wheat, reduced fat	0.45	2.99
17195	Lamb, variety meats and by-products, kidneys, raw	0.45	2.24

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11228	Jew's ear, (pepeao), raw	0.44	0.66
19051	Snacks, rice cracker brown rice, plain	0.44	3.00
19816	Snacks, rice cakes, brown rice, plain, unsalted	0.44	3.00
25059	Snacks, brown rice chips	0.44	3.00
42204	Rice cake, cracker (include hain mini rice cakes)	0.44	3.00
18429	Crackers, whole-wheat, low salt	0.44	2.15
05111	Canada Goose, breast meat, skinless, raw	0.44	1.68
09264	Persimmons, japanese, dried	0.44	0.42
25051	Snacks, CLIF BAR, mixed flavors	0.44	4.41
19423	Snacks, potato chips, fat-free, made with olestra	0.44	3.50
02008	Spices, chervil, dried	0.44	8.80
16022	Beans, french, mature seeds, raw	0.44	1.90
05160	Squab, (pigeon), meat and skin, raw	0.44	2.20
20132	Oat flour, partially debranned	0.44	3.20
25048	Snacks, NUTRI-GRAIN FRUIT AND NUT BAR	0.44	3.28
18375	Leavening agents, yeast, baker's, active dry	0.44	7.94
12104	Nuts, coconut meat, raw	0.44	1.10
14224	Beverages, coffee, instant, mocha, sweetened	0.44	0.96
15166	Mollusks, octopus, common, raw	0.44	1.68
15250	Mollusks, conch, baked or broiled	0.44	1.71
20072	Wheat, hard red winter	0.43	2.65
25030	Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS	0.43	1.15
05159	Quail, breast, meat only, raw	0.43	2.70
05162	Squab, (pigeon), light meat without skin, raw	0.43	2.70
11237	Kanpyo, (dried gourd strips)	0.43	5.86
17194	Veal, variety meats and by-products, heart, cooked, braised	0.43	2.24
28330	Cookies, marshmallow, with rice cereal and chocolate chips	0.43	1.11
19083	Candies, sweet chocolate coated fondant	0.43	0.45
08074	Cereals ready-to-eat, RALSTON TASTEEOS	0.43	13.39
08388	Cereals ready-to-eat, KASHI 7 Whole Grain Puffs	0.43	3.11
16090	Peanuts, all types, dry-roasted, with salt	0.43	2.77
16390	Peanuts, all types, dry-roasted, without salt	0.43	2.77
11452	Soybeans, mature seeds, sprouted, raw	0.43	1.17
19414	Snacks, rice cakes, brown rice, multigrain	0.43	2.53
19818	Snacks, rice cakes, brown rice, multigrain, unsalted	0.43	2.53
20075	Wheat, soft white	0.43	3.46

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
20135	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry	0.43	2.40
10899	Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil	0.43	3.04
13323	Beef, variety meats and by-products, kidneys, raw	0.43	1.92
11640	Shallots, freeze-dried	0.42	1.93
11362	Potatoes, raw, skin	0.42	0.35
11982	Peppers, pasilla, dried	0.42	1.40
05021	Chicken, broilers or fryers, giblets, cooked, fried	0.42	6.27
16098	Peanut butter, smooth style, with salt	0.42	2.51
16398	Peanut butter, smooth style, without salt	0.42	2.51
19132	Candies, milk chocolate, with almonds	0.42	1.34
19913	Candies, NESTLE, BUTTERFINGER Crisp	0.42	1.23
19310	Pectin, unsweetened, dry mix	0.42	0.47
19413	Snacks, rice cakes, brown rice, corn	0.42	2.22
19419	Snacks, corn cakes	0.42	2.00
19800	Snacks, corn cakes, very low sodium	0.42	2.00
19806	Snacks, popcorn, air-popped (Unsalted)	0.42	3.44
20005	Barley, pearled, raw	0.42	2.13
16112	Miso	0.42	2.56
18235	Crackers, whole-wheat	0.42	2.63
03189	Babyfood, cereal, oatmeal, dry fortified	0.42	12.68
15145	Crustaceans, crayfish, mixed species, wild, raw	0.42	1.30
12098	Nuts, chestnuts, european, raw, peeled	0.42	0.49
10937	Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil	0.42	2.87
18043	Bread, protein (includes gluten)	0.42	1.82
02004	Spices, bay leaf	0.42	3.70
11284	Onions, dehydrated flakes	0.42	1.89
08538	Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters	0.42	2.32
11974	Grape leaves, raw	0.42	0.67
15228	Crustaceans, spiny lobster, mixed species, cooked, moist heat	0.42	7.27
17364	Lamb, New Zealand, imported, kidney, cooked, soaked and fried	0.42	2.36
18295	Pancakes, buckwheat, dry mix, incomplete	0.42	2.55
08462	Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat	0.41	1.50
18191	Cookies, raisin, soft-type	0.41	0.32
17373	Lamb, New Zealand, imported, heart, raw	0.41	1.65
25012	Snacks, sweet potato chips, unsalted	0.41	0.53
21439	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading	0.41	1.84

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19151	Candies, REESE'S PIECES Candy	0.41	1.15
20071	Wheat, hard red spring	0.41	2.78
20080	Wheat flour, whole-grain	0.41	2.60
33867	Infant formula, GERBER, GOOD START, PROTECT PLUS, powder	0.41	4.10
33869	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder	0.41	4.10
03802	Infant formula, NESTLE, GOOD START SUPREME, with iron, powder	0.41	4.10
08157	Cereals ready-to-eat, wheat, puffed, fortified	0.41	2.36
23423	Beef, New Zealand, imported, variety meats and by-products, kidney, raw	0.41	1.53
21337	McDONALD'S, Peanuts (for Sundaes)	0.41	2.78
10103	Pork, fresh, variety meats and by-products, heart, raw	0.41	2.80
16109	Soybeans, mature cooked, boiled, without salt	0.41	1.15
16409	Soybeans, mature seeds, cooked, boiled, with salt	0.41	1.15
43241	Cereals ready-to-eat, FAMILIA	0.41	1.92
19418	Snacks, sesame sticks, wheat-based, salted	0.41	1.17
19820	Snacks, sesame sticks, wheat-based, unsalted	0.41	1.17
20033	Oat bran, raw	0.40	3.11
11973	Beans, fava, in pod, raw	0.40	1.00
03867	Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder	0.40	4.51
18221	Crackers, melba toast, rye (includes pumpernickel)	0.40	1.36
33872	Infant formula, GERBER, GOOD START 2 SOY, with iron, powder	0.40	4.50
19142	Candies, MOUNDS Candy Bar	0.40	1.10
21438	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading	0.40	0.78
42261	Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal	0.40	2.30
42265	Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan	0.40	2.20
90560	Mollusks, snail, raw	0.40	1.00
03913	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder	0.40	4.00
05282	Pate de foie gras, canned (goose liver pate), smoked	0.40	0.92
06101	Soup, cream of vegetable, dry, powder	0.40	1.60
07054	Pate, goose liver, smoked, canned	0.40	0.92
07055	Pate, liver, not specified, canned	0.40	2.85
07942	Pate, truffle flavor	0.40	2.85
08023	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN	0.40	3.10
08061	Cereals ready-to-eat, POST Raisin Bran Cereal	0.40	3.80
19027	Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip	0.40	1.70
19086	Candies, confectioner's coating, peanut butter	0.40	2.00
08390	Cereals ready-to-eat, KASHI GOOD FRIENDS	0.40	2.59

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
16129	Tofu, fried	0.40	1.99
16429	Tofu, fried, prepared with calcium sulfate	0.40	1.99
08082	Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX	0.40	11.20
17191	Lamb, variety meats and by-products, heart, raw	0.40	1.87
13321	Beef, variety meats and by-products, heart, raw	0.40	1.70
33868	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder	0.39	3.90
19015	Snacks, granola bars, hard, plain	0.39	2.03
03190	Babyfood, cereal, oatmeal, with bananas, dry	0.39	1.90
08120	Cereals, oats, regular and quick, not fortified, dry	0.39	3.64
09041	Bananas, dehydrated, or banana powder	0.39	0.61
15270	Crustaceans, shrimp, raw (not previously frozen)	0.39	1.34
19914	Candies, M&M MARS 3 MUSKETEERS Truffle Crisp	0.39	1.83
19416	Snacks, rice cakes, brown rice, rye	0.39	3.00
19819	Snacks, rice cakes, brown rice, sesame seed, unsalted	0.39	3.00
20653	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry	0.39	2.20
03805	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder	0.39	5.20
03808	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA	0.39	5.20
03809	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted	0.39	5.20
03827	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA	0.39	5.20
03869	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted	0.39	5.20
03980	Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder	0.39	5.10
19053	Snacks, rice cakes, brown rice, sesame seed	0.39	3.00
11243	Mushrooms, portabella, grilled	0.39	0.65
11939	Mushrooms, portabella, exposed to ultraviolet light, grilled	0.39	0.65
15162	Mollusks, clam, mixed species, canned, liquid	0.39	0.10
18154	Cookies, brownies, prepared from recipe	0.39	0.97
12096	Nuts, chestnuts, chinese, roasted	0.39	0.93
03843	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted	0.39	3.86
03954	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted	0.39	3.86
10934	Pork, cured, ham, shank, bone-in, separable lean only, unheated	0.39	2.34
18378	Cookies, chocolate chip, prepared from recipe, made with butter	0.39	0.94
02044	Basil, fresh	0.38	0.81
08013	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS	0.38	16.73
08635	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar	0.38	12.50
15218	Fish, sunfish, pumpkin seed, cooked, dry heat	0.38	1.99
02006	Spices, cardamom	0.38	7.47

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
07040	Liver cheese, pork	0.38	3.70
18165	Cookies, chocolate chip, prepared from recipe, made with margarine	0.38	0.93
03943	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA	0.38	5.09
03957	Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA	0.38	3.82
25032	Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors	0.38	1.40
15154	Crustaceans, spiny lobster, mixed species, raw	0.38	5.67
03821	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted	0.38	5.00
03826	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted	0.38	6.00
03852	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.38	6.00
08147	Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit	0.38	2.89
08584	Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight	0.38	1.40
19052	Snacks, rice cakes, brown rice, buckwheat	0.38	2.50
19406	Snacks, granola bars, soft, uncoated, nut and raisin	0.38	1.60
19817	Snacks, rice cakes, brown rice, buckwheat, unsalted	0.38	2.50
28289	Cookie, vanilla with caramel, coconut, and chocolate coating	0.38	0.50
33862	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder	0.38	5.10
33863	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder	0.38	5.10
33877	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder	0.38	5.10
43299	Soybean, curd cheese	0.38	1.72
15271	Crustaceans, shrimp, cooked (not previously frozen)	0.38	1.64
12115	Nuts, coconut cream, raw (liquid expressed from grated meat)	0.38	0.96
16426	Tofu, raw, firm, prepared with calcium sulfate	0.38	1.57
43544	Babyfood, cereal, rice with pears and apple, dry, instant fortified	0.38	3.30
16132	Tofu, salted and fermented (fuyu)	0.38	1.56
16432	Tofu, salted and fermented (fuyu), prepared with calcium sulfate	0.38	1.56
02054	Capers, canned	0.37	0.32
08389	Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs	0.37	2.51
02031	Spices, pepper, red or cayenne	0.37	2.48
18177	Cookies, molasses	0.37	0.45
23415	Beef, New Zealand, imported, variety meats and by-products, heart, raw	0.37	1.51
43529	Babyfood, rice and apples, dry	0.37	1.40
09259	Pears, dried, sulfured, uncooked	0.37	0.39
03814	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted	0.37	5.00
03838	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA	0.37	5.00
03938	Infant formula, PBM PRODUCTS, store brand, powder	0.37	3.90
08402	Cereals, QUAKER, Quick Oats, Dry	0.37	3.20

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11683	Carrot, dehydrated	0.37	1.57
17196	Lamb, variety meats and by-products, kidneys, cooked, braised	0.37	3.80
33866	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder	0.37	5.00
33873	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted	0.37	5.00
42285	Babyfood, cereal, brown rice, dry, instant	0.37	0.00
02011	Spices, cloves, ground	0.37	2.32
20062	Rye grain	0.37	2.65
19138	Candies, truffles, prepared-from-recipe	0.37	1.55
28293	Cookie, butter or sugar, with chocolate icing or filling	0.36	0.20
11546	Tomato products, canned, paste, without salt added	0.36	0.63
08228	Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry	0.36	1.94
08500	Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS	0.36	6.82
08599	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS	0.36	6.80
09246	Peaches, dried, sulfured, uncooked	0.36	0.57
20074	Wheat, hard white	0.36	3.33
09297	Raisins, golden seedless	0.36	0.32
12093	Nuts, chestnuts, chinese, raw	0.36	0.87
09421	Dates, medjool	0.36	0.44
08200	Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry	0.36	3.21
08380	Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH	0.36	2.79
17367	Lamb, New Zealand, imported, kidney, raw	0.36	1.81
03861	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA	0.36	5.70
03929	Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted	0.36	5.70
08122	Cereals, oats, instant, fortified, plain, dry	0.36	2.51
17198	Veal, variety meats and by-products, kidneys, cooked, braised	0.36	4.25
33870	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder	0.36	5.70
42297	Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch	0.36	2.50
43100	Breakfast bars, oats, sugar, raisins, coconut (include granola bar)	0.36	1.60
07069	Salami, cooked, beef and pork	0.36	2.93
11046	Beans, navy, mature seeds, sprouted, raw	0.36	0.89
15158	Mollusks, clam, mixed species, cooked, breaded and fried	0.36	1.46
03941	Infant formula, PBM PRODUCTS, store brand, soy, powder	0.36	3.80
08261	Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN	0.36	7.69
19184	Puddings, chocolate, dry mix, instant	0.35	0.62
19118	Candies, NESTLE, OH HENRY! Bar	0.35	1.19
06094	Soup, onion, dry, mix	0.35	1.12

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11239	Mushrooms, Chanterelle, raw	0.35	0.71
11248	Lentils, sprouted, raw	0.35	1.51
16057	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt	0.35	1.53
16357	Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt	0.35	1.53
19408	Snacks, pork skins, barbecue-flavor	0.35	0.71
08031	Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite	0.35	2.70
08598	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS	0.35	14.39
11568	Turnip greens, raw	0.35	0.19
12013	Seeds, lotus seeds, dried	0.35	1.05
18219	Crackers, matzo, whole-wheat	0.35	2.61
19024	Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip	0.35	1.30
08077	Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL	0.35	50.00
17342	Game meat, elk, tenderloin, separable lean only, cooked, broiled	0.35	4.12
19348	Syrups, chocolate, fudge-type	0.35	0.83
19823	Potato chips, without salt, reduced fat	0.35	1.01
10936	Pork, cured, ham, shank, bone-in, separable lean and fat, unheated	0.35	2.18
05025	Chicken, heart, all classes, raw	0.35	6.59
08202	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond	0.34	1.50
08410	Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry	0.34	2.60
08504	Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes	0.34	64.33
11212	Edamame, frozen, prepared	0.34	1.37
19141	Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies	0.34	1.61
42196	Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar	0.34	0.89
20130	Barley flour or meal	0.34	2.00
09032	Apricots, dried, sulfured, uncooked	0.34	0.39
11952	Radicchio, raw	0.34	0.62
16068	Hyacinth beans, mature seeds, cooked, boiled, without salt	0.34	2.85
16368	Hyacinth beans, mature seeds, cooked, boiled, with salt	0.34	2.85
03205	Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified	0.34	5.70
08038	Cereals ready-to-eat, POST, GRAPE-NUTS Cereal	0.34	2.07
17193	Veal, variety meats and by-products, heart, raw	0.34	1.47
19001	Candies, TOBLERONE, milk chocolate with honey and almond nougat	0.34	1.53
25053	Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut	0.34	1.77
02010	Spices, cinnamon, ground	0.34	1.83
15002	Fish, anchovy, european, canned in oil, drained solids	0.34	2.44
08603	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry	0.34	1.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18168	Cookies, chocolate sandwich, with extra creme filling	0.34	0.78
21411	Fast foods, bagel, with breakfast steak, egg, cheese, and condiments	0.34	2.21
25038	Snacks, granola bars, soft, almond, confectioners coating	0.34	1.41
20012	Bulgur, dry	0.34	1.93
03185	Babyfood, cereal, mixed, dry fortified	0.33	10.66
08148	Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size	0.33	3.05
11675	Potatoes, microwaved, cooked in skin, flesh and skin, without salt	0.33	0.36
11834	Potatoes, microwaved, cooked, in skin, flesh and skin, with salt	0.33	0.36
18166	Cookies, chocolate sandwich, with creme filling, regular	0.33	0.74
08014	Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES	0.33	5.00
05022	Chicken, broilers or fryers, giblets, cooked, simmered	0.33	4.23
14368	Beverages, tea, instant, lemon, unsweetened	0.33	0.98
20064	Rye flour, medium	0.33	2.17
05145	Duck, wild, breast, meat only, raw	0.33	0.74
08142	Cereals, WHEATENA, dry	0.33	4.41
08262	Cereals ready-to-eat, GENERAL MILLS, BASIC 4	0.33	6.80
10894	Pork, cured, ham, separable fat, boneless, heated	0.33	1.14
11453	Soybeans, mature seeds, sprouted, cooked, steamed	0.33	1.04
11923	Soybeans, mature seeds, sprouted, cooked, steamed, with salt	0.33	1.04
18057	Bread, reduced-calorie, white	0.33	1.34
18283	Muffins, oat bran	0.33	1.84
02064	Peppermint, fresh	0.33	1.11
08286	Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX	0.33	2.59
19100	Candies, fudge, chocolate, prepared-from-recipe	0.33	1.11
02037	Spices, saffron	0.33	1.09
08245	Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin	0.33	1.50
16160	Tofu, hard, prepared with nigari	0.33	1.66
20042	Rice, brown, parboiled, dry, UNCLE BEN'S	0.33	1.96
21410	Fast foods, bagel, with egg, sausage patty, cheese, and condiments	0.33	1.05
11588	Waterchestnuts, chinese, (matai), raw	0.33	0.50
35211	Caribou, hind quarter, meat, cooked (Alaska Native)	0.32	4.30
11211	Edamame, frozen, unprepared	0.32	1.32
18231	Crackers, standard snack-type, sandwich, with peanut butter filling	0.32	1.13
18159	Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched	0.32	0.72
19026	Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter	0.32	1.47
42139	Granola bar, soft, milk chocolate coated, peanut butter	0.32	1.47

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19896	Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar	0.32	1.45
15209	Fish, salmon, Atlantic, wild, cooked, dry heat	0.32	0.82
08284	Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins	0.32	6.30
11985	Fireweed, leaves, raw	0.32	2.66
14426	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate	0.32	0.12
35009	Whale, beluga, meat, dried (Alaska Native)	0.32	7.80
19301	Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe	0.32	0.76
42272	Snacks, granola bar, with coconut, chocolate coated	0.32	1.17
43495	Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY	0.32	2.20
08206	Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS	0.32	12.50
08218	Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins	0.32	2.64
08436	Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry	0.32	1.98
09298	Raisins, seedless	0.32	0.22
11031	Lima beans, immature seeds, raw	0.32	0.78
11260	Mushrooms, white, raw	0.32	0.52
11938	Mushroom, white, exposed to ultraviolet light, raw	0.32	0.52
18428	Crackers, wheat, low salt	0.32	1.60
08216	Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps	0.32	7.72
05326	Chicken breast tenders, breaded, cooked, microwaved	0.32	0.77
19415	Snacks, potato sticks	0.32	0.99
15131	Fish, whitefish, mixed species, smoked	0.32	0.49
18045	Bread, pumpernickel, toasted	0.32	1.62
18167	Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated	0.32	0.58
20014	Corn grain, yellow	0.31	2.21
20314	Corn grain, white	0.31	2.21
08531	Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt	0.31	1.20
09274	Pineapple juice, frozen concentrate, unsweetened, undiluted	0.31	0.40
12179	Nuts, coconut meat, dried (desiccated), sweetened, shredded	0.31	1.82
05144	Duck, wild, meat and skin, raw	0.31	0.77
08054	Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey	0.31	2.95
08602	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan	0.31	1.50
19440	Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip	0.31	1.41
09039	Avocados, raw, Florida	0.31	0.40
19010	Snacks, crisped rice bar, chocolate chip	0.31	0.86
28326	Crackers, whole grain, sandwich-type, with peanut butter filling	0.31	2.05
19924	Syrup, NESTLE, chocolate	0.31	0.55

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
12110	Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned	0.31	1.59
18036	Bread, multi-grain, toasted (includes whole-grain)	0.31	1.85
25052	Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar	0.31	1.23
28325	Crackers, toast thins, low sodium	0.31	1.94
19809	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted	0.31	1.09
19810	Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted	0.31	1.09
19811	Snacks, potato chips, plain, unsalted	0.31	1.09
05148	Goose, domesticated, meat only, raw	0.31	2.34
11032	Lima beans, immature seeds, cooked, boiled, drained, without salt	0.30	0.79
11714	Lima beans, immature seeds, cooked, boiled, drained, with salt	0.30	0.79
18127	Cake, snack cakes, creme-filled, chocolate with frosting	0.30	1.04
18172	Cookies, gingersnaps	0.30	0.55
16106	Meat extender	0.30	2.21
17169	Game meat, goat, cooked, roasted	0.30	5.27
19866	Candies, soft fruit and nut squares	0.30	0.53
20036	Rice, brown, long-grain, raw	0.30	2.13
08128	Cereals, oats, instant, fortified, with cinnamon and spice, dry	0.30	2.29
09299	Raisins, seeded	0.30	0.18
18215	Crackers, cheese, sandwich-type with peanut butter filling	0.30	1.04
19048	Snacks, pretzels, hard, confectioner's coating, chocolate-flavor	0.30	0.92
02063	Rosemary, fresh	0.30	0.93
08657	Cereals ready-to-eat, BARBARA'S PUFFINS, original	0.30	1.28
19238	Candies, REESE'S BITES	0.30	1.06
43218	Cereals ready-to-eat, ALPEN	0.30	3.00
06002	Soup, black bean, canned, condensed	0.30	1.10
06004	Soup, bean with pork, canned, condensed	0.30	0.77
06006	Soup, bean with frankfurters, canned, condensed	0.30	0.90
06026	Soup, chili beef, canned, condensed	0.30	1.56
07236	OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey)	0.30	2.04
08002	Cereals ready-to-eat, POST, ALPHA-BITS	0.30	5.00
08015	Cereals ready-to-eat, POST, COCOA PEBBLES	0.30	5.20
08039	Cereals ready-to-eat, POST, GRAPE-NUTS Flakes	0.30	7.80
08081	Cereals ready-to-eat, POST, Honey Nut Shredded Wheat	0.30	2.50
08231	Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry	0.30	4.20
08542	Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight	0.30	2.70
08544	Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch	0.30	3.10

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
08554	Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch	0.30	2.90
08633	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches	0.30	6.70
15108	Fish, sunfish, pumpkin seed, raw	0.30	1.55
16007	Beans, baked, canned, with beef	0.30	1.20
17165	Game meat, deer, cooked, roasted	0.30	2.75
17190	Veal, variety meats and by-products, brain, cooked, pan-fried	0.30	1.82
18161	Cookies, chocolate chip, dry mix	0.30	0.60
05128	Chicken, stewing, giblets, cooked, simmered	0.30	4.28
11215	Garlic, raw	0.30	1.16
18279	Muffins, corn, commercially prepared	0.30	0.54
19043	Snacks, potato chips, sour-cream-and-onion-flavor	0.30	0.98
25064	Snacks, potato chips, lightly salted	0.30	1.51
16002	Beans, adzuki, mature seeds, cooked, boiled, without salt	0.30	1.77
16302	Beans, adzuki, mature seed, cooked, boiled, with salt	0.30	1.77
17358	Lamb, New Zealand, imported, brains, raw	0.30	1.10
15195	Fish, drum, freshwater, cooked, dry heat	0.30	0.85
19038	Snacks, popcorn, caramel-coated, with peanuts	0.30	1.24
20109	Noodles, egg, dry, enriched	0.30	1.92
20409	Noodles, egg, dry, unenriched	0.30	1.92
22247	Macaroni and Cheese, canned entree	0.30	0.45
08478	Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS	0.30	7.30
11152	Chicory greens, raw	0.30	0.42
12109	Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged	0.30	0.71
05138	Chicken, capons, giblets, cooked, simmered	0.29	4.67
19240	Frostings, chocolate, creamy, dry mix	0.29	0.81
35183	Corn, dried, yellow (Northern Plains Indians)	0.29	3.06
42183	Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars	0.29	0.92
11370	Potatoes, hash brown, home-prepared	0.29	0.47
11263	Mushrooms, white, stir-fried	0.29	0.57
18049	Bread, reduced-calorie, oat bran	0.29	1.05
18156	Cookies, fudge, cake-type (includes trolley cakes)	0.29	0.55
19161	Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars	0.29	1.61
18042	Bread, pita, whole-wheat	0.29	1.52
16031	Beans, kidney, california red, mature seeds, cooked, boiled, without salt	0.29	0.86
16331	Beans, kidney, california red, mature seeds, cooked, boiled, with salt	0.29	0.86
18220	Crackers, melba toast, plain	0.29	2.01

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18424	Crackers, melba toast, plain, without salt	0.29	2.01
20120	Pasta, dry, enriched	0.29	1.41
20420	Pasta, dry, unenriched	0.29	1.41
06049	Soup, pea, green, canned, condensed	0.29	1.30
09094	Figs, dried, uncooked	0.29	0.55
11547	Tomato products, canned, puree, without salt added	0.29	0.36
11888	Tomato products, canned, puree, with salt added	0.29	0.36
13318	Beef, variety meats and by-products, brain, raw	0.29	1.02
16050	Beans, white, mature seeds, cooked, boiled, without salt	0.29	1.38
16350	Beans, white, mature seeds, cooked, boiled, with salt	0.29	1.38
18044	Bread, pumpernickel	0.29	1.48
43441	Rolls, pumpernickel	0.29	1.48
35234	Piki bread, made from blue cornmeal (Hopi)	0.29	3.75
06128	Soup, chicken noodle, dry, mix	0.29	1.65
11265	Mushrooms, portabella, raw	0.29	0.53
11998	Mushrooms, portabella, exposed to ultraviolet light, raw	0.29	0.53
14192	Beverages, Cocoa mix, powder	0.29	1.46
05627	Emu, full rump, cooked, broiled	0.28	4.32
08132	Cereals, oats, instant, fortified, with raisins and spice, dry	0.28	1.76
17346	Game meat, deer, shoulder clod, separable lean only, cooked, braised	0.28	8.64
11669	Seaweed, wakame, raw	0.28	0.38
20046	Rice, white, long-grain, parboiled, enriched, dry	0.28	1.02
20067	Sorghum grain	0.28	1.67
20446	Rice, white, long-grain, parboiled, unenriched, dry	0.28	1.02
25020	Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut	0.28	5.73
28324	Pancakes, whole wheat, dry mix, incomplete	0.28	1.64
16335	Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water	0.28	0.74
17357	Lamb, New Zealand, imported, brains, cooked, soaked and fried	0.28	1.33
08637	Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch	0.28	13.90
28397	Bread, multi-grain (includes whole-grain)	0.28	1.70
28376	VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free	0.28	1.72
09291	Plums, dried (prunes), uncooked	0.28	0.44
05632	Emu, top loin, cooked, broiled	0.28	3.42
19022	Snacks, granola bars, soft, uncoated, raisin	0.28	1.30
19050	Snacks, pretzels, hard, whole-wheat including both salted and unsalted	0.28	0.62
19405	Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow	0.28	1.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19524	Snacks, taro chips	0.28	0.38
03070	Babyfood, dinner, chicken soup, strained	0.28	0.22
08225	Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry	0.28	1.85
08543	Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond	0.28	1.60
11514	Sweet potato, canned, mashed	0.28	0.21
18078	Bread, whole-wheat, prepared from recipe, toasted	0.28	1.65
20622	Spaghetti, protein-fortified, dry, enriched (n x 6.25)	0.28	1.79
20040	Rice, brown, medium-grain, raw	0.28	2.02
08049	Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain	0.28	13.78
05149	Goose, domesticated, meat only, cooked, roasted	0.28	3.17
18152	Cookies, brownies, dry mix, regular	0.28	0.64
19345	Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup	0.28	0.48
05127	Chicken, stewing, giblets, raw	0.28	3.01
06051	Soup, pea, split with ham, canned, condensed	0.28	0.99
05174	Turkey, gizzard, all classes, cooked, simmered	0.27	3.92
12127	Nuts, ginkgo nuts, raw	0.27	0.34
15150	Crustaceans, shrimp, mixed species, cooked, breaded and fried	0.27	1.38
18232	Crackers, wheat, regular	0.27	1.64
19404	Snacks, granola bars, soft, uncoated, chocolate chip	0.27	1.30
21007	Fast foods, biscuit, with egg, cheese, and bacon	0.27	1.09
32011	Yellow rice with seasoning, dry packet mix, unprepared	0.27	1.21
05629	Emu, inside drums, cooked, broiled	0.27	5.09
10883	Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted	0.27	1.98
10926	Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil	0.27	2.13
10928	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted	0.27	1.98
11316	Peas, mature seeds, sprouted, raw	0.27	1.05
15089	Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone	0.27	1.40
16145	Beans, kidney, red, mature seeds, canned, drained solids	0.27	0.75
17348	Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled	0.27	3.67
18097	Cake, pudding-type, chocolate, dry mix	0.27	0.78
09009	Apples, dehydrated (low moisture), sulfured, uncooked	0.27	0.29
10882	Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil	0.27	2.14
16041	Beans, pink, mature seeds, cooked, boiled, without salt	0.27	0.96
16061	Cowpeas, catjang, mature seeds, cooked, boiled, without salt	0.27	1.87
16341	Beans, pink, mature seeds, cooked, boiled, with salt	0.27	0.96
16361	Cowpeas, catjang, mature seeds, cooked, boiled, with salt	0.27	1.87

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19917	Candies, M&M MARS Pretzel Chocolate Candies	0.27	1.25
19155	Candies, MARS SNACKFOOD US, SNICKERS Bar	0.27	2.50
19239	Candies, REESE'S NUTRAGEOUS Candy Bar	0.27	1.29
20131	Barley malt flour	0.27	2.06
01134	Egg, whole, dried, stabilized, glucose reduced	0.27	5.71
05146	Goose, domesticated, meat and skin, raw	0.27	1.72
11520	Taro leaves, raw	0.27	0.41
18619	NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping	0.27	1.23
19020	Snacks, granola bars, soft, uncoated, plain	0.27	1.50
08267	Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS	0.27	13.89
16017	Beans, black turtle, mature seeds, cooked, boiled, without salt	0.27	0.76
16102	Pigeon peas (red gram), mature seeds, cooked, boiled, without salt	0.27	0.90
16317	Beans, black turtle, mature seeds, cooked, boiled, with salt	0.27	0.76
16402	Pigeon peas (red gram), mature seeds, cooked, boiled, with salt	0.27	0.90
28309	Cookies, coconut macaroon	0.27	0.73
05137	Chicken, capons, giblets, raw	0.27	3.38
16063	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt	0.27	1.29
16363	Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt	0.27	1.29
18272	Ice cream cones, sugar, rolled-type	0.27	0.75
08089	Cereals ready-to-eat, GENERAL MILLS, WHEATIES	0.27	27.80
18201	Cookies, peanut butter sandwich, special dietary	0.27	1.03
18450	Tortillas, ready-to-bake or -fry, flour, without added calcium	0.27	0.71
28294	Cookie, chocolate, with icing or coating	0.27	0.30
28295	Tortillas, ready-to-bake or -fry, whole wheat	0.27	1.92
11972	Lemon grass (citronella), raw	0.27	2.23
12117	Nuts, coconut milk, raw (liquid expressed from grated meat and water)	0.27	0.67
18966	Crackers, saltines, whole wheat (includes multi-grain)	0.27	1.46
08087	Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS	0.26	12.89
08220	Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins	0.26	1.59
16003	Beans, adzuki, mature seeds, canned, sweetened	0.26	1.56
18222	Crackers, melba toast, wheat	0.26	1.50
28311	Cookies, sugar wafer, chocolate-covered	0.26	0.61
19812	Snacks, pretzels, hard, plain, made with unenriched flour, salted	0.26	0.85
19813	Snacks, pretzels, hard, plain, made with unenriched flour, unsalted	0.26	0.85
19814	Snacks, pretzels, hard, plain, made with enriched flour, unsalted	0.26	0.85
05147	Goose, domesticated, meat and skin, cooked, roasted	0.26	2.62

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11446	Seaweed, laver, raw	0.26	1.05
08243	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS	0.26	6.60
08318	Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal	0.26	30.00
10097	Pork, fresh, variety meats and by-products, brain, cooked, braised	0.26	1.48
17163	Game meat, caribou, cooked, roasted	0.26	5.26
15152	Crustaceans, shrimp, mixed species, canned	0.26	1.96
16036	Beans, kidney, royal red, mature seeds, cooked, boiled, without salt	0.26	0.90
16336	Beans, kidney, royal red, mature seeds, cooked, boiled with salt	0.26	0.90
18176	Cookies, marshmallow, chocolate-coated (includes marshmallow pies)	0.26	0.65
18958	Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour	0.26	0.82
19034	Snacks, popcorn, air-popped	0.26	3.08
25000	Snacks, popcorn, microwave, 94% fat free	0.26	2.80
25045	Formulated bar, high fiber, chewy, oats and chocolate	0.26	1.96
25060	Snack, Pretzel, hard chocolate coated	0.26	1.33
20087	Wheat, sprouted	0.26	1.65
28332	Cookies, gluten-free, chocolate sandwich, with creme filling	0.26	0.66
28356	GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme	0.26	0.66
19017	Snacks, granola bars, hard, chocolate chip	0.26	1.93
08064	Cereals ready-to-eat, GENERAL MILLS, Rice CHEX	0.26	13.89
11386	Potatoes, scalloped, dry mix, unprepared	0.26	0.92
13328	Beef, variety meats and by-products, lungs, raw	0.26	1.61
16345	Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water	0.26	0.59
17189	Veal, variety meats and by-products, brain, cooked, braised	0.26	1.61
18249	Doughnuts, cake-type, plain, chocolate-coated or frosted	0.26	0.98
22919	Macaroni and Cheese, canned, microwavable	0.26	0.55
28333	Cookies, gluten-free, chocolate wafer	0.26	0.78
28343	Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.26	1.35
28359	GLUTINO, Gluten Free Wafers, Milk Chocolate	0.26	0.78
28373	UDI'S, Gluten Free, Whole Grain Dinner Rolls	0.26	1.35
16053	Broadbeans (fava beans), mature seeds, cooked, boiled, without salt	0.26	1.01
16146	Beans, pinto, canned, drained solids	0.26	0.61
16353	Broadbeans (fava beans), mature seeds, cooked, boiled, with salt	0.26	1.01
15151	Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen)	0.26	1.63
16138	Falafel, home-prepared	0.26	1.50
20111	Noodles, egg, spinach, enriched, dry	0.26	1.83
11254	Lotus root, raw	0.26	0.39

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11991	Yautia (tannier), raw	0.26	0.50
03186	Babyfood, cereal, mixed, with bananas, dry	0.26	1.40
05670	Ground turkey, 85% lean, 15% fat, patties, broiled	0.26	3.25
15190	Fish, burbot, cooked, dry heat	0.26	0.97
17168	Goat, raw	0.26	4.00
11045	Mung beans, mature seeds, sprouted, cooked, stir-fried	0.26	0.90
11231	Jute, potherb, raw	0.26	0.79
11232	Jute, potherb, cooked, boiled, drained, without salt	0.26	0.79
11789	Jute, potherb, cooked, boiled, drained, with salt	0.26	0.79
18079	Bread crumbs, dry, grated, plain	0.26	1.45
18216	Crackers, crispbread, rye	0.26	2.39
21009	Fast foods, biscuit, with sausage	0.26	0.71
21225	Pizza, cheese topping, rising crust, frozen, cooked	0.26	1.32
19148	Candies, peanut brittle, prepared-from-recipe	0.25	0.87
01238	Ice cream sandwich	0.25	0.60
03212	Babyfood, cereal, rice, with bananas, dry	0.25	1.50
17205	Lamb, variety meats and by-products, lungs, raw	0.25	1.80
17347	Game meat, deer, tenderloin, separable lean only, cooked, broiled	0.25	3.99
18261	English muffins, mixed-grain, toasted (includes granola)	0.25	1.05
05141	Duck, domesticated, meat only, raw	0.25	1.90
08239	Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry	0.25	13.90
11569	Turnip greens, cooked, boiled, drained, without salt	0.25	0.14
11891	Turnip greens, cooked, boiled, drained, with salt	0.25	0.14
16358	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids	0.25	0.63
17164	Game meat, deer, raw	0.25	2.09
18077	Bread, whole-wheat, prepared from recipe	0.25	1.50
20648	Sorghum flour, whole-grain	0.25	1.63
23065	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.25	5.19
21020	Fast foods, english muffin, with cheese and sausage	0.25	1.19
28306	Bread, chapati or roti, plain, commercially prepared	0.25	1.57
43112	Beans, chili, barbecue, ranch style, cooked	0.25	2.00
08596	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight	0.25	7.50
11993	Mushrooms, maitake, raw	0.25	0.75
08263	Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS	0.25	12.50
08387	Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat	0.25	0.10
09193	Olives, ripe, canned (small-extra large)	0.25	0.22

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11087	Beet greens, cooked, boiled, drained, without salt	0.25	0.50
11736	Beet greens, cooked, boiled, drained, with salt	0.25	0.50
16070	Lentils, mature seeds, cooked, boiled, without salt	0.25	1.27
16370	Lentils, mature seeds, cooked, boiled, with salt	0.25	1.27
23501	USDA Commodity, beef patties with VPP, frozen, cooked	0.25	8.32
19115	Candies, MARS SNACKFOOD US, MARS Almond Bar	0.25	1.11
19421	Snacks, potato chips, cheese-flavor	0.25	0.91
80200	Frog legs, raw	0.25	1.00
93600	Turtle, green, raw	0.25	1.00
06969	Potato soup, instant, dry mix	0.25	0.91
08594	Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX	0.25	10.69
14450	Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder	0.25	0.06
15076	Fish, salmon, Atlantic, wild, raw	0.25	0.64
15217	Fish, sucker, white, cooked, dry heat	0.25	0.96
16107	Sausage, meatless	0.25	1.46
16359	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water	0.25	0.59
12095	Nuts, chestnuts, chinese, boiled and steamed	0.25	0.60
43447	Snacks, corn-based, extruded, chips, unsalted	0.25	0.85
20015	Corn bran, crude	0.25	1.56
19403	Snacks, crisped rice bar, almond	0.25	5.29
20028	Couscous, dry	0.25	0.83
25036	Snacks, granola bites, mixed flavors	0.25	1.92
16025	Beans, great northern, mature seeds, cooked, boiled, without salt	0.25	0.88
16325	Beans, great northern, mature seeds, cooked, boiled, with salt	0.25	0.88
19042	Snacks, potato chips, barbecue-flavor	0.25	0.98
08383	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries	0.25	1.29
18114	Cake, gingerbread, dry mix	0.25	0.36
08593	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate	0.24	13.89
18224	Crackers, rusk toast	0.24	1.10
43406	Yeast extract spread	0.24	4.19
21005	Fast Foods, biscuit, with egg and sausage	0.24	0.90
25062	Snack, Mixed Berry Bar	0.24	2.64
08100	Cereals, CREAM OF RICE, dry	0.24	1.12
08469	Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal	0.24	0.69
11987	Mushrooms, oyster, raw	0.24	0.77
18376	Bread crumbs, dry, grated, seasoned	0.24	1.43

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
05020	Chicken, broilers or fryers, giblets, raw	0.24	3.32
11622	Kale, scotch, raw	0.24	0.37
18260	English muffins, mixed-grain (includes granola)	0.24	1.39
28296	Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber	0.24	0.73
03019	Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars	0.24	0.14
08348	Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice	0.24	11.35
16033	Beans, kidney, red, mature seeds, cooked, boiled, without salt	0.24	1.07
16328	Beans, kidney, all types, mature seeds, cooked, boiled, with salt	0.24	1.07
16333	Beans, kidney, red, mature seeds, cooked, boiled, with salt	0.24	1.07
18927	Crackers, cheese, sandwich-type with cheese filling	0.24	0.57
15219	Fish, trout, mixed species, cooked, dry heat	0.24	0.85
17207	Veal, variety meats and by-products, lungs, raw	0.24	1.16
02065	Spearmint, fresh	0.24	1.09
07014	Braunschweiger (a liver sausage), pork	0.24	2.81
07041	Liver sausage, liverwurst, pork	0.24	2.30
07212	OSCAR MAYER, Ham (chopped with natural juice)	0.24	2.25
07911	Liverwurst spread	0.24	2.30
08204	Cereals ready-to-eat, chocolate-flavored frosted puffed corn	0.24	0.56
08680	Cereals, oats, instant, fortified, maple and brown sugar, dry	0.24	1.72
10096	Pork, fresh, variety meats and by-products, brain, raw	0.24	1.27
11384	Potatoes, au gratin, dry mix, unprepared	0.24	0.90
17185	Lamb, variety meats and by-products, brain, raw	0.24	1.17
19150	Candies, REESE'S Peanut Butter Cups	0.24	1.28
28313	Rolls, hamburger or hot dog, whole wheat	0.24	1.71
06030	Soup, clam chowder, new england, canned, condensed	0.24	0.37
08066	Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice	0.24	1.10
10863	Pork, fresh, variety meats and by-products, stomach, cooked, simmered	0.24	2.92
18348	Rolls, dinner, whole-wheat	0.24	2.01
01204	Cheese, parmesan, dry grated, reduced fat	0.24	3.87
01267	Cheese, mexican, queso cotija	0.24	3.87
05622	Emu, ground, cooked, pan-broiled	0.24	4.56
18081	Bread stuffing, bread, dry mix	0.24	0.93
11368	Potatoes, microwaved, cooked in skin, flesh, without salt	0.24	0.33
11835	Potatoes, microwaved, cooked in skin, flesh, with salt	0.24	0.33
15242	Crustaceans, crayfish, mixed species, farmed, raw	0.24	1.01
18190	Cookies, peanut butter sandwich, regular	0.24	1.06

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
05116	Chicken, roasting, giblets, cooked, simmered	0.24	4.63
05139	Duck, domesticated, meat and skin, raw	0.24	1.36
12116	Nuts, coconut cream, canned, sweetened	0.24	0.60
28322	Bagels, multigrain	0.24	1.52
08130	Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry	0.24	1.70
11264	Mushrooms, canned, drained solids	0.24	0.72
12176	Nuts, coconut milk, frozen (liquid expressed from grated meat and water)	0.24	0.59
16072	Lima beans, large, mature seeds, cooked, boiled, without salt	0.24	0.95
16372	Lima beans, large, mature seeds, cooked, boiled, with salt	0.24	0.95
08045	Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS	0.23	17.17
11618	Eppaw, raw	0.23	1.15
17206	Lamb, variety meats and by-products, lungs, cooked, braised	0.23	1.93
19411	Snacks, potato chips, plain, salted	0.23	1.09
05624	Emu, fan fillet, cooked, broiled	0.23	3.19
06217	Soup, vegetable, canned, low sodium, condensed	0.23	0.40
15024	Fish, drum, freshwater, raw	0.23	0.66
16051	Beans, white, mature seeds, canned	0.23	1.12
25040	Snacks, vegetable chips, made from garden vegetables	0.23	0.50
28303	Crackers, cheese, whole grain	0.23	1.84
03194	Babyfood, cereal, Rice, dry, fortified	0.23	10.92
05142	Duck, domesticated, meat only, cooked, roasted	0.23	2.60
11007	Artichokes, (globe or french), raw	0.23	0.49
11122	Cardoon, raw	0.23	0.17
16020	Beans, cranberry (roman), mature seeds, cooked, boiled, without salt	0.23	1.14
16077	Lupins, mature seeds, cooked, boiled, without salt	0.23	1.38
16320	Beans, cranberry (roman), mature seeds, cooked, boiled, with salt	0.23	1.14
16377	Lupins, mature seeds, cooked, boiled, with salt	0.23	1.38
01135	Egg, white, dried, flakes, stabilized, glucose reduced	0.23	0.15
07932	Chicken breast, fat-free, mesquite flavor, sliced	0.23	0.60
09139	Guavas, common, raw	--	0.23
13320	Beef, variety meats and by-products, brain, cooked, simmered	0.23	1.09
15077	Fish, salmon, chinook, smoked	0.23	0.31
15179	Fish, salmon, chinook, smoked, (lox), regular	0.23	0.31
19241	Frostings, chocolate, creamy, dry mix, prepared with butter	0.23	0.64
20016	Corn flour, whole-grain, yellow	0.23	1.73
20090	Rice flour, brown	0.23	2.45

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
20114	Noodles, japanese, soba, dry	0.23	1.71
20316	Corn flour, whole-grain, white	0.23	1.73
28285	Bread, chapati or roti, whole wheat, commercially prepared, frozen	0.23	1.54
08194	Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS	0.23	12.90
09044	Cherries, tart, dried, sweetened	0.23	0.25
11962	Peppers, hot chile, sun-dried	0.23	1.02
15156	Mollusks, abalone, mixed species, cooked, fried	0.23	0.95
15204	Fish, pike, walleye, cooked, dry heat	0.23	0.79
18084	Bread stuffing, cornbread, dry mix	0.23	0.75
20093	Pasta, fresh-refrigerated, plain, as purchased	0.23	1.22
22928	Burrito, beef and bean, microwaved	0.23	1.24
19372	Frostings, chocolate, creamy, dry mix, prepared with margarine	0.23	0.63
21224	Pizza, cheese topping, regular crust, frozen, cooked	0.23	1.32
25013	Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor	0.23	1.65
05140	Duck, domesticated, meat and skin, cooked, roasted	0.23	1.86
08553	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry	0.23	12.50
09031	Apricots, dehydrated (low-moisture), sulfured, stewed	0.23	0.39
17345	Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled	0.23	3.63
18040	Bread, oatmeal, toasted	0.23	1.11
18075	Bread, whole-wheat, commercially prepared	0.23	1.77
18160	Cookies, chocolate chip, commercially prepared, soft-type	0.23	0.54
18223	Crackers, milk	0.23	0.67
19002	Snacks, beef jerky, chopped and formed	0.23	8.11
09194	Olives, ripe, canned (jumbo-super colossal)	0.23	0.22
11216	Ginger root, raw	0.23	0.34
20143	Teff, cooked	0.23	1.11
25055	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX	0.23	1.35
28317	Bread, wheat, sprouted, toasted	0.23	1.36
20125	Pasta, whole-wheat, cooked	0.22	1.34
28350	Cookies, chocolate cream covered biscuit sticks	0.22	0.90
11165	Coriander (cilantro) leaves, raw	0.22	0.50
16134	Yardlong beans, mature seeds, cooked, boiled, without salt	0.22	1.08
16434	Yardlong beans, mature seeds, cooked, boiled, with salt	0.22	1.08
18236	Cracker meal	0.22	0.69
18267	English muffins, whole-wheat, toasted	0.22	1.74
19111	Candies, NESTLE, BABY RUTH Bar	0.22	0.72

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
16137	Hummus, home prepared	0.22	1.09
18151	Cookies, brownies, commercially prepared	0.22	0.72
12118	Nuts, coconut milk, canned (liquid expressed from grated meat and water)	0.22	0.56
18942	Pie Crust, Cookie-type, Graham Cracker, Ready Crust	0.22	1.25
18950	Crackers, wheat, reduced fat	0.22	1.74
17162	Game meat, caribou, raw	0.22	4.00
18025	Bread, cracked-wheat	0.22	1.24
35015	Blackberries, wild, raw (Alaska Native)	0.22	0.15
19807	Snacks, popcorn, oil-popped, white popcorn, salt added	0.22	2.64
42259	Snacks, popcorn, home-prepared, oil-popped, unsalted	0.22	2.64
43216	Sweeteners, tabletop, fructose, dry, powder	0.22	0.00
13329	Beef, variety meats and by-products, lungs, cooked, braised	0.22	1.64
17208	Veal, variety meats and by-products, lungs, cooked, braised	0.22	1.20
17341	Game meat, elk, round, separable lean only, cooked, broiled	0.22	5.64
18066	Bread, wheat bran	0.22	1.35
18951	Waffles, chocolate chip, frozen, ready-to-heat	0.22	0.40
01250	Nutritional supplement for people with diabetes, liquid	0.22	1.65
05173	Turkey, gizzard, all classes, raw	0.22	3.03
06182	Soup, cream of mushroom, canned, condensed, reduced sodium	0.22	0.36
13319	Beef, variety meats and by-products, brain, cooked, pan-fried	0.22	1.35
16173	Frijoles rojos volteados (Refried beans, red, canned)	0.22	0.70
17188	Veal, variety meats and by-products, brain, raw	0.22	1.11
18107	Coffeecake, cinnamon with crumb topping, dry mix	0.22	0.34
18199	Cookies, chocolate sandwich, with creme filling, special dietary	0.22	0.58
19109	Candies, KIT KAT Wafer Bar	0.22	0.09
20044	Rice, white, long-grain, regular, raw, enriched	0.22	1.09
20444	Rice, white, long-grain, regular, raw, unenriched	0.22	1.09
42284	Babyfood, baked product, finger snacks cereal fortified	0.22	4.00
16043	Beans, pinto, mature seeds, cooked, boiled, without salt	0.22	0.98
16343	Beans, pinto, mature seeds, cooked, boiled, with salt	0.22	0.98
19104	Candies, fudge, vanilla with nuts	0.22	0.56
05115	Chicken, roasting, giblets, raw	0.22	3.39
08247	Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran	0.22	28.30
18198	Cookies, chocolate chip, commercially prepared, special dietary	0.22	0.47
19420	Snacks, granola bars, hard, peanut butter	0.22	1.25
19379	Candies, fudge, chocolate marshmallow, prepared-from-recipe	0.22	0.58

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23172	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.22	7.38
25056	Snacks, granola bar, QUAKER, DIPPS, all flavors	0.22	1.20
01263	Ice cream, light, soft serve, chocolate	0.22	0.67
03682	Babyfood, cereal, high protein, prepared with whole milk	0.22	1.04
09109	Gooseberries, canned, light syrup pack, solids and liquids	0.22	0.11
11255	Lotus root, cooked, boiled, drained, without salt	0.22	0.33
11796	Lotus root, cooked, boiled, drained, with salt	0.22	0.33
08106	Cereals, CREAM OF WHEAT, instant, dry	0.22	0.98
16028	Beans, kidney, all types, mature seeds, cooked, boiled, without salt	0.22	1.00
18096	Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery	0.22	0.58
18351	Rolls, hamburger or hotdog, mixed-grain	0.22	1.05
20141	Spelt, cooked	0.22	1.25
11363	Potatoes, baked, flesh, without salt	0.22	0.29
11829	Potatoes, baked, flesh, with salt	0.22	0.29
15014	Fish, cisco, smoked	0.22	0.30
16009	Beans, baked, canned, with pork	0.22	1.46
16075	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt	0.22	1.03
16375	Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt	0.22	1.03
17325	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised	0.22	7.78
18048	Bread, raisin, enriched, toasted	0.22	0.78
20065	Rye flour, light	0.21	1.33
08017	Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP	0.21	14.40
08050	Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS	0.21	18.62
09314	Sapote, mamey, raw	0.21	0.19
16008	Beans, baked, canned, with franks	0.21	1.87
16011	Beans, baked, canned, with pork and tomato sauce	0.21	5.48
16126	Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari)	0.21	0.83
17145	Game meat, antelope, cooked, roasted	0.21	1.68
18427	Crackers, standard snack-type, regular, low salt	0.21	0.68
07951	Scrapple, pork	0.21	1.06
08513	Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS	0.21	13.39
17220	Lamb, variety meats and by-products, tongue, raw	0.21	2.32
18266	English muffins, whole-wheat	0.21	1.60
18422	Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched	0.21	0.64
23223	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.21	7.20
21022	Fast foods, english muffin, with egg, cheese, and sausage	0.21	1.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
22917	Burrito, beef and bean, frozen	0.21	0.99
23168	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.21	7.17
28328	Cookies, chocolate chip sandwich, with creme filling	0.21	0.69
05623	Emu, fan fillet, raw	0.21	3.50
05626	Emu, full rump, raw	0.21	3.59
08576	Cereals, CREAM OF WHEAT, 1 minute cook time, dry	0.21	1.35
08595	Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX	0.21	12.50
14062	Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink	0.21	1.58
14163	Beverages, chocolate drink, milk and soy based, ready to drink, fortified	0.21	1.90
15001	Fish, anchovy, european, raw	0.21	1.72
17332	Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled	0.21	5.11
18325	Pie, pecan, prepared from recipe	0.21	1.02
09061	Carissa, (natal-plum), raw	0.21	--
16038	Beans, navy, mature seeds, cooked, boiled, without salt	0.21	1.03
16338	Beans, navy, mature seeds, cooked, boiled, with salt	0.21	1.03
17186	Lamb, variety meats and by-products, brain, cooked, braised	0.21	1.36
17221	Lamb, variety meats and by-products, tongue, cooked, braised	0.21	2.99
17223	Veal, variety meats and by-products, tongue, cooked, braised	0.21	4.51
17336	Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled	0.21	3.79
18434	Crackers, cheese, low sodium	0.21	1.13
19098	Candies, 5TH AVENUE Candy Bar	0.21	1.12
20052	Rice, white, short-grain, enriched, uncooked	0.21	1.10
20452	Rice, white, short-grain, raw, unenriched	0.21	1.10
21227	Pizza, meat and vegetable topping, rising crust, frozen, cooked	0.21	1.87
23170	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.21	7.12
20017	Corn flour, masa, enriched, white	0.21	1.80
20019	Corn flour, masa, unenriched, white	0.21	1.80
20317	Corn flour, yellow, masa, enriched	0.21	1.80
01187	Yogurt, chocolate, nonfat milk	0.21	1.13
01222	Yogurt, chocolate, nonfat milk, fortified with vitamin D	0.21	1.13
16015	Beans, black, mature seeds, cooked, boiled, without salt	0.21	1.12
16315	Beans, black, mature seeds, cooked, boiled, with salt	0.21	1.12
18039	Bread, oatmeal	0.21	1.02
10945	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised	0.21	4.85
14236	Beverages, coffee substitute, cereal grain beverage, powder	0.21	0.51
16039	Beans, navy, mature seeds, canned	0.21	0.77

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17333	Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised	0.21	8.64
28316	Bread, wheat, sprouted	0.21	1.25
20139	Wheat, KAMUT khorasan, cooked	0.21	1.84
01144	Egg substitute, powder	0.21	1.82
05323	Chicken patty, frozen, uncooked	0.21	0.94
09422	Durian, raw or frozen	0.21	0.28
16161	MORI-NU, Tofu, silken, soft	0.21	0.52
18101	Cake, chocolate, prepared from recipe without frosting	0.21	0.69
08035	Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS	0.21	12.10
08102	Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry	0.21	0.88
08573	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry	0.21	1.35
09087	Dates, deglet noor	0.21	0.29
16166	Soymilk, chocolate, unfortified	0.21	0.34
16168	Soymilk, chocolate, with added calcium, vitamins A and D	0.21	0.34
23221	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.21	7.01
43449	Beans, baked, canned, no salt added	0.21	1.40
19400	Snacks, banana chips	0.20	0.75
20127	Spaghetti, spinach, cooked	0.20	1.08
23222	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.20	6.97
05327	Chicken breast tenders, breaded, uncooked	0.20	0.78
05625	Emu, flat fillet, raw	0.20	3.00
05628	Emu, inside drum, raw	0.20	4.33
08259	Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX	0.20	5.19
11195	Cowpeas (blackeyes), immature seeds, frozen, unprepared	0.20	1.58
18383	Bread, protein, (includes gluten), toasted	0.20	1.17
09290	Prunes, dehydrated (low-moisture), stewed	0.20	0.25
12203	Nuts, chestnuts, japanese, boiled and steamed	0.20	0.40
18061	Bread, rye, toasted	0.20	1.25
18158	Cookies, chocolate chip, commercially prepared, regular, lower fat	0.20	0.59
18271	Ice cream cones, cake or wafer-type	0.20	0.67
25026	Popcorn, microwave, regular (butter) flavor, made with palm oil	0.20	2.32
36045	ON THE BORDER, refried beans	0.20	0.98
42185	Frozen yogurts, chocolate, nonfat milk, sweetened without sugar	0.20	0.49
01133	Egg, whole, dried	0.20	3.15
01235	Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener	0.20	0.49
08104	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry	0.20	1.32

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
16162	MORI-NU, Tofu, silken, firm	0.20	0.61
18312	Pie, chocolate mousse, prepared from mix, no-bake type	0.20	0.60
08138	Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS	0.20	12.50
09245	Peaches, dehydrated (low-moisture), sulfured, stewed	0.20	0.32
11563	Tree fern, cooked, without salt	0.20	0.31
11928	Tree fern, cooked, with salt	0.20	0.31
17296	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw	0.20	4.50
17334	Game meat, bison, chuck, shoulder clod, separable lean only, raw	0.20	5.27
18385	Bread, wheat germ, toasted	0.20	1.46
20091	Pasta, gluten-free, corn, dry	0.20	1.79
08610	Cereals ready-to-eat, KASHI Honey Sunshine	0.20	1.39
11022	Balsam-pear (bitter gourd), leafy tips, raw	0.20	0.30
11023	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt	0.20	0.30
11519	Taro, cooked, without salt	0.20	0.27
11710	Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt	0.20	0.30
11878	Taro, cooked, with salt	0.20	0.27
17335	Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled	0.20	5.01
18346	Rolls, dinner, rye	0.20	0.97
06044	Soup, mushroom with beef stock, canned, condensed	0.20	1.10
06053	Soup, cream of potato, canned, condensed	0.20	0.15
06147	Soup, beef mushroom, canned, condensed	0.20	1.10
06971	Sauce, worcestershire	0.20	0.19
07278	HORMEL Pillow Pak Sliced Turkey Pepperoni	0.20	4.30
08073	Cereals ready-to-eat, POST, GOLDEN CRISP	0.20	5.60
08192	Cereals ready-to-eat, POST SELECTS Blueberry Morning	0.20	1.60
08305	Cereals ready-to-eat, Post, Waffle Crisp	0.20	7.50
08591	Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA	0.20	2.60
08662	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries	0.20	1.00
08665	Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches	0.20	1.00
11407	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated	0.20	0.41
11840	Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt	0.20	0.41
14311	Beverages, Malted drink mix, natural, powder, dairy based.	0.20	0.99
14317	Beverages, malted drink mix, chocolate, powder	0.20	0.80
15006	Fish, burbot, raw	0.20	0.76
16130	Okara	0.20	0.56
16147	Veggie burgers or soyburgers, unprepared	0.20	1.26

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
16159	Tofu, extra firm, prepared with nigari	0.20	1.07
16163	MORI-NU, Tofu, silken, extra firm	0.20	0.60
17222	Veal, variety meats and by-products, tongue, raw	0.20	2.63
18155	Cookies, butter, commercially prepared, enriched	0.20	0.38
18164	Cookies, chocolate chip, refrigerated dough, baked	0.20	0.56
18180	Cookies, oatmeal, dry mix	0.20	0.80
18284	Muffins, wheat bran, dry mix	0.20	1.50
18421	Cookies, butter, commercially prepared, unenriched	0.20	0.38
19225	Desserts, rennin, tablets, unsweetened	0.20	6.36
19226	Frostings, chocolate, creamy, ready-to-eat	0.20	0.29
19236	Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES	0.20	1.34
19249	Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate	0.20	0.99
19352	Syrups, malt	0.20	0.14
19910	Candies, crispy bar with peanut butter filling	0.20	0.99
20105	Macaroni, vegetable, enriched, dry	0.20	0.76
42240	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds	0.20	0.90
43007	Babyfood, fruit, tutti frutti, junior	0.20	0.19
43365	Tomato and vegetable juice, low sodium	--	0.20
20136	Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked	0.20	1.12
28301	Cookies, peanut butter, commercially prepared, sugar free	0.20	1.05
05621	Emu, ground, raw	0.20	3.48
05630	Emu, outside drum, raw	0.20	4.50
08277	Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA	0.20	1.10
11551	Tomato products, canned, sauce, with mushrooms	0.20	0.21
16227	Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D	0.20	0.23
16231	Soymilk, chocolate, nonfat, with added calcium, vitamins A and D	0.20	0.10
17378	Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered	0.20	2.07
18426	Crackers, saltines, unsalted tops (includes oyster, soda, soup)	0.20	0.77
08020	Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes	0.20	1.00
10886	Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated	0.20	1.86
11557	Tomato products, canned, sauce, with onions, green peppers, and celery	0.20	0.28
18047	Bread, raisin, enriched	0.20	0.72
18065	Bread, wheat, toasted	0.20	1.47
18414	Bread, raisin, unenriched	0.20	0.72
25027	Snacks, plantain chips, salted	0.20	0.37
43528	Beverages, ABBOTT, ENSURE PLUS, ready-to-drink	0.20	1.51

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19160	Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars	0.20	1.06
20095	Pasta, fresh-refrigerated, spinach, as purchased	0.20	1.40
28302	Cookies, graham crackers, plain or honey, lowfat	0.20	1.16
28308	Crackers, standard snack-type, with whole wheat	0.20	1.11
11040	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt	0.20	0.55
11245	Lambsquarters, cooked, boiled, drained, without salt	0.20	0.30
11413	Potato flour	0.20	0.54
11716	Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt	0.20	0.55
11794	Lambsquarters, cooked, boiled, drained, with salt	0.20	0.30
03228	Babyfood, dessert, peach cobbler, junior	0.20	0.03
03840	Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA	0.20	1.18
15155	Mollusks, abalone, mixed species, raw	0.20	0.82
17292	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw	0.20	4.25
27065	Dip, bean, original flavor	0.20	0.69
27068	Dip, FRITO'S, bean, original flavor	0.20	0.69
03839	Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA	0.20	1.17
04638	Salad dressing, ranch dressing, fat-free	0.20	0.40
08071	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS	0.20	1.70
15030	Fish, gefiltefish, commercial, sweet recipe	0.20	0.82
15107	Fish, sucker, white, raw	0.20	0.75
18116	Cake, gingerbread, prepared from recipe	0.20	0.39
18247	Danish pastry, nut (includes almond, raisin nut, cinnamon nut)	0.20	0.87
18373	Leavening agents, cream of tartar	0.20	0.42
05631	Emu, oyster, raw	0.19	6.00
05669	Ground turkey, 85% lean, 15% fat, pan-broiled crumbles	0.19	3.56
08583	Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS	0.19	13.89
17301	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.19	4.76
18174	Cookies, graham crackers, chocolate-coated	0.19	0.20
10924	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted	0.19	2.82
10927	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted	0.19	1.80
16427	Tofu, raw, regular, prepared with calcium sulfate	0.19	0.80
19069	Candies, NESTLE, BUTTERFINGER Bar	0.19	1.00
20020	Cornmeal, whole-grain, yellow	0.19	1.82
20320	Cornmeal, whole-grain, white	0.19	1.82
22959	Macaroni and cheese dinner with dry sauce mix, boxed, uncooked	0.19	1.23
28304	Waffles, whole wheat, lowfat, frozen, ready-to-heat	0.19	1.17

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
32016	Macaroni or noodles with cheese, microwaveable, unprepared	0.19	1.23
20137	Quinoa, cooked	0.19	1.09
08272	Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH	0.19	18.12
10954	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised	0.19	4.48
14041	Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink	0.19	1.73
15061	Fish, perch, mixed species, cooked, dry heat	0.19	1.43
16018	Beans, black turtle, mature seeds, canned	0.19	0.54
16316	Beans, black, mature seeds, canned, low sodium	0.19	0.54
09011	Apples, dried, sulfured, uncooked	0.19	0.20
11086	Beet greens, raw	0.19	0.38
11201	Cowpeas, leafy tips, raw	0.19	0.29
18033	Bread, italian	0.19	0.86
18251	Doughnuts, cake-type, chocolate, sugared or glazed	0.19	0.57
03227	Babyfood, dessert, peach cobbler, strained	0.19	0.30
06118	Gravy, brown, dry	0.19	1.11
07068	Salami, cooked, beef	0.19	1.77
07070	Salami, cooked, turkey	0.19	2.32
07230	OSCAR MAYER, Salami (hard)	0.19	3.16
09037	Avocados, raw, all commercial varieties	0.19	0.64
11026	Bamboo shoots, raw	0.19	1.10
11984	Epazote, raw	0.19	1.10
18481	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry	0.19	1.46
21141	BURGER KING, Vanilla Shake	0.19	0.67
23412	Beef, New Zealand, imported, flat, separable lean only, cooked, braised	0.19	4.54
32018	Spanish rice mix, dry mix, unprepared	0.19	1.03
20066	Semolina, enriched	0.19	1.05
20466	Semolina, unenriched	0.19	1.05
27048	Sauce, steak, tomato based	0.19	0.34
32024	Rice mix, cheese flavor, dry mix, unprepared	0.19	1.45
10876	Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted	0.19	1.82
11011	Asparagus, raw	0.19	0.54
17151	Game meat, beaver, cooked, roasted	0.19	2.27
17175	Game meat, muskrat, cooked, roasted	0.19	2.27
17176	Game meat, opossum, cooked, roasted	0.19	2.28
17178	Game meat, rabbit, domesticated, composite of cuts, cooked, roasted	0.19	2.27
17182	Game meat, raccoon, cooked, roasted	0.19	2.27

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11365	Potatoes, boiled, cooked in skin, flesh, without salt	0.19	0.30
11831	Potatoes, boiled, cooked in skin, flesh, with salt	0.19	0.30
15114	Fish, trout, mixed species, raw	0.19	0.66
17323	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.19	6.64
18080	Bread sticks, plain	0.19	0.88
22911	Chili, no beans, canned entree	0.19	1.12
25014	Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil	0.19	2.16
28299	Cookies, chocolate sandwich, with creme filling, reduced fat	0.19	0.49
28318	Bread, french or vienna, whole wheat	0.19	1.16
08065	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES	0.19	1.39
15088	Fish, sardine, Atlantic, canned in oil, drained solids with bone	0.19	1.31
16048	Beans, yellow, mature seeds, cooked, boiled, without salt	0.19	1.06
16348	Beans, yellow, mature seeds, cooked, boiled, with salt	0.19	1.06
18060	Bread, rye	0.19	1.14
19063	Snacks, tortilla chips, taco-flavor	0.19	1.27
32000	Rice and vermicelli mix, beef flavor, unprepared	0.19	1.34
35204	Chokecherries, raw, pitted (Northern Plains Indians)	0.19	0.33
19144	Candies, NESTLE, 100 GRAND Bar	0.18	0.99
08244	Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal	0.18	12.50
08546	Rice and Wheat cereal bar	0.18	1.78
11196	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt	0.18	1.42
11778	Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt	0.18	1.42
18059	Bread, rice bran	0.18	1.31
18324	Pie, pecan, commercially prepared	0.18	0.87
09446	Plantains, green, fried	0.18	0.23
11517	Sweet potato, frozen, cooked, baked, without salt	0.18	0.30
11693	Tomatoes, crushed, canned	0.18	0.27
11877	Sweet potato, frozen, cooked, baked, with salt	0.18	0.30
11988	Fungi, Cloud ears, dried	0.18	1.32
18189	Cookies, peanut butter, prepared from recipe	0.18	0.82
19071	Candies, carob, unsweetened	0.18	3.53
36612	DENNY'S, golden fried shrimp	0.18	0.85
20083	Wheat flour, white, bread, enriched	0.18	0.85
20129	Wheat flours, bread, unenriched	0.18	0.85
23171	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.18	4.74
10860	Pork, cured, bacon, cooked, baked	0.18	3.36

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15149	Crustaceans, shrimp, mixed species, raw (may have been previously frozen)	0.18	0.97
18384	Bread, rice bran, toasted	0.18	1.38
10910	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated	0.18	1.74
11553	Tomato products, canned, sauce, with onions	0.18	0.23
12200	Nuts, formulated, wheat-based, all flavors except macadamia, without salt	0.18	2.96
16086	Peas, split, mature seeds, cooked, boiled, without salt	0.18	1.00
16386	Peas, split, mature seeds, cooked, boiled, with salt	0.18	1.00
17294	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw	0.18	4.04
18184	Cookies, oatmeal, prepared from recipe, with raisins	0.18	0.86
23169	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.18	4.95
23460	Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised	0.18	4.33
19248	Candies, HERSHEY'S, ALMOND JOY BITES	0.18	0.79
19252	Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats	0.18	0.94
20652	Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked	0.18	1.02
23439	Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.18	3.34
23470	Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.18	3.33
28329	Cookies, chocolate, made with rice cereal	0.18	0.67
05652	Ostrich, oyster, cooked	0.18	4.94
07053	Pate, chicken liver, canned	0.18	2.14
09260	Pears, dried, sulfured, stewed, without added sugar	0.18	0.19
09293	Plums, dried (prunes), stewed, with added sugar	0.18	0.22
11461	Spinach, canned, regular pack, drained solids	0.18	0.46
11672	Potato pancakes	0.18	0.70
12140	Nuts, formulated, wheat-based, unflavored, with salt added	0.18	2.94
16073	Lima beans, large, mature seeds, canned	0.18	0.65
17144	Game meat, antelope, raw	0.18	1.28
17384	Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried	0.18	2.81
17418	Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried	0.18	2.80
18163	Cookies, chocolate chip, refrigerated dough	0.18	0.50
08067	Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K	0.18	0.69
11147	Chard, swiss, raw	0.18	0.36
11496	Succotash, (corn and limas), cooked, boiled, drained, without salt	0.18	0.63
11871	Succotash, (corn and limas), cooked, boiled, drained, with salt	0.18	0.63
17300	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw	0.18	3.50
28321	Rolls, hamburger, whole grain white, calcium-fortified	0.18	2.05
28298	Cookies, brownies, commercially prepared, reduced fat, with added fiber	0.18	0.46

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
03229	Babyfood, dessert, peach melba, strained	0.18	0.28
04635	Salad dressing, thousand island dressing, fat-free	0.18	0.09
11497	Succotash, (corn and limas), canned, with cream style corn	0.18	0.43
11601	Yam, raw	0.18	0.24
15064	Fish, pike, walleye, raw	0.18	0.62
15100	Fish, smelt, rainbow, cooked, dry heat	0.18	2.12
17161	Game meat, buffalo, water, cooked, roasted	0.18	2.54
18028	Bread, egg, toasted	0.18	0.86
03230	Babyfood, dessert, peach melba, junior	0.18	0.28
11516	Sweet potato, frozen, unprepared	0.18	0.31
19857	Snacks, tortilla chips, nacho-flavor, made with enriched masa flour	0.18	1.20
20048	Rice, white, long-grain, precooked or instant, enriched, dry	0.18	1.43
31023	Sweet Potatoes, french fried, frozen as packaged, salt added in processing	0.18	0.38
22998	Rice and vermicelli mix, chicken flavor, unprepared	0.18	1.36
07074	Smoked link sausage, pork	0.18	1.31
09367	Cherries, sweet, canned, pitted, heavy syrup, drained	0.18	0.10
11304	Peas, green, raw	0.18	1.24
15018	Fish, cod, Atlantic, dried and salted	0.18	1.59
17179	Game meat, rabbit, domesticated, composite of cuts, cooked, stewed	0.18	2.37
17181	Game meat, rabbit, wild, cooked, stewed	0.18	2.38
18263	English muffins, raisin-cinnamon, toasted (includes apple-cinnamon)	0.18	1.00
18968	Bagels, wheat	0.18	1.10
23173	Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw	0.18	5.36
43541	Ice creams, chocolate, rich	0.18	0.64
19437	Snacks, potato chips, fat free, salted	0.17	0.74
21060	Fast foods, burrito, with beans	0.17	0.70
21601	School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked	0.17	1.83
11358	Potatoes, red, flesh and skin, baked	0.17	0.40
11458	Spinach, cooked, boiled, drained, without salt	0.17	0.76
11555	Tomato products, canned, sauce, with herbs and cheese	0.17	0.36
11670	Peppers, hot chili, green, raw	0.17	0.30
11854	Spinach, cooked, boiled, drained, with salt	0.17	0.76
18447	Popovers, dry mix, unenriched	0.17	0.88
08191	Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size	0.17	2.88
10874	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted	0.17	3.06
11305	Peas, green, cooked, boiled, drained, without salt	0.17	1.19

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11811	Peas, green, cooked, boiled, drained, with salt	0.17	1.19
17290	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.17	3.75
17299	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.17	4.24
17305	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.17	5.21
17309	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.17	5.21
17340	Game meat, elk, loin, separable lean only, cooked, broiled	0.17	5.10
25039	Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors	0.17	1.42
25054	Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating	0.17	1.58
43146	Eggplant, pickled	0.17	0.23
11518	Taro, raw	0.17	0.23
13228	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered	0.17	10.49
09261	Pears, dried, sulfured, stewed, with added sugar	0.17	0.18
10893	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated	0.17	1.65
11005	Arrowhead, raw	0.17	0.28
11207	Dandelion greens, raw	0.17	0.41
16010	Beans, baked, canned, with pork and sweet sauce	0.17	0.51
16171	Refried beans, canned, vegetarian	0.17	0.74
17132	Veal, shoulder, blade, separable lean only, cooked, braised	0.17	7.39
17171	Game meat, horse, cooked, roasted	0.17	3.82
18055	Bread, reduced-calorie, wheat	0.17	1.35
18339	Popovers, dry mix, enriched	0.17	0.88
19013	Snacks, fruit leather, pieces	0.17	0.19
19014	Snacks, fruit leather, rolls	0.17	0.19
19274	Snacks, fruit leather, pieces, with vitamin C	0.17	0.19
20054	Rice, white, glutinous, unenriched, uncooked	0.17	1.20
23054	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.17	5.24
23225	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.17	4.51
43142	Radishes, hawaiian style, pickled	0.17	0.22
19143	Candies, MR. GOODBAR Chocolate Bar	0.17	0.93
21226	Pizza, meat and vegetable topping, regular crust, frozen, cooked	0.17	1.71
23224	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.17	4.72
01136	Egg, white, dried, powder, stabilized, glucose reduced	0.17	0.16
06123	Gravy, onion, dry, mix	0.17	0.88
07209	OSCAR MAYER, Chicken Breast (honey glazed)	0.17	0.70
09038	Avocados, raw, California	0.17	0.68
11038	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt	0.17	0.74

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11203	Cress, garden, raw	0.17	0.23
11717	Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt	0.17	0.74
13339	Beef, variety meats and by-products, tongue, raw	0.17	2.87
16065	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork	0.17	1.04
18173	Cookies, graham crackers, plain or honey (includes cinnamon)	0.17	0.96
06959	Gravy, instant turkey, dry	0.17	1.13
08156	Cereals ready-to-eat, rice, puffed, fortified	0.17	1.03
09172	Longans, raw	0.17	0.05
10119	Pork, fresh, variety meats and by-products, stomach, raw	0.17	1.85
18436	Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns)	0.17	0.77
10901	Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated	0.17	1.63
13333	Beef, variety meats and by-products, spleen, raw	0.17	2.11
18041	Bread, pita, white, enriched	0.17	0.84
18243	Croutons, seasoned	0.17	0.94
18377	Cookies, oatmeal, prepared from recipe, without raisins	0.17	0.93
18413	Bread, pita, white, unenriched	0.17	0.84
18651	NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes	0.17	0.46
32014	Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared	0.17	1.34
36418	Restaurant, Mexican, refried beans	0.17	0.88
20113	Noodles, chinese, chow mein	0.17	1.40
22915	Lasagna with meat & sauce, low-fat, frozen entree	0.17	0.86
23226	Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.17	5.13
25046	Snacks, bagel chips, plain	0.17	1.00
11367	Potatoes, boiled, cooked without skin, flesh, without salt	0.17	0.27
11647	Sweet potato, canned, syrup pack, drained solids	0.17	0.16
11833	Potatoes, boiled, cooked without skin, flesh, with salt	0.17	0.27
17216	Veal, variety meats and by-products, spleen, raw	0.17	1.61
17388	Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted	0.17	2.70
17409	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted	0.17	2.69
19033	Snacks, GENERAL MILLS, CHEX MIX, traditional flavor	0.17	1.67
03711	Babyfood, cereal, high protein, with apple and orange, prepared with whole milk	0.17	0.76
05666	Ground turkey, 93% lean, 7% fat, pan-broiled crumbles	0.17	3.77
08592	Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut	0.17	13.39
11349	Poi	0.17	0.22
12129	Nuts, ginkgo nuts, canned	0.17	0.21
18188	Cookies, peanut butter, refrigerated dough, baked	0.17	0.75

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19004	Snacks, corn-based, extruded, chips, barbecue-flavor	0.17	1.06
19804	Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour	0.17	1.06
23284	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.17	10.42
23287	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.17	10.42
32002	Rice and vermicelli mix, rice pilaf flavor, unprepared	0.17	1.01
19445	Snacks, potato chips, made from dried potatoes, fat-free, made with olestra	0.16	0.78
23288	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.16	10.39
27035	Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium	0.16	0.74
28312	Rolls, hamburger or hot dog, wheat/cracked wheat	0.16	1.17
06142	Sauce, sofrito, prepared from recipe	0.16	1.41
08274	Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX	0.16	7.90
09042	Blackberries, raw	0.16	0.53
11012	Asparagus, cooked, boiled, drained	0.16	0.60
11270	Mustard greens, raw	0.16	0.25
11705	Asparagus, cooked, boiled, drained, with salt	0.16	0.60
16139	Soymilk, original and vanilla, with added calcium, vitamins A and D	0.16	0.26
17282	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw	0.16	4.21
17307	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.16	4.95
03139	Babyfood, prunes, without vitamin c, strained	0.16	0.20
08032	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES	0.16	0.80
11043	Mung beans, mature seeds, sprouted, raw	0.16	0.41
16079	Mothbeans, mature seeds, cooked, boiled, without salt	0.16	0.59
16379	Mothbeans, mature seeds, cooked, boiled, with salt	0.16	0.59
17129	Veal, shoulder, blade, separable lean and fat, cooked, braised	0.16	7.00
21061	Fast foods, burrito, with beans and cheese	0.16	0.86
21264	TACO BELL, Bean Burrito	0.16	0.86
28320	English muffins, whole grain white	0.16	0.97
32017	Pasta mix, Italian four cheese lasagna, unprepared	0.16	0.98
43378	Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium	0.16	3.50
23442	Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled	0.16	4.20
23506	USDA Commodity, beef patties with VPP, frozen, raw	0.16	5.44
25035	Snacks, granola bar, chewy, reduced sugar, all flavors	0.16	1.34
32004	Macaroni and cheese, box mix with cheese sauce, unprepared	0.16	1.30
32009	Pasta mix, classic beef, unprepared	0.16	0.99
11148	Chard, swiss, cooked, boiled, drained, without salt	0.16	0.33
11267	Mushrooms, shiitake, stir-fried	0.16	0.96

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11372	Potatoes, scalloped, home-prepared with butter	0.16	0.40
11765	Chard, swiss, cooked, boiled, drained, with salt	0.16	0.33
11844	Potatoes, scalloped, home-prepared with margarine	0.16	0.40
16172	Refried beans, canned, fat-free	0.16	0.65
18005	Bagels, cinnamon-raisin	0.16	1.13
18242	Croutons, plain	0.16	0.89
18265	English muffins, wheat, toasted	0.16	1.22
18353	Rolls, hard (includes kaiser)	0.16	0.94
18406	Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame)	0.16	0.88
18407	Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame)	0.16	0.88
18408	Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame)	0.16	0.88
04640	Salad dressing, ranch dressing, reduced fat	0.16	0.62
08495	Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES	0.16	5.96
10919	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted	0.16	2.36
11003	Amaranth leaves, raw	0.16	0.90
11033	Lima beans, immature seeds, canned, regular pack, solids and liquids	0.16	0.64
11715	Lima beans, immature seeds, canned, no salt added, solids and liquids	0.16	0.64
16044	Beans, pinto, mature seeds, canned, solids and liquids	0.16	0.56
16347	Beans, pinto, mature seeds, canned, solids and liquids, low sodium	0.16	0.56
17303	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.16	4.83
18027	Bread, egg	0.16	0.79
19035	Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat	0.16	3.10
21470	Fast Foods, Fried Chicken, Drumstick, meat and skin with breading	0.16	1.83
23279	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.16	10.21
23285	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.16	10.21
43215	Salad dressing, buttermilk, lite	0.16	0.62
20032	Millet, cooked	0.16	0.91
28365	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza	0.16	1.04
36405	Restaurant, Latino, Arroz con frijoles negros (rice and black beans)	0.16	0.74
36413	Restaurant, Latino, black bean soup	0.16	0.67
05024	Chicken, gizzard, all classes, cooked, simmered	0.16	4.42
05089	Chicken, broilers or fryers, neck, meat only, cooked, fried	0.16	4.24
05667	Ground turkey, 93% lean, 7% fat, patties, broiled	0.16	3.71
10914	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted	0.16	2.72
11378	Potatoes, mashed, dehydrated, flakes without milk, dry form	0.16	0.70
11464	Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt	0.16	0.49

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11508	Sweet potato, cooked, baked in skin, flesh, without salt	0.16	0.32
11856	Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt	0.16	0.49
11875	Sweet potato, cooked, baked in skin, flesh, with salt	0.16	0.32
03998	Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack	0.16	3.57
04020	Salad dressing, french dressing, reduced fat	0.16	0.20
04142	Salad dressing, french dressing, reduced fat, without salt	0.16	0.20
06007	Soup, bean with ham, canned, chunky, ready-to-serve	0.16	0.44
06042	Soup, mushroom barley, canned, condensed	0.16	0.40
07071	Salami, dry or hard, pork	0.16	4.20
07926	Salami, Italian, pork	0.16	4.20
09163	Blueberries, dried, sweetened	0.16	0.49
11373	Potatoes, au gratin, home-prepared from recipe using butter	0.16	0.69
11649	Tomato products, canned, sauce, spanish style	0.16	0.34
11843	Potatoes, au gratin, home-prepared from recipe using margarine	0.16	0.69
16026	Beans, great northern, mature seeds, canned	0.16	0.65
16326	Beans, great northern, mature seeds, canned, low sodium	0.16	0.65
18006	Bagels, cinnamon-raisin, toasted	0.16	0.81
18233	Crackers, wheat, sandwich, with cheese filling	0.16	0.87
18259	English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough)	0.16	1.40
18262	English muffins, raisin-cinnamon (includes apple-cinnamon)	0.16	0.97
21247	WENDY'S, french fries	0.16	0.54
23278	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.16	9.99
06956	Soup, tomato, canned, condensed, reduced sodium	0.16	0.25
11029	Beans, kidney, mature seeds, sprouted, raw	0.16	0.40
16005	Beans, baked, home prepared	0.16	0.73
17120	Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.16	7.00
18140	Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery	0.16	0.42
05180	Turkey from whole, neck, meat only, cooked, simmered	0.16	4.03
06406	Soup, bean with frankfurters, canned, prepared with equal volume water	0.16	0.47
08509	Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands)	0.16	1.19
09286	Pomegranates, raw	0.16	0.35
10935	Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted	0.16	2.59
11004	Amaranth leaves, cooked, boiled, drained, without salt	0.16	0.88
11700	Amaranth leaves, cooked, boiled, drained, with salt	0.16	0.88
17293	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted	0.16	4.83
17361	Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted	0.16	3.24

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17390	Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised	0.16	5.41
23545	Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.16	7.05
28287	Bread, naan, whole wheat, commercially prepared, refrigerated	0.16	1.24
28319	Bagels, whole grain white	0.16	1.62
28399	Cookies, animal crackers (includes arrowroot, tea biscuits)	0.16	0.64
11001	Alfalfa seeds, sprouted, raw	0.16	0.92
11156	Chives, raw	0.16	0.56
11350	Pokeberry shoots, (poke), raw	0.16	0.24
11626	Beans, mung, mature seeds, sprouted, canned, drained solids	0.16	0.28
16127	Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari)	0.16	0.64
17400	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried	0.16	3.93
03997	Babyfood, Baby MUM MUM Rice Biscuits	0.16	0.65
11234	Kale, cooked, boiled, drained, without salt	0.16	0.24
11623	Kale, scotch, cooked, boiled, drained, without salt	0.16	0.24
11790	Kale, cooked, boiled, drained, with salt	0.16	0.24
11792	Kale, scotch, cooked, boiled, drained, with salt	0.16	0.24
13927	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.16	4.88
16081	Mung beans, mature seeds, cooked, boiled, without salt	0.16	0.84
16381	Mung beans, mature seeds, cooked, boiled, with salt	0.16	0.84
17304	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw	0.16	3.58
17308	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.16	3.58
17313	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.16	3.48
18112	Cake, pudding-type, german chocolate, dry mix	0.16	0.42
18425	Crackers, saltines, low salt (includes oyster, soda, soup)	0.16	0.82
19047	Snacks, pretzels, hard, plain, salted	0.16	1.04
06402	Soup, black bean, canned, prepared with equal volume water	0.16	0.55
11371	Potatoes, mashed, home-prepared, whole milk and margarine added	0.16	0.30
11990	Wasabi, root, raw	0.16	1.62
17267	Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw	0.16	3.40
17380	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted	0.16	3.69
18218	Crackers, matzo, egg	0.16	0.73
18960	Crackers, snack, GOYA CRACKERS	0.16	1.17
19159	Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar	0.16	0.55
20315	Corn flour, whole-grain, blue (harina de maiz morado)	0.15	2.24
23266	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.15	9.71
23267	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.15	9.67

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
32010	Pasta mix, Italian lasagna, unprepared	0.15	0.84
43367	Turkey, drumstick, smoked, cooked, with skin, bone removed	0.15	4.27
05194	Turkey, all classes, leg, meat and skin, cooked, roasted	0.15	4.27
05650	Ostrich, outside strip, cooked	0.15	4.91
06124	Gravy, pork, dry, powder	0.15	1.06
06249	Soup, pea, green, canned, prepared with equal volume milk	0.15	0.69
08579	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH	0.15	10.69
11202	Cowpeas, leafy tips, cooked, boiled, drained, without salt	0.15	0.24
11780	Cowpeas, leafy tips, cooked, boiled, drained, with salt	0.15	0.24
13347	Beef, cured, corned beef, brisket, cooked	0.15	4.58
17048	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.15	7.30
18010	Biscuits, plain or buttermilk, dry mix	0.15	0.60
18363	Tortillas, ready-to-bake or -fry, corn	0.15	1.31
18449	Tortillas, ready-to-bake or -fry, corn, without added salt	0.15	0.94
05647	Ostrich, inside strip, cooked	0.15	4.90
16058	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids	0.15	0.69
16360	Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium	0.15	0.69
17141	Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised	0.15	6.01
17283	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked	0.15	5.14
18185	Cookies, peanut butter, commercially prepared, regular	0.15	0.86
19045	Snacks, potato chips, made from dried potatoes, reduced fat	0.15	0.70
03926	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted	0.15	1.14
05656	Ostrich, tip trimmed, cooked	0.15	4.85
06404	Soup, bean with pork, canned, prepared with equal volume water	0.15	0.38
06426	Soup, chili beef, canned, prepared with equal volume water	0.15	0.77
11602	Yam, cooked, boiled, drained, or baked, without salt	0.15	0.20
11897	Yam, cooked, boiled, drained, or baked, with salt	0.15	0.20
17379	Lamb, New Zealand, imported, tongue - swiss cut, raw	0.15	1.55
17398	Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried	0.15	3.48
18029	Bread, french or vienna (includes sourdough)	0.15	1.04
18193	Cookies, shortbread, commercially prepared, pecan	0.15	0.58
23258	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.15	8.62
19322	Puddings, coconut cream, dry mix, instant	0.15	0.30
21270	TACO BELL, Taco Salad	0.15	1.17
28292	Crackers, multigrain	0.15	0.98
05306	Ground turkey, cooked	0.15	3.11

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
07949	Frankfurter, meat, heated	0.15	1.08
08550	Cereals ready-to-eat, QUAKER, Christmas Crunch	0.15	16.36
09520	Kiwifruit, ZESPRI SunGold, raw	0.15	0.08
11507	Sweet potato, raw, unprepared	0.15	0.30
17061	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled	0.15	5.77
17117	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.15	6.59
17148	Bison, ground, grass-fed, cooked	0.15	5.34
17160	Game meat, buffalo, water, raw	0.15	1.93
18007	Bagels, oat bran	0.15	0.90
18187	Cookies, peanut butter, refrigerated dough	0.15	0.68
18200	Cookies, oatmeal, commercially prepared, special dietary	0.15	0.49
07078	Thuringer, cervelat, summer sausage, beef, pork	0.15	2.56
11575	Turnip greens, frozen, cooked, boiled, drained, without salt	0.15	0.41
11892	Turnip greens, frozen, cooked, boiled, drained, with salt	0.15	0.41
15060	Fish, perch, mixed species, raw	0.15	1.11
17311	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.15	3.36
17321	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked	0.15	6.65
17338	Game meat, elk, ground, raw	0.15	5.40
17430	Veal, shoulder, blade chop, separable lean only, cooked, grilled	0.15	5.07
18002	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted	0.15	1.30
18030	Bread, french or vienna, toasted (includes sourdough)	0.15	1.05
18347	Rolls, dinner, wheat	0.15	0.90
18476	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry	0.15	1.27
18477	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry	0.15	1.23
20023	Cornmeal, yellow, self-rising, bolted, plain, enriched	0.15	2.00
20323	Cornmeal, white, self-rising, bolted, plain, enriched	0.15	2.00
23084	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.15	11.01
23086	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.15	10.93
20002	Amaranth grain, cooked	0.15	0.86
21285	PAPA JOHN'S 14" The Works Pizza, Original Crust	0.15	0.98
21286	PAPA JOHN'S 14" Cheese Pizza, Thin Crust	0.15	1.25
21298	PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust	0.15	1.15
01210	Egg Mix, USDA Commodity	0.15	2.76
06957	Gravy, brown instant, dry	0.15	0.96
07066	Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage)	0.15	2.31
08025	Cereals ready-to-eat, RALSTON CRISP RICE	0.15	1.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11297	Parsley, fresh	0.15	1.07
11444	Seaweed, irishmoss, raw	0.15	1.95
15165	Mollusks, mussel, blue, cooked, moist heat	0.15	2.67
16046	Beans, small white, mature seeds, cooked, boiled, without salt	0.15	1.09
16346	Beans, small white, mature seeds, cooked, boiled, with salt	0.15	1.09
18108	Coffeecake, cinnamon with crumb topping, dry mix, prepared	0.15	0.45
18967	Bread, white wheat	0.15	0.95
03002	Babyfood, meat, beef, strained	0.15	2.22
03003	Babyfood, meat, beef, junior	0.15	2.22
03005	Babyfood, meat, veal, strained	0.15	2.50
03010	Babyfood, meat, lamb, strained	0.15	2.43
03015	Babyfood, meat, turkey, strained	0.15	1.77
03016	Babyfood, meat, turkey, junior	0.15	1.77
03017	Babyfood, meat, turkey sticks, junior	0.15	2.40
03820	Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder	0.15	0.88
05645	Ostrich, inside leg, cooked	0.15	4.71
05658	Ostrich, top loin, cooked	0.15	4.72
08270	Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA	0.15	13.89
08271	Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS	0.15	13.90
09164	Litchis, raw	0.15	0.07
10938	Pork, cured, ham, slice, bone-in, separable lean only, unheated	0.15	2.43
13340	Beef, variety meats and by-products, tongue, cooked, simmered	0.15	4.09
13382	Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.15	10.27
17147	Game meat, bear, cooked, simmered	0.15	10.27
17184	Game meat, squirrel, cooked, roasted	0.15	1.78
17269	Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw	0.15	5.00
17298	Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.15	2.95
18064	Bread, wheat	0.15	1.04
18128	Cake, snack cakes, creme-filled, sponge	0.15	0.60
18264	English muffins, wheat	0.15	1.07
18326	Pie, pumpkin, commercially prepared	0.15	0.39
18374	Leavening agents, yeast, baker's, compressed	0.15	9.97
18944	Pie, Dutch Apple, Commercially Prepared	0.15	0.19
18952	Tostada shells, corn	0.15	1.23
23517	Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised	0.15	7.87
35190	Salmon, red (sockeye), filets with skin, smoked (Alaska Native)	0.15	1.14

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
36601	Restaurant, Chinese, egg rolls, assorted	0.15	0.62
42173	Turkey and pork sausage, fresh, bulk, patty or link, cooked	0.15	3.17
19135	Candies, MARS SNACKFOOD US, MILKY WAY Bar	0.15	0.69
23085	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.15	10.76
05649	Ostrich, outside strip, raw	0.15	4.02
06176	Sauce, oyster, ready-to-serve	0.15	0.09
15048	Fish, mackerel, jack, canned, drained solids	0.15	1.02
16034	Beans, kidney, red, mature seeds, canned, solids and liquids	0.15	0.62
16337	Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium	0.15	0.62
17291	Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.15	4.43
17297	Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.15	4.86
17461	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled	0.15	3.79
18050	Bread, reduced-calorie, oat bran, toasted	0.15	1.19
18170	Cookies, fig bars	0.15	0.39
18368	Wonton wrappers (includes egg roll wrappers)	0.15	0.71
02045	Dill weed, fresh	0.15	0.91
05200	Turkey, fryer-roasters, meat and skin, cooked, roasted	0.15	2.89
06449	Soup, pea, green, canned, prepared with equal volume water	0.15	0.64
06451	Soup, pea, split with ham, canned, prepared with equal volume water	0.15	0.52
06958	Gravy, instant beef, dry	0.15	0.76
06965	Soup, pea, low sodium, prepared with equal volume water	0.15	0.64
11271	Mustard greens, cooked, boiled, drained, without salt	0.15	0.22
11632	Peppers, jalapeno, canned, solids and liquids	0.15	0.34
17127	Veal, shoulder, arm, separable lean only, cooked, roasted	0.15	4.32
17331	Game meat, bison, ground, cooked, pan-broiled	0.15	5.14
17445	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.15	4.15
20010	Buckwheat groats, roasted, cooked	0.15	0.61
28286	Bread, paratha, whole wheat, commercially prepared, frozen	0.15	0.82
21129	Fast foods, hush puppies	0.14	0.73
23398	Beef, New Zealand, imported, bolar blade, separable lean only, raw	0.14	3.63
23432	Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried	0.14	4.08
03215	Babyfood, pretzels	0.14	0.78
03217	Zwieback	0.14	0.54
05646	Ostrich, inside strip, raw	0.14	3.98
06071	Soup, vegetable beef, canned, condensed	0.14	1.23
06627	Sauce, pesto, ready-to-serve, shelf stable	0.14	0.88

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
07958	Turkey sausage, fresh, cooked	0.14	3.88
09073	Cherries, sweet, canned, light syrup pack, solids and liquids	0.14	0.10
10136	Pork, cured, ham, boneless, regular (approximately 11% fat), roasted	0.14	2.47
11360	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated	0.14	0.40
11657	Potatoes, mashed, home-prepared, whole milk added	0.14	0.28
15128	Fish, tuna salad	0.14	0.56
16006	Beans, baked, canned, plain or vegetarian	0.14	2.28
17027	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.14	4.13
17049	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.14	5.73
17177	Game meat, rabbit, domesticated, composite of cuts, raw	0.14	1.57
17280	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0.14	3.67
18457	Crackers, saltines, fat-free, low-sodium	0.14	0.94
05132	Chicken, stewing, dark meat, meat only, cooked, stewed	0.14	3.12
11463	Spinach, frozen, chopped or leaf, unprepared	0.14	0.56
17170	Game meat, horse, raw	0.14	2.90
17306	Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.14	3.32
17403	Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised	0.14	4.95
17405	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried	0.14	3.66
20081	Wheat flour, white, all-purpose, enriched, bleached	0.14	0.70
20116	Noodles, japanese, somen, dry	0.14	0.45
20381	Wheat flour, white, all-purpose, enriched, calcium-fortified	0.14	0.70
20481	Wheat flour, white, all-purpose, unenriched	0.14	0.70
20581	Wheat flour, white, all-purpose, enriched, unbleached	0.14	0.70
23119	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.14	10.44
23120	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.14	10.46
23290	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.14	7.87
23291	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.14	7.87
23465	Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried	0.14	4.05
19324	Puddings, coconut cream, dry mix, regular	0.14	0.35
19424	Snacks, tortilla chips, nacho-flavor, reduced fat	0.14	--
23269	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.14	7.79
23270	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.14	7.80
08019	Cereals ready-to-eat, GENERAL MILLS, Corn CHEX	0.14	12.10
09328	Maraschino cherries, canned, drained	0.14	0.26
13466	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.14	5.06
13467	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.14	5.06

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13470	Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.14	5.06
13481	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.14	5.11
13484	Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.14	5.11
14036	Beverages, CYTOSPORT, Muscle Milk, ready-to-drink	0.14	1.05
17382	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised	0.14	6.20
17421	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted	0.14	3.45
18352	Rolls, hamburger or hotdog, reduced-calorie	0.14	0.68
01205	Cream substitute, flavored, liquid	0.14	0.25
05179	Turkey from whole, neck, meat only, raw	0.14	3.39
05190	Turkey, all classes, back, meat and skin, cooked, roasted	0.14	3.92
05193	Turkey, all classes, leg, meat and skin, raw	0.14	3.09
05648	Ostrich, outside leg, raw	0.14	3.89
08048	Cereals ready-to-eat, GENERAL MILLS, KIX	0.14	17.42
09074	Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids	0.14	0.10
10018	Pork, fresh, leg (ham), shank half, separable lean only, raw	0.14	2.25
10089	Pork, fresh, spareribs, separable lean and fat, cooked, braised	0.14	4.60
10884	Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated	0.14	1.98
10900	Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated	0.14	1.97
10939	Pork, cured, ham, slice, bone-in, separable lean and fat, unheated	0.14	2.29
11238	Mushrooms, shiitake, raw	0.14	1.03
13928	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.14	4.39
16021	Beans, cranberry (roman), mature seeds, canned	0.14	0.84
17100	Veal, leg (top round), separable lean only, cooked, braised	0.14	4.03
17121	Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted	0.14	5.25
17167	Game meat, elk, cooked, roasted	0.14	3.16
17281	Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0.14	4.68
17339	Game meat, elk, ground, cooked, pan-broiled	0.14	6.56
17438	Veal, shoulder, blade chop, separable lean and fat, cooked, grilled	0.14	4.71
20018	Corn flour, yellow, degermed, unenriched	0.14	0.37
21289	LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust	0.14	1.55
22899	Ravioli, cheese-filled, canned	0.14	0.36
23033	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.14	8.06
23121	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.14	10.31
36016	Restaurant, family style, shrimp, breaded and fried	0.14	0.79
22905	Beef stew, canned entree	0.14	1.00
25037	Snacks, pita chips, salted	0.14	0.96

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
25063	Snacks, potato chips, made from dried potatoes (preformed), multigrain	0.14	0.91
36408	Restaurant, Latino, pupusas con frijoles (pupusas, bean)	0.14	0.94
42236	Cereals ready-to-eat, frosted oat cereal with marshmallows	0.14	7.94
05644	Ostrich, inside leg, raw	0.14	3.87
05654	Ostrich, tenderloin, raw	0.14	3.87
11406	Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased	0.14	0.29
15056	Fish, mullet, striped, cooked, dry heat	0.14	0.88
15198	Fish, ling, cooked, dry heat	0.14	1.00
17060	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised	0.14	6.58
17124	Veal, shoulder, arm, separable lean and fat, cooked, roasted	0.14	4.18
17133	Veal, shoulder, blade, separable lean only, cooked, roasted	0.14	5.72
17247	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.14	6.24
17312	Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw	0.14	2.69
03158	Babyfood, fruit, pears and pineapple, strained	0.14	0.07
07241	OSCAR MAYER, Wieners (beef franks)	0.14	2.19
08034	Cereals ready-to-eat, POST, FRUITY PEBBLES	0.14	5.56
08655	Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches	0.14	1.00
11226	Jerusalem-artichokes, raw	0.14	0.12
11521	Taro leaves, cooked, steamed, without salt	0.14	0.21
11879	Taro, leaves, cooked, steamed, with salt	0.14	0.21
17095	Veal, leg (top round), separable lean and fat, cooked, braised	0.14	3.96
17114	Veal, rib, separable lean only, cooked, braised	0.14	5.98
17149	Bison, ground, grass-fed, raw	0.14	4.59
17343	Game meat, deer, ground, raw	0.14	4.20
17363	Lamb, New Zealand, imported, chump, boneless, separable lean only, raw	0.14	2.89
19040	Snacks, popcorn, cheese-flavor	0.14	2.01
19436	Popcorn, sugar syrup/caramel, fat-free	0.14	0.62
19444	Snacks, tortilla chips, low fat, made with olestra, nacho cheese	0.14	3.40
21120	Fast foods, hotdog, with corn flour coating (corndog)	0.14	0.75
23081	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.14	9.39
23274	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.14	11.04
23502	USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked	0.14	6.28
32008	Pasta mix, classic cheeseburger macaroni, unprepared	0.14	0.82
36001	APPLEBEE'S, Double Crunch Shrimp	0.14	0.78
43497	Jellyfish, dried, salted	0.14	0.42
20024	Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched	0.14	1.39

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
20084	Wheat flour, white, cake, enriched	0.14	0.62
20324	Cornmeal, white, self-rising, bolted, with wheat flour added, enriched	0.14	1.39
21239	WENDY'S, CLASSIC SINGLE Hamburger, no cheese	0.14	2.47
22975	Chicken, nuggets, white meat, precooked, frozen, not reheated	0.14	0.75
23042	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.14	8.77
28364	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan	0.14	1.32
36406	Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans)	0.14	0.71
05294	Turkey thigh, pre-basted, meat and skin, cooked, roasted	0.14	4.12
05653	Ostrich, round, raw	0.14	3.80
09075	Cherries, sweet, canned, extra heavy syrup pack, solids and liquids	0.14	0.10
11512	Sweet potato, canned, vacuum pack	0.14	0.18
14203	Beverages, coffee, instant, regular, half the caffeine	0.14	0.35
14214	Beverages, coffee, instant, regular, powder	0.14	0.35
15099	Fish, smelt, rainbow, raw	0.14	1.65
16084	Mungo beans, mature seeds, cooked, boiled, without salt	0.14	0.83
16384	Mungo beans, mature seeds, cooked, boiled, with salt	0.14	0.83
17033	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.14	5.27
17044	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.14	6.08
17118	Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted	0.14	5.12
17215	Lamb, variety meats and by-products, spleen, cooked, braised	0.14	3.94
17302	Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.14	3.21
17324	Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw	0.14	4.16
18228	Crackers, saltines (includes oyster, soda, soup)	0.14	0.69
09034	Apricots, dried, sulfured, stewed, with added sugar	0.14	0.24
11299	Parsnips, cooked, boiled, drained, without salt	0.14	0.26
11808	Parsnips, cooked, boiled, drained, with salt	0.14	0.26
11934	Potatoes, mashed, home-prepared, whole milk and butter added	0.14	0.27
17130	Veal, shoulder, blade, separable lean and fat, cooked, roasted	0.14	5.58
17138	Veal, sirloin, separable lean only, cooked, braised	0.14	4.75
17295	Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.14	4.49
17359	Lamb, New Zealand, imported, breast, separable lean only, cooked, braised	0.14	4.80
18070	Bread, white, commercially prepared, toasted	0.14	0.68
18432	Bread, white, commercially prepared, toasted, low sodium no salt	0.14	0.68
21304	Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust	0.14	1.24
23132	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.14	9.22
23286	Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.14	10.90

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23447	Beef, New Zealand, imported, bolar blade, separable lean and fat, raw	0.14	3.46
36006	T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded	0.14	0.73
28300	Cookies, oatmeal sandwich, with creme filling	0.14	0.67
05655	Ostrich, tip trimmed, raw	0.14	3.74
05657	Ostrich, top loin, raw	0.14	3.76
06152	Sauce, pizza, canned, ready-to-serve	0.14	0.25
08508	Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands)	0.14	7.60
09060	Carambola, (starfruit), raw	0.14	0.12
10085	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised	0.14	5.20
10888	Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated	0.14	1.66
10915	Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil	0.14	2.19
11018	Asparagus, frozen, unprepared	0.14	0.59
11157	Chrysanthemum, garland, raw	0.14	0.71
11698	Chrysanthemum leaves, raw	0.14	0.71
17041	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.14	6.60
17319	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked	0.14	5.85
17386	Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted	0.14	3.01
17442	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.14	2.42
17459	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.14	2.42
18297	Pancakes, special dietary, dry mix	0.14	1.19
05642	Ostrich, ground, cooked, pan-broiled	0.14	4.33
05643	Ostrich, fan, raw	0.14	3.71
17071	Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised	0.14	7.09
17139	Veal, sirloin, separable lean only, cooked, roasted	0.14	3.54
17385	Lamb, New Zealand, imported, tenderloin, separable lean only, raw	0.14	2.16
17457	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.14	3.90
17464	Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled	0.14	3.56
18256	Doughnuts, yeast-leavened, with jelly filling	0.14	0.75
18345	Rolls, dinner, oat bran	0.14	1.02
19401	Snacks, cornnuts, barbecue-flavor	0.14	1.88
19409	Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32	0.14	0.37
19410	Snack, potato chips, made from dried potatoes, plain	0.14	0.58
22522	Pasta with Sliced Franks in Tomato Sauce, canned entree	0.14	0.52
23049	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.14	3.76
23277	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.14	10.73
19270	Ice creams, chocolate	0.14	0.58

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19899	Ice creams, regular, low carbohydrate, chocolate	0.14	0.58
21244	WENDY'S, Homestyle Chicken Fillet Sandwich	0.14	0.61
23289	Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.14	10.65
28288	Bread, roll, Mexican, bollilo	0.14	0.88
01206	Cream substitute, flavored, powdered	0.14	0.23
10933	Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted	0.14	2.78
11006	Arrowhead, cooked, boiled, drained, without salt	0.14	0.22
11701	Arrowhead, cooked, boiled, drained, with salt	0.14	0.22
11841	Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated	0.14	0.38
13501	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.14	9.85
15042	Fish, herring, Atlantic, kippered	0.14	1.36
16029	Beans, kidney, all types, mature seeds, canned	0.14	0.46
16124	Soy sauce made from soy (tamari)	0.14	0.43
17126	Veal, shoulder, arm, separable lean only, cooked, braised	0.14	6.24
17248	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.14	5.01
17423	Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw	0.14	2.15
18037	Bread, oat bran	0.14	0.89
18117	Cake, pudding-type, marble, dry mix	0.14	0.35
18258	English muffins, plain, enriched, with ca prop (includes sourdough)	0.14	1.05
18342	Rolls, dinner, plain, commercially prepared (includes brown-and-serve)	0.14	0.99
18349	Rolls, french	0.14	0.90
07900	Turkey, pork, and beef sausage, low fat, smoked	0.13	1.20
10889	Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only	0.13	2.19
11190	Cornsalad, raw	0.13	0.59
11344	Pigeonpeas, immature seeds, raw	0.13	1.04
11355	Potatoes, red, flesh and skin, raw	0.13	0.33
17317	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled	0.13	3.28
18178	Cookies, oatmeal, commercially prepared, regular	0.13	0.79
19031	Snacks, oriental mix, rice-based	0.13	2.66
23060	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.13	9.05
23063	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.13	3.94
28331	Crackers, flavored, fish-shaped	0.13	1.09
43046	Candies, nougat, with almonds	0.13	0.42
21157	SUBWAY, meatball marinara sub on white bread (no toppings)	0.13	1.19
21158	Fast foods, submarine sandwich, meatball marinara on white bread	0.13	1.19
28327	Crackers, water biscuits	0.13	0.65

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
28361	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar	0.13	1.45
06126	Gravy, turkey, dry	0.13	1.26
08494	Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS	0.13	12.50
09046	Blackberries, canned, heavy syrup, solids and liquids	0.13	0.18
10118	Pork, fresh, variety meats and by-products, spleen, cooked, braised	0.13	3.54
11158	Chrysanthemum, garland, cooked, boiled, drained, without salt	0.13	0.20
11192	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt	0.13	1.03
11418	Pumpkin leaves, raw	0.13	0.20
11419	Pumpkin leaves, cooked, boiled, drained, without salt	0.13	0.20
11577	Turnip greens and turnips, frozen, cooked, boiled, drained, without salt	0.13	0.37
11767	Chrysanthemum, garland, cooked, boiled, drained, with salt	0.13	0.20
11777	Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt	0.13	1.03
11848	Pumpkin leaves, cooked, boiled, drained, with salt	0.13	0.20
11893	Turnip greens and turnips, frozen, cooked, boiled, drained, with salt	0.13	0.37
11961	Hearts of palm, canned	0.13	1.15
11989	Mushrooms, straw, canned, drained solids	0.13	0.67
13477	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.13	4.72
17045	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.13	4.89
17237	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.13	3.60
18053	Bread, reduced-calorie, rye	0.13	0.66
18344	Rolls, dinner, egg	0.13	1.12
10906	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated	0.13	1.60
11242	Kohlrabi, cooked, boiled, drained, without salt	0.13	0.31
11793	Kohlrabi, cooked, boiled, drained, with salt	0.13	0.31
17021	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw	0.13	3.77
17028	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.13	4.06
17040	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.13	7.52
17111	Veal, rib, separable lean and fat, cooked, braised	0.13	5.57
23051	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.13	4.31
23292	Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0.13	8.50
43326	Pork, cured, ham, low sodium, lean and fat, cooked	0.13	2.55
19393	Frozen yogurts, chocolate, soft-serve	0.13	0.49
21400	Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce	0.13	2.16
23034	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw	0.13	3.98
23053	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw	0.13	3.72
23083	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.13	9.44

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23271	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.13	8.42
23281	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.13	7.12
28349	Cookies, oatmeal, reduced fat	0.13	0.61
32012	Pizza rolls, frozen, unprepared	0.13	0.73
05651	Ostrich, oyster, raw	0.13	3.59
08507	Cereals ready-to-eat, RALSTON Crispy Hexagons	0.13	7.43
10016	Pork, fresh, leg (ham), shank half, separable lean and fat, raw	0.13	2.02
10117	Pork, fresh, variety meats and by-products, spleen, raw	0.13	2.54
10803	USDA Commodity, pork, ground, fine/coarse, frozen, cooked	0.13	3.59
10920	Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil	0.13	2.16
11616	Dock, raw	0.13	0.20
13473	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.13	4.67
13474	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.13	4.64
13933	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.13	5.55
17329	Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled	0.13	6.32
17330	Game meat , bison, ground, raw	0.13	4.29
17337	Game meat, bison, top round, separable lean only, 1" steak, raw	0.13	2.92
03209	Babyfood, crackers, vegetable	0.13	0.90
05086	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour	0.13	3.07
06972	Sauce, tomato chili sauce, bottled, with salt	0.13	0.16
07073	Sandwich spread, pork, beef	0.13	1.02
08046	Cereals ready-to-eat, POST, Honeycomb Cereal	0.13	4.69
08057	Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX	0.13	11.69
09148	Kiwifruit, green, raw	0.13	0.14
09296	Quinces, raw	0.13	0.04
10140	Pork, cured, ham, regular (approximately 13% fat), canned, roasted	0.13	2.50
11191	Cowpeas (blackeyes), immature seeds, raw	0.13	1.01
11335	Peppers, sweet, green, canned, solids and liquids	0.13	0.18
11445	Seaweed, kelp, raw	0.13	1.23
11457	Spinach, raw	0.13	0.53
11613	Borage, raw	0.13	0.20
11916	Peppers, sweet, red, canned, solids and liquids	0.13	0.18
13459	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.13	4.56
13460	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.13	4.59
13650	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.13	9.40
14024	Beverages, Whiskey sour mix, powder	0.13	0.14

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15124	Fish, tuna, white, canned in oil, drained solids	0.13	0.47
15185	Fish, tuna, white, canned in oil, without salt, drained solids	0.13	0.47
17024	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.13	3.48
17079	Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled	0.13	3.29
17103	Veal, leg (top round), separable lean only, cooked, roasted	0.13	3.08
17268	Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw	0.13	3.20
17310	Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw	0.13	2.50
17320	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw	0.13	4.87
18032	Bread, irish soda, prepared from recipe	0.13	0.57
19064	Candies, TOOTSIE ROLL, chocolate-flavor roll	0.13	0.40
19076	Candies, caramels, chocolate-flavor roll	0.13	0.40
19355	Syrups, sorghum	0.13	0.41
19407	Snacks, beef sticks, smoked	0.13	2.42
20025	Cornmeal, yellow, self-rising, degermed, enriched	0.13	1.00
20061	Rice flour, white, unenriched	0.13	0.80
20325	Cornmeal, white, self-rising, degermed, enriched	0.13	1.00
23036	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw	0.13	4.38
23282	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.13	7.09
28314	Crackers, sandwich-type, peanut butter filled, reduced fat	0.13	0.67
36060	ON THE BORDER, soft taco with ground beef, cheese and lettuce	0.13	1.97
20651	Rice, brown, parboiled, cooked, UNCLE BENS	0.13	0.77
22918	Burrito, bean and cheese, frozen	0.13	0.71
23131	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.13	9.24
23614	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.13	8.20
28307	Bread, naan, plain, commercially prepared, refrigerated	0.13	0.81
05090	Chicken, broilers or fryers, neck, meat only, cooked, simmered	0.13	3.77
08268	Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY	0.13	11.39
08273	Cereals ready-to-eat, GENERAL MILLS, BOO BERRY	0.13	11.39
10081	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised	0.13	4.84
11241	Kohlrabi, raw	0.13	0.03
11259	Mountain yam, hawaii, cooked, steamed, without salt	0.13	0.32
11671	Potatoes, o'brien, home-prepared	0.13	0.30
11819	Peppers, hot chili, red, raw	0.13	0.26
11927	Mountain yam, hawaii, cooked, steamed, with salt	0.13	0.32
11977	Peppers, serrano, raw	0.13	0.26
13820	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.13	8.65

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13890	Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried	0.13	4.58
16103	Refried beans, canned, traditional style (includes USDA commodity)	0.13	0.58
16165	MORI-NU, Tofu, silken, lite extra firm	0.13	0.26
16403	Refried beans, canned, traditional, reduced sodium	0.13	0.58
17010	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.13	8.66
17034	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.13	4.47
17057	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.13	6.48
17098	Veal, leg (top round), separable lean and fat, cooked, roasted	0.13	3.04
17136	Veal, sirloin, separable lean and fat, cooked, roasted	0.13	3.35
17446	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.13	2.94
18437	English muffins, plain, enriched, without calcium propionate(includes sourdough)	0.13	0.70
18438	English muffins, plain, unenriched, with calcium propionate (includes sourdough)	0.13	0.70
18439	English muffins, plain, unenriched, without calcium propionate (includes sourdough)	0.13	0.70
01240	Ice cream cone, chocolate covered, with nuts, flavors other than chocolate	0.13	0.86
01258	Egg, white, dried, stabilized, glucose reduced	0.13	0.13
05641	Ostrich, ground, raw	0.13	3.51
05695	Turkey, dark meat, meat only, with added solution, cooked, roasted	0.13	3.40
05725	Turkey, drumstick, from whole bird, meat only, with added solution, roasted	0.13	3.40
05728	Turkey, thigh, from whole bird, meat only, with added solution, roasted	0.13	3.40
06016	Soup, cream of chicken, canned, condensed	0.13	0.29
06175	Sauce, hoisin, ready-to-serve	0.13	0.32
06983	Soup, ramen noodle, chicken flavor, dry	0.13	0.59
08501	Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES	0.13	5.99
10079	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted	0.13	4.07
10169	Pork, cured, shoulder, arm picnic, separable lean only, roasted	0.13	2.94
11039	Lima beans, immature seeds, frozen, baby, unprepared	0.13	0.63
11450	Soybeans, green, raw	0.13	0.99
13379	Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.13	8.58
13463	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.13	4.51
15207	Fish, roe, mixed species, cooked, dry heat	0.13	1.28
16120	Soymilk, original and vanilla, unfortified	0.13	0.12
17004	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked	0.13	5.27
17026	Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw	0.13	3.19
17037	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.13	5.72
17056	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised	0.13	8.06
17123	Veal, shoulder, arm, separable lean and fat, cooked, braised	0.13	5.81

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17135	Veal, sirloin, separable lean and fat, cooked, braised	0.13	4.32
17225	Lamb, ground, cooked, broiled	0.13	4.67
17443	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw	0.13	2.32
18001	Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame)	0.13	0.83
18038	Bread, oat bran, toasted	0.13	1.05
21284	PAPA JOHN'S 14" Pepperoni Pizza, Original Crust	0.13	1.34
23397	Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted	0.13	6.38
43506	Frozen novelties, ice cream type, chocolate or caramel covered, with nuts	0.13	0.63
21249	BURGER KING, french fries	0.13	0.44
21276	PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust	0.13	1.45
21387	BURGER KING, Hash Brown Rounds	0.13	0.37
23052	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.13	5.68
23268	Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.13	9.99
28363	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original	0.13	0.97
05188	Turkey, from whole, dark meat, cooked, roasted	0.13	3.51
05216	Turkey, back, from whole bird, meat only, roasted	0.13	3.51
05741	Turkey, thigh, from whole bird, meat only, roasted	0.13	3.51
09132	Grapes, red or green (European type, such as Thompson seedless), raw	0.13	0.07
11008	Artichokes, (globe or french), cooked, boiled, drained, without salt	0.13	0.40
11357	Potatoes, white, flesh and skin, baked	0.13	0.35
11422	Pumpkin, raw	0.13	0.32
11702	Artichokes, (globe or french), cooked, boiled, drained, with salt	0.13	0.40
17376	Lamb, New Zealand, imported, testes, cooked, soaked and fried	0.13	2.12
17389	Lamb, New Zealand, imported, loin, boneless, separable lean only, raw	0.13	2.10
17410	Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw	0.13	2.09
19016	Snacks, granola bars, hard, almond	0.13	1.58
06583	Soup, ramen noodle, any flavor, dry	0.13	0.60
08582	Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER	0.13	13.90
11351	Pokeberry shoots, (poke), cooked, boiled, drained, without salt	0.13	0.19
11827	Pokeberry shoots, (poke), cooked, boiled, drained, with salt	0.13	0.19
13500	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.13	9.82
13816	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.13	8.41
17013	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw	0.13	3.84
17243	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.13	6.80
17244	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.13	5.58
17328	Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw	0.13	5.22

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17396	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted	0.13	2.56
17460	Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.13	2.30
18289	Pancakes, plain, dry mix, complete (includes buttermilk)	0.13	0.72
18416	Bread, white, commercially prepared, low sodium, no salt	0.13	0.62
21287	LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust	0.13	1.61
25024	Pretzels, soft, unsalted	0.13	0.94
35239	Tortilla, blue corn, Sakwavikaviki (Hopi)	0.13	0.68
36407	Restaurant, Latino, Arroz con grandules (rice and pigeonpeas)	0.13	0.74
43109	Pretzels, soft	0.13	0.94
19227	Frostings, coconut-nut, ready-to-eat	0.12	0.41
20656	Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES	0.12	1.08
21283	PAPA JOHN'S 14" Cheese Pizza, Original Crust	0.12	1.24
21288	LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust	0.12	1.66
22401	Spaghetti with meat sauce, frozen entree	0.12	0.51
23092	Beef, chuck for stew, separable lean and fat, choice, cooked, braised	0.12	8.27
23280	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.12	9.88
05184	Turkey, dark meat from whole, meat and skin, cooked, roasted	0.12	3.35
06072	Soup, vegetable with beef broth, canned, condensed	0.12	0.65
10946	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw	0.12	3.10
16230	Soymilk (all flavors), nonfat, with added calcium, vitamins A and D	0.12	0.10
17069	Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised	0.12	6.45
17289	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised	0.12	7.93
17439	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.12	3.67
18104	Coffeecake, cinnamon with crumb topping, commercially prepared, enriched	0.12	0.81
18214	Crackers, cheese, regular	0.12	1.19
18417	Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched	0.12	0.81
09095	Figs, dried, stewed	0.12	0.24
10073	Pork, fresh, shoulder, whole, separable lean only, cooked, roasted	0.12	4.16
10918	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted	0.12	1.95
11312	Peas, green, frozen, unprepared	0.12	0.82
11645	Sweet potato, canned, syrup pack, solids and liquids	0.12	0.19
13069	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.12	6.05
13436	Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.12	4.56
13438	Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised	0.12	4.56
13818	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.12	8.23
13897	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried	0.12	4.35

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17017	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw	0.12	3.89
17125	Veal, shoulder, arm, separable lean only, raw	0.12	3.34
17240	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.12	4.21
17415	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised	0.12	5.35
17427	Veal, loin, chop, separable lean only, cooked, grilled	0.12	1.83
18621	NABISCO, NABISCO RITZ Crackers	0.12	0.61
21138	Fast foods, potato, french fried in vegetable oil	0.12	0.50
33879	Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR	0.12	25.43
21605	School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked	0.12	1.60
22402	Beef macaroni with tomato sauce, frozen entree, reduced fat	0.12	1.08
27059	Sauce, peanut, made from peanut butter, water, soy sauce	0.12	0.78
28323	Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk)	0.12	0.60
36607	CRACKER BARREL, steak fries	0.12	0.42
05668	Ground turkey, 85% lean, 15% fat, raw	0.12	2.75
07972	Meatballs, frozen, Italian style	0.12	1.66
09292	Plums, dried (prunes), stewed, without added sugar	0.12	0.19
10019	Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted	0.12	2.67
10058	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled	0.12	3.94
10913	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted	0.12	1.74
11149	Chayote, fruit, raw	0.12	0.74
13377	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.12	7.79
13598	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.12	9.48
13919	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.12	4.03
13922	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.12	4.03
13925	Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.12	4.03
16223	Soymilk (All flavors), enhanced	0.12	0.24
17008	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.12	7.69
17036	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.12	6.37
17229	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.12	7.69
17252	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.12	5.77
17381	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw	0.12	3.26
17393	Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised	0.12	5.72
17422	Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw	0.12	3.26
06430	Soup, clam chowder, new england, canned, prepared with equal volume water	0.12	0.18
06982	Soup, ramen noodle, beef flavor, dry	0.12	0.61
07034	Headcheese, pork	0.12	0.97

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
08586	Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX	0.12	13.39
10867	Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted	0.12	3.09
10907	Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated	0.12	1.85
11044	Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt	0.12	0.47
11718	Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt	0.12	0.47
13165	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.12	7.23
13428	Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.12	4.50
13430	Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.12	4.50
13432	Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.12	4.50
15098	Fish, sheepshead, cooked, dry heat	0.12	0.63
17053	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.12	5.62
17238	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.12	3.52
17419	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted	0.12	2.52
18183	Cookies, oatmeal, refrigerated dough, baked	0.12	0.71
18399	Pie crust, cookie-type, prepared from recipe, graham cracker, chilled	0.12	0.46
20118	Noodles, flat, crunchy, Chinese restaurant	0.12	0.63
23044	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.12	9.61
23615	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.12	7.76
20089	Wild rice, cooked	0.12	1.34
21107	Fast foods, hamburger; single, regular patty; plain	0.12	2.52
21250	BURGER KING, Hamburger	0.12	2.38
21291	LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust	0.12	1.57
23041	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.12	6.58
23283	Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw	0.12	7.82
23519	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled	0.12	7.83
01160	Egg, yolk, raw, frozen, salted, pasteurized	0.12	2.87
04367	Salad dressing, french dressing, fat-free	0.12	0.10
06967	Soup, vegetable soup, condensed, low sodium, prepared with equal volume water	0.12	0.20
09033	Apricots, dried, sulfured, stewed, without added sugar	0.12	0.14
10059	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted	0.12	2.62
10087	Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted	0.12	4.23
11697	Arrowroot, raw	0.12	0.63
13902	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.12	5.49
13961	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.12	7.83
14164	Beverages, chocolate malt powder, prepared with 1% milk, fortified	0.12	1.22
16164	MORI-NU, Tofu, silken, lite firm	0.12	0.33

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17018	Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.12	5.02
17030	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled	0.12	4.00
17052	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised	0.12	6.86
17059	Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw	0.12	4.15
17119	Veal, shoulder, whole (arm and blade), separable lean only, raw	0.12	4.06
17214	Lamb, variety meats and by-products, spleen, raw	0.12	2.84
17227	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.12	4.74
17251	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.12	6.98
17327	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.12	5.61
18955	Bread, pan dulce, sweet yeast bread	0.12	0.84
06115	Gravy, au jus, dry	0.12	0.70
07056	Peppered loaf, pork, beef	0.12	3.23
08347	Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH	0.12	12.50
08409	Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes	0.12	0.24
08643	Cereals ready-to-eat, GENERAL MILLS, Honey KIX	0.12	18.20
09048	Blackberries, frozen, unsweetened	0.12	0.25
09195	Olives, pickled, canned or bottled, green	0.12	0.04
10054	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled	0.12	3.60
10923	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted	0.12	2.35
11246	Leeks, (bulb and lower leaf-portion), raw	--	0.12
11298	Parsnips, raw	0.12	0.59
11676	Radish seeds, sprouted, raw	0.12	0.56
13343	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.12	7.61
13353	Beef, cured, luncheon meat, jellied	0.12	3.55
13888	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.12	6.73
14356	Beverages, tea, instant, decaffeinated, lemon, diet	0.12	0.89
14375	Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder	0.12	0.89
17003	Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw	0.12	4.06
17014	Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.12	4.94
17050	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.12	5.25
17083	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted	0.12	2.89
17091	Veal, composite of trimmed retail cuts, separable lean only, cooked	0.12	5.10
17122	Veal, shoulder, arm, separable lean and fat, raw	0.12	3.20
17166	Game meat, elk, raw	0.12	2.40
17322	Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw	0.12	3.52
17453	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.12	3.53

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18388	Muffins, wheat bran, toaster-type with raisins, toasted	0.12	0.44
18448	Taco shells, baked, without added salt	0.12	1.40
19162	Candies, WHATCHAMACALLIT Candy Bar	0.12	0.43
21254	BURGER KING, DOUBLE WHOPPER, no cheese	0.12	3.00
21347	McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing	0.12	0.34
21389	Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise	0.12	3.00
21477	DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked	0.12	1.45
23090	Beef, chuck for stew, separable lean and fat, all grades, cooked, braised	0.12	8.32
23413	Beef, New Zealand, imported, flat, separable lean only, raw	0.12	5.44
23443	Beef, New Zealand, imported, variety meats and by-products, tongue, raw	0.12	2.70
23602	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.12	8.32
35196	Lambsquarters, raw (Northern Plains Indians)	0.12	0.72
21280	DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust	0.12	1.31
23059	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.12	6.88
23446	Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted	0.12	5.93
32019	Lasagna, cheese, frozen, unprepared	0.12	0.63
32020	Chicken, thighs, frozen, breaded, reheated	0.12	1.39
43325	Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted	0.12	2.63
05701	Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted	0.12	3.15
08011	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES	0.12	15.56
09129	Grapes, muscadine, raw	0.12	0.11
10017	Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted	0.12	2.42
10183	Pork, cured, ham, boneless, extra lean and regular, roasted	0.12	2.63
13066	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.12	5.77
13368	Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.12	6.89
13884	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.12	6.67
13886	Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.12	6.62
13899	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.12	4.37
15187	Fish, bass, freshwater, mixed species, cooked, dry heat	0.12	0.83
15201	Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat	0.12	0.86
17002	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked	0.12	4.46
17022	Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.12	4.85
17025	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.12	3.41
17074	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw	0.12	3.16
17116	Veal, shoulder, whole (arm and blade), separable lean and fat, raw	0.12	3.93
17315	Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled	0.12	3.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17429	Veal, foreshank, osso buco, separable lean only, cooked, braised	0.12	5.32
17437	Veal, loin, chop, separable lean and fat, cooked, grilled	0.12	1.81
19039	Snacks, popcorn, caramel-coated, without peanuts	0.12	0.58
19049	Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel	0.12	0.73
01070	Dessert topping, powdered	0.12	0.08
06230	Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk	0.12	0.43
06630	Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve	0.12	1.00
07973	Turkey bacon, microwaved	0.12	4.71
09125	Grapefruit juice, white, frozen concentrate, unsweetened, undiluted	0.12	0.18
09288	Prunes, canned, heavy syrup pack, solids and liquids	0.12	0.19
10176	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried	0.12	3.42
10179	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried	0.12	3.20
10868	Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil	0.12	2.29
11414	Potato salad, home-prepared	0.12	0.31
11674	Potatoes, baked, flesh and skin, without salt	0.12	0.36
11828	Potatoes, baked, flesh and skin, with salt	0.12	0.36
13892	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.12	4.34
13895	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.12	4.31
15040	Fish, herring, Atlantic, cooked, dry heat	0.12	1.27
17140	Veal, cubed for stew (leg and shoulder), separable lean only, raw	0.12	3.48
17233	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.12	4.72
17394	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted	0.12	5.00
17406	Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried	0.12	2.86
17458	Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.12	2.72
18310	Pie, chocolate creme, commercially prepared	0.12	0.44
18965	Crackers, cheese, reduced fat	0.12	0.90
19007	Snacks, corn-based, extruded, onion-flavor	0.12	0.33
19172	Gelatin desserts, dry mix	0.12	0.01
19702	Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt	0.12	0.01
21479	DIGIORNO Pizza, supreme topping, rising crust, frozen, baked	0.12	1.30
21494	DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust	0.12	1.24
23082	Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.12	9.53
23509	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.12	7.83
36615	DENNY'S, top sirloin steak	0.12	5.26
21241	WENDY'S, Jr. Hamburger, without cheese	0.12	2.10
23547	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.12	7.82

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
07905	Frankfurter, beef, pork, and turkey, fat free	0.12	2.92
08018	Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN	0.12	15.30
08078	Cereals ready-to-eat, GENERAL MILLS, TRIX	0.12	14.10
09167	Loganberries, frozen	0.12	0.34
09247	Peaches, dried, sulfured, stewed, without added sugar	0.12	0.18
10861	Pork, cured, bacon, cooked, microwaved	0.12	3.51
10887	Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated	0.12	1.65
10891	Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated	0.12	2.79
10916	Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil	0.12	1.93
10986	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled	0.12	3.73
11451	Soybeans, green, cooked, boiled, drained, without salt	0.12	0.91
11853	Soybeans, green, cooked, boiled, drained, with salt	0.12	0.91
16059	Chili with beans, canned	0.12	2.00
16064	Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain	0.12	0.70
17016	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.12	4.66
17109	Veal, loin, separable lean only, cooked, roasted	0.12	3.24
17232	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.12	3.58
17241	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.12	3.62
04636	Salad dressing, italian dressing, fat-free	0.12	0.36
05023	Chicken, gizzard, all classes, raw	0.12	2.72
05126	Chicken, stewing, meat only, cooked, stewed	0.12	2.06
09447	Plantains, yellow, fried, Latino restaurant	0.12	0.24
10015	Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted	0.12	2.48
10055	Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted	0.12	2.52
10953	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw	0.12	2.83
11354	Potatoes, white, flesh and skin, raw	0.12	0.29
11459	Spinach, canned, regular pack, solids and liquids	0.12	0.42
11609	Beets, pickled, canned, solids and liquids	0.12	0.26
11855	Spinach, canned, no salt added, solids and liquids	0.12	0.42
13345	Beef, cured, breakfast strips, cooked	0.12	6.37
13812	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.12	6.87
17047	Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw	0.12	4.15
17078	Lamb, New Zealand, imported, loin chop, separable lean only, raw	0.12	2.69
17087	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised	0.12	5.60
17137	Veal, sirloin, separable lean only, raw	0.12	2.73
17230	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.12	3.43

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17231	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.12	4.53
17287	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.12	6.96
17387	Lamb, New Zealand, imported, loin saddle, separable lean only, raw	0.12	2.54
17424	Veal, ground, cooked, pan-fried	0.12	2.95
17436	Veal, foreshank, osso buco, separable lean and fat, cooked, braised	0.12	5.08
17440	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised	0.12	4.28
18011	Biscuits, plain or buttermilk, dry mix, prepared	0.12	0.61
21290	LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust	0.12	1.52
21491	PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust	0.12	1.63
23043	Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.12	7.47
23091	Beef, chuck for stew, separable lean and fat, select, cooked, braised	0.12	8.47
23133	Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.12	9.28
43566	Snacks, tortilla chips, light (baked with less oil)	0.12	1.15
21267	TACO BELL, BURRITO SUPREME with steak	0.12	1.38
23064	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.12	5.10
23461	Beef, New Zealand, imported, flat, separable lean and fat, raw	0.12	5.22
23595	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.12	7.98
25050	Snacks, yucca (cassava) chips, salted	0.12	0.85
36007	T.G.I. FRIDAY'S, french fries	0.12	0.57
43217	Tomato sauce, canned, no salt added	0.12	0.22
03851	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted	0.12	0.96
03856	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted	0.12	0.96
03951	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted	0.12	0.96
10925	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil	0.12	2.87
11208	Dandelion greens, cooked, boiled, drained, without salt	0.12	0.28
11391	Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil	0.12	0.38
11430	Radishes, oriental, raw	0.12	0.15
11549	Tomato products, canned, sauce	0.12	0.22
11782	Dandelion greens, cooked, boiled, drained, with salt	0.12	0.28
11981	Peppers, hungarian, raw	0.12	0.30
13370	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.12	8.00
13372	Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.12	7.39
16023	Beans, french, mature seeds, cooked, boiled, without salt	0.12	0.64
16323	Beans, french, mature seeds, cooked, boiled, with salt	0.12	0.64
17012	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.12	4.40
17015	Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.12	3.50

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17031	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.12	3.49
18017	Biscuits, mixed grain, refrigerated dough	0.12	0.60
18073	Bread, white, prepared from recipe, made with low fat (2%) milk	0.12	0.64
18211	Puff pastry, frozen, ready-to-bake, baked	0.12	0.54
18291	Pancakes, plain, dry mix, incomplete (includes buttermilk)	0.12	0.84
18970	Tortillas, ready-to-bake or -fry, flour, shelf stable	0.12	0.57
19009	Snacks, KRAFT, CORNNUTS, plain	0.12	1.78
01173	Egg, white, dried	0.11	0.10
09043	Blackberry juice, canned	0.11	0.41
10083	Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted	0.11	3.96
10802	USDA Commodity, pork, cured, ham, boneless, cooked, heated	0.11	2.23
10903	Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated	0.11	2.53
10940	Pork, fresh, spareribs, separable lean and fat, cooked, roasted	0.11	3.26
10992	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled	0.11	3.41
11028	Bamboo shoots, canned, drained solids	0.11	0.65
11204	Cress, garden, cooked, boiled, drained, without salt	0.11	0.15
11395	Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated	0.11	0.43
11428	Purslane, cooked, boiled, drained, without salt	0.11	0.17
11781	Cress, garden, cooked, boiled, drained, with salt	0.11	0.15
11849	Purslane, cooked, boiled, drained, with salt	0.11	0.17
13369	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.11	7.61
13982	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.11	11.99
17065	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked	0.11	4.30
17089	Veal, composite of trimmed retail cuts, separable lean and fat, cooked	0.11	4.76
17234	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.11	3.13
17249	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted	0.11	4.58
17399	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted	0.11	4.59
17448	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted	0.11	2.98
18210	Cookies, vanilla sandwich with creme filling	0.11	0.40
18337	Puff pastry, frozen, ready-to-bake	0.11	0.53
18396	Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk	0.11	0.70
21238	McDONALD'S, french fries	0.11	0.51
21281	DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust	0.11	1.33
21474	DIGIORNO Pizza, cheese topping, rising crust, frozen, baked	0.11	1.56
22903	Pizza, pepperoni topping, regular crust, frozen, cooked	0.11	1.52
23069	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.11	10.98

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
25003	Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C	0.11	0.19
21083	Fast foods, taco salad	0.11	1.36
21263	TACO BELL, Soft Taco with steak	0.11	2.15
21302	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust	0.11	1.40
22535	HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen	0.11	0.95
22537	HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen	0.11	0.95
22902	Pizza, meat topping, thick crust, frozen, cooked	0.11	1.36
23402	Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised	0.11	5.16
23633	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.11	8.43
35203	Rose Hips, wild (Northern Plains Indians)	0.11	0.25
05085	Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter	0.11	2.50
06010	Soup, cream of celery, canned, condensed	0.11	0.12
07957	Pork and turkey sausage, pre-cooked	0.11	1.34
09263	Persimmons, japanese, raw	0.11	0.11
09430	Pineapple, raw, extra sweet variety	0.11	0.12
10071	Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted	0.11	3.71
10168	Pork, cured, shoulder, arm picnic, separable lean and fat, roasted	0.11	2.51
10869	Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil	0.11	2.25
10878	Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil	0.11	1.94
10908	Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated	0.11	1.56
11427	Purslane, raw	0.11	0.17
11659	Sweet potato, cooked, candied, home-prepared	0.11	0.17
13502	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.11	9.88
13965	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.11	8.92
13980	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.11	11.95
17011	Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.11	3.32
17042	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.11	6.04
17046	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.11	4.48
17090	Veal, composite of trimmed retail cuts, separable lean only, raw	0.11	3.23
17235	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.11	4.20
17279	Veal, shank (fore and hind), separable lean only, cooked, braised	0.11	6.81
17318	Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.11	4.09
17407	Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted	0.11	2.61
17411	Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised	0.11	5.21
18254	Doughnuts, yeast-leavened, with creme filling	0.11	0.80
18322	Pie, mince, prepared from recipe	0.11	0.22

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18360	Taco shells, baked	0.11	1.61
18962	Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS	0.11	4.11
05723	Turkey, retail parts, drumstick, meat only, cooked, roasted	0.11	4.50
06120	Gravy, chicken, dry	0.11	1.39
10013	Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted	0.11	2.31
11533	Tomatoes, red, ripe, canned, stewed	0.11	0.17
13485	Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised	0.11	8.38
13963	Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.11	7.83
13967	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.11	8.92
17019	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.11	3.08
17020	Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.11	4.13
17082	Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw	0.11	2.66
17261	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled	0.11	2.76
17425	Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled	0.11	3.29
17455	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.11	4.09
18071	Bread, white, prepared from recipe, made with nonfat dry milk	0.11	0.59
20082	Wheat flour, white, all-purpose, self-rising, enriched	0.11	0.62
21495	DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust	0.11	1.27
23056	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.11	7.25
23511	Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.11	8.92
23521	Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled	0.11	7.81
36011	T.G.I. FRIDAY'S, classic sirloin steak (10 oz)	0.11	5.54
36014	Restaurant, family style, french fries	0.11	0.51
36608	CRACKER BARREL, grilled sirloin steak	0.11	5.42
44158	Pie fillings, blueberry, canned	0.11	0.10
19189	Puddings, chocolate, dry mix, regular, prepared with whole milk	0.11	0.48
21089	Fast foods, cheeseburger; single, regular patty; plain	0.11	2.49
21282	DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust	0.11	1.27
21484	Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust	0.11	1.32
23416	Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised	0.11	6.15
23523	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.11	8.76
23549	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.11	8.73
27051	Sauce, cocktail, ready-to-serve	0.11	0.38
28342	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour	0.11	0.77
28354	ANDREA'S, Gluten Free Soft Dinner Roll	0.11	0.77
36610	DENNY'S, french fries	0.11	0.46

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
01094	Milk, buttermilk, dried	0.11	4.02
07919	Sausage, turkey, breakfast links, mild	0.11	2.98
07927	Sausage, Italian, turkey, smoked	0.11	2.13
07929	Sausage, turkey, hot, smoked	0.11	2.13
08010	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH	0.11	16.16
08012	Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH	0.11	15.29
09176	Mangos, raw	0.11	0.09
10061	Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted	0.11	2.42
10076	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted	0.11	3.45
10222	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted	0.11	2.41
10804	USDA Commodity, pork, cured, ham, boneless, cooked, unheated	0.11	2.30
11986	Malabar spinach, cooked	0.11	0.30
13352	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11	9.85
13862	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.11	9.71
13981	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.11	12.28
17032	Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw	0.11	3.80
17075	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted	0.11	4.04
17277	Veal, shank (fore and hind), separable lean and fat, cooked, braised	0.11	6.63
18961	Crackers, cream, GAMESA SABROSAS	0.11	0.66
01161	Cheese substitute, mozzarella	0.11	1.92
03077	Babyfood, dinner, pasta with vegetables	0.11	0.40
05170	Turkey, skin from whole (light and dark), roasted	0.11	2.14
06009	Soup, beef noodle, canned, condensed	0.11	1.23
06046	Soup, cream of onion, canned, condensed	0.11	0.12
06192	Split pea soup, canned, reduced sodium, prepared with water or ready-to serve	0.11	0.40
07201	OSCAR MAYER, Bologna (beef)	0.11	2.03
07940	Macaroni and cheese loaf, chicken, pork and beef	0.11	1.51
09090	Figs, canned, water pack, solids and liquids	0.11	0.12
09266	Pineapple, raw, all varieties	0.11	0.12
10116	Pork, fresh, variety meats and by-products, pancreas, cooked, braised	0.11	4.29
10122	Pork, fresh, variety meats and by-products, tongue, cooked, braised	0.11	4.53
11150	Chayote, fruit, cooked, boiled, drained, without salt	0.11	0.31
11258	Mountain yam, hawaii, raw	0.11	0.27
11352	Potatoes, flesh and skin, raw	0.11	0.30
11394	Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased	0.11	0.36
11766	Chayote, fruit, cooked, boiled, drained, with salt	0.11	0.31

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
12193	Seeds, sisymbrium sp. seeds, whole, dried	0.11	0.30
13346	Beef, cured, corned beef, brisket, raw	0.11	2.85
13351	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.11	10.05
15012	Fish, caviar, black and red, granular	0.11	0.95
15044	Fish, ling, raw	0.11	0.78
15118	Fish, tuna, fresh, bluefin, cooked, dry heat	0.11	0.77
15220	Fish, tuna, skipjack, fresh, cooked, dry heat	0.11	1.05
17058	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted	0.11	6.48
17099	Veal, leg (top round), separable lean only, raw	0.11	2.34
17106	Veal, loin, separable lean and fat, cooked, roasted	0.11	3.03
17134	Veal, sirloin, separable lean and fat, raw	0.11	2.55
17236	Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.11	2.65
18182	Cookies, oatmeal, refrigerated dough	0.11	0.64
19433	Tortilla chips, low fat, baked without fat	0.11	1.15
19833	Snacks, tortilla chips, low fat, unsalted	0.11	1.15
20050	Rice, white, medium-grain, raw, enriched	0.11	1.16
20450	Rice, white, medium-grain, raw, unenriched	0.11	1.16
21063	Fast foods, burrito, with beans and beef	0.11	1.99
21251	BURGER KING, Cheeseburger	0.11	2.40
21278	DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust	0.11	1.22
21480	DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked	0.11	1.40
21485	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust	0.11	1.64
21493	DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust	0.11	1.48
23106	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.11	9.66
23525	Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.11	8.68
32026	Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen	0.11	1.04
42128	Turkey ham, sliced, extra lean, prepackaged or deli-sliced	0.11	2.36
21091	Fast foods, cheeseburger; single, regular patty, with condiments and vegetables	0.11	2.18
21121	Fast foods, roast beef sandwich, plain	0.11	2.27
21242	WENDY'S, Jr. Hamburger, with cheese	0.11	2.18
21303	Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust	0.11	1.35
21527	ARBY'S, roast beef sandwich, classic	0.11	2.27
22910	Lasagna, cheese, frozen, prepared	0.11	0.91
23050	Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.11	4.81
23071	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.11	10.91
23162	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.11	8.24

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23634	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.11	8.19
23660	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.11	6.47
28347	Pancakes, gluten-free, frozen, ready-to-heat	0.11	0.55
28362	PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza	0.11	0.81
28374	VAN'S, Gluten Free, Totally Original Pancakes	0.11	0.55
36002	APPLEBEE'S, french fries	0.11	0.49
05088	Chicken, broilers or fryers, neck, meat only, raw	0.11	2.68
10078	Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised	0.11	3.35
10213	Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted	0.11	2.20
10217	Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted	0.11	2.25
10890	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated	0.11	2.40
11278	Okra, raw	0.11	0.58
11499	Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids	0.11	0.50
13443	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11	5.65
15115	Fish, trout, rainbow, wild, raw	0.11	1.08
16054	Broadbeans (fava beans), mature seeds, canned	0.11	0.62
17009	Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw	0.11	5.95
17039	Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw	0.11	4.77
17077	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled	0.11	2.65
17088	Veal, composite of trimmed retail cuts, separable lean and fat, raw	0.11	3.06
17316	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.11	2.20
17326	Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw	0.11	4.37
17444	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw	0.11	3.10
18350	Rolls, hamburger or hotdog, plain	0.11	0.73
05156	Pheasant, leg, meat only, raw	0.11	1.53
06180	Soup, shark fin, restaurant-prepared	0.11	0.82
09091	Figs, canned, light syrup pack, solids and liquids	0.11	0.11
10011	Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted	0.11	3.26
10141	Pork, cured, ham, center slice, country-style, separable lean only, raw	0.11	2.81
11311	Peas, green, canned, drained solids, rinsed in tap water	0.11	0.68
11812	Peas, green, canned, no salt added, solids and liquids	0.11	0.70
13367	Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.11	5.96
13378	Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised	0.11	8.09
13384	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.11	11.49
17038	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.11	5.23
17081	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted	0.11	2.69

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17094	Veal, leg (top round), separable lean and fat, raw	0.11	2.30
17113	Veal, rib, separable lean only, raw	0.11	3.47
17226	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.11	3.52
17245	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.11	5.44
17391	Lamb, New Zealand, imported, hind-shank, separable lean only, raw	0.11	3.45
18963	Garlic bread, frozen	0.11	0.87
21144	CHICK-FIL-A, hash browns	0.11	0.45
21478	DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked	0.11	1.64
23105	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.11	9.85
23214	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.11	8.06
23426	Beef, New Zealand, imported, manufacturing beef, cooked, boiled	0.11	5.02
23481	Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned	0.11	7.15
19871	Frozen novelties, No Sugar Added, FUDGSICLE pops	0.11	0.55
21234	McDONALD'S, QUARTER POUNDER	0.11	2.69
21277	DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust	0.11	1.24
21473	DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked	0.11	1.67
21476	DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked	0.11	1.63
21482	Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust	0.11	1.26
21520	Fast foods, breadstick, soft, prepared with garlic and parmesan cheese	0.11	1.02
21525	PIZZA HUT, breadstick, parmesan garlic	0.11	1.02
23039	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw	0.11	5.99
23097	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.11	11.37
23164	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11	8.14
23166	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.11	8.49
23466	Beef, New Zealand, imported, rump centre, separable lean only, raw	0.11	3.46
23636	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.11	4.57
31022	Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil	0.11	0.63
36605	CRACKER BARREL, country fried shrimp platter	0.11	0.80
05131	Chicken, stewing, dark meat, meat only, raw	0.11	2.08
05665	Ground turkey, 93% lean, 7% fat, raw	0.11	2.53
05737	Turkey, retail parts, drumstick, meat and skin, cooked, roasted	0.11	4.22
08288	Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal	0.11	0.69
09084	Currants, red and white, raw	0.11	0.23
09248	Peaches, dried, sulfured, stewed, with added sugar	0.11	0.17
09354	Pineapple, canned, juice pack, drained	0.11	0.10
10075	Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised	0.11	3.10

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10193	Pork, fresh, backribs, separable lean and fat, cooked, roasted	0.11	3.07
10209	Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted	0.11	3.94
10872	Pork, cured, ham and water product, whole, boneless, separable lean only, unheated	0.11	1.60
10904	Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated	0.11	2.15
10905	Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated	0.11	1.59
10981	Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only	0.11	3.24
11013	Asparagus, canned, regular pack, solids and liquids	0.11	0.47
11356	Potatoes, Russet, flesh and skin, baked	0.11	0.35
11424	Pumpkin, canned, without salt	0.11	0.17
11707	Asparagus, canned, no salt added, solids and liquids	0.11	0.47
11846	Pumpkin, canned, with salt	0.11	0.17
11950	Mushrooms, enoki, raw	0.11	0.65
11951	Peppers, sweet, yellow, raw	0.11	0.17
13150	Beef, rib, shortribs, separable lean only, choice, cooked, braised	0.11	7.80
13158	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled	0.11	4.66
13943	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11	8.03
17055	Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw	0.11	5.11
17157	Game meat, bison, separable lean only, cooked, roasted	0.11	3.68
17253	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.11	5.72
01239	Ice cream cookie sandwich	0.11	0.32
03870	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber	0.11	0.56
03901	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted	0.11	1.00
03966	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate	0.11	1.19
05694	Turkey, dark meat from whole, meat only, with added solution, raw	0.11	2.68
05719	Turkey, back, from whole bird, meat only, with added solution, raw	0.11	2.68
05724	Turkey, drumstick, from whole bird, meat only, with added solution, raw	0.11	2.68
05726	Turkey, thigh, from whole bird, meat only, with added solution, raw	0.11	2.68
06253	Soup, cream of potato, canned, prepared with equal volume milk	0.11	0.27
09092	Figs, canned, heavy syrup pack, solids and liquids	0.11	0.11
10180	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried	0.11	2.83
10943	Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted	0.11	2.00
11308	Peas, green (includes baby and lesuer types), canned, drained solids, unprepared	0.11	0.66
13156	Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled	0.11	4.64
17054	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted	0.11	5.58
17115	Veal, rib, separable lean only, cooked, roasted	0.11	4.49
17265	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.11	4.76

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
20037	Rice, brown, long-grain, cooked	0.11	0.71
21064	Fast foods, burrito, with beans, cheese, and beef	0.11	0.88
21265	TACO BELL, BURRITO SUPREME with beef	0.11	0.88
21296	PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust	0.11	1.49
23216	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.11	8.33
23256	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.11	7.44
23257	Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.11	7.41
23444	Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled	0.11	2.39
23462	Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised	0.11	5.85
23467	Beef, New Zealand, imported, rump centre, separable lean and fat, raw	0.11	3.43
23560	Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned	0.11	7.06
36032	DENNY'S, spaghetti and meatballs	0.11	1.04
36038	Restaurant, family style, spaghetti and meatballs	0.11	1.04
20006	Barley, pearled, cooked	0.10	0.82
21275	PIZZA HUT 12" Pepperoni Pizza, Pan Crust	0.10	1.54
21299	Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust	0.10	1.34
21350	McDONALD'S, BIG MAC (without Big Mac Sauce)	0.10	2.07
21483	Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust	0.10	1.51
22954	Egg rolls, chicken, refrigerated, heated	0.10	0.52
23215	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10	7.95
23516	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10	8.19
25028	Tortilla chips, yellow, plain, salted	0.10	1.46
03159	Babyfood, fruit, pears and pineapple, junior	0.10	0.13
07058	Pickle and pimiento loaf, pork	0.10	1.68
08116	Cereals, MALT-O-MEAL, original, plain, dry	0.10	0.57
09267	Pineapple, canned, water pack, solids and liquids	0.10	0.12
09306	Raspberries, frozen, red, sweetened	0.10	0.18
10030	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled	0.10	3.15
10034	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled	0.10	3.34
10120	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried	0.10	3.03
10177	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried	0.10	3.03
10178	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried	0.10	2.88
10208	Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised	0.10	4.46
10862	Pork, cured, bacon, pre-sliced, cooked, pan-fried	0.10	3.06
10952	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted	0.10	1.99
11019	Asparagus, frozen, cooked, boiled, drained, without salt	0.10	0.41

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11222	Drumstick leaves, raw	0.10	0.60
11313	Peas, green, frozen, cooked, boiled, drained, without salt	0.10	0.67
11345	Pigeonpeas, immature seeds, cooked, boiled, drained, without salt	0.10	0.82
11709	Asparagus, frozen, cooked, boiled, drained, with salt	0.10	0.41
11814	Peas, green, frozen, cooked, boiled, drained, with salt	0.10	0.67
11826	Pigeonpeas, immature seeds, cooked, boiled, drained, with salt	0.10	0.82
11948	Pickles, cucumber, sweet, low sodium (includes bread and butter pickles)	0.10	0.08
13388	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10	7.46
13389	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10	7.46
13390	Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10	7.46
13950	Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10	8.01
15041	Fish, herring, Atlantic, pickled	0.10	0.53
16104	Bacon, meatless	0.10	0.42
17023	Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	2.53
17072	Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw	0.10	2.80
17259	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.10	3.67
17397	Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw	0.10	2.24
17463	Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.10	2.81
07013	Bratwurst, pork, cooked	0.10	3.25
07901	USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked	0.10	2.84
09063	Cherries, sour, red, raw	0.10	0.10
09414	Pears, raw, bosc	0.10	0.13
10037	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised	0.10	3.28
11128	Carrots, canned, regular pack, drained solids	0.10	0.26
11403	Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated	0.10	0.35
11579	Vegetables, mixed, canned, solids and liquids	0.10	0.51
11759	Carrots, canned, no salt added, drained solids	0.10	0.26
13354	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10	10.40
13450	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10	3.95
13804	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.10	5.77
13810	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.10	6.98
17001	Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	3.33
17246	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	3.52
18229	Crackers, standard snack-type, regular	0.10	0.49
18364	Tortillas, ready-to-bake or -fry, flour, refrigerated	0.10	0.53
21080	Fast foods, nachos, with cheese, beans, ground beef, and tomatoes	0.10	1.05

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21269	TACO BELL, Nachos Supreme	0.10	1.05
21274	PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust	0.10	1.68
21297	PIZZA HUT 14" Pepperoni Pizza, Pan Crust	0.10	1.36
21300	Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust	0.10	1.27
21492	DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust	0.10	1.65
21497	PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust	0.10	1.40
23441	Beef, New Zealand, imported, tenderloin, separable lean only, raw	0.10	2.34
23450	Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised	0.10	4.73
23554	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.10	8.04
23635	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0.10	4.46
42283	Snacks, potato chips, white, restructured, baked	0.10	0.45
43312	Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added	0.10	0.51
21293	PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust	0.10	1.44
21295	PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust	0.10	1.64
23107	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10	10.19
23476	Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned	0.10	6.97
23637	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw	0.10	4.42
01105	Milk, chocolate beverage, hot cocoa, homemade	0.10	0.63
01244	Milk dessert bar, frozen, made from lowfat milk	0.10	0.43
06444	Soup, mushroom with beef stock, canned, prepared with equal volume water	0.10	0.57
06453	Soup, cream of potato, canned, prepared with equal volume water	0.10	0.26
07002	Beerwurst, beer salami, pork and beef	0.10	2.21
07931	Beerwurst, pork and beef	0.10	2.21
09093	Figs, canned, extra heavy syrup pack, solids and liquids	0.10	0.11
09269	Pineapple, canned, light syrup pack, solids and liquids	0.10	0.12
10039	Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted	0.10	3.53
10041	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised	0.10	3.51
10944	Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw	0.10	1.73
11106	Butterbur, (fuki), raw	0.10	0.16
11126	Carrots, canned, regular pack, solids and liquids	0.10	0.29
11318	Peas and carrots, canned, regular pack, solids and liquids	0.10	0.58
11326	Peas and onions, frozen, unprepared	0.10	0.48
11353	Potatoes, russet, flesh and skin, raw	0.10	0.29
11642	Squash, summer, all varieties, cooked, boiled, drained, without salt	0.10	0.39
11724	Beans, snap, yellow, cooked, boiled, drained, without salt	0.10	0.36
11725	Beans, snap, yellow, cooked, boiled, drained, with salt	0.10	0.36

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11758	Carrots, canned, no salt added, solids and liquids	0.10	0.29
11816	Peas and carrots, canned, no salt added, solids and liquids	0.10	0.58
11857	Squash, summer, all varieties, cooked, boiled, drained, with salt	0.10	0.39
13447	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10	3.91
13946	Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10	8.43
14347	Shake, fast food, vanilla	0.10	0.57
17073	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted	0.10	3.58
17085	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised	0.10	4.53
17143	Veal, ground, cooked, broiled	0.10	3.87
17428	Veal, shank, separable lean only, raw	0.10	3.42
19114	Ice creams, chocolate, light	0.10	0.43
05335	Chicken, feet, boiled	0.10	0.69
06432	Soup, beef broth, bouillon, consomme, prepared with equal volume water	0.10	0.15
10043	Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted	0.10	3.74
10084	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw	0.10	3.36
10951	Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw	0.10	1.72
11380	Potatoes, mashed, dehydrated, granules without milk, dry form	0.10	0.91
11475	Squash, summer, scallop, raw	0.10	0.29
13442	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10	4.68
15181	Fish, salmon, pink, canned, without salt, solids with bone and liquid	0.10	0.92
17043	Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	3.43
17110	Veal, rib, separable lean and fat, raw	0.10	3.24
17255	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked	0.10	3.61
17257	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised	0.10	4.80
19057	Snacks, tortilla chips, nacho cheese	0.10	1.38
21097	Fast foods, cheeseburger; single, large patty; with condiments and bacon	0.10	2.67
21604	School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked	0.10	2.53
23403	Beef, New Zealand, imported, brisket point end, separable lean only, raw	0.10	2.66
23471	Beef, New Zealand, imported, tenderloin, separable lean and fat, raw	0.10	2.32
23609	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10	4.36
32007	Taquitos, frozen, beef and cheese, oven-heated	0.10	1.05
35143	Tortilla, includes plain and from mutton sandwich (Navajo)	0.10	0.32
21108	Fast foods, hamburger; single, regular patty; with condiments	0.10	2.03
21161	SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato	0.10	0.96
21162	Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread	0.10	0.96
21202	Fast foods, hamburger, large, single patty, with condiments	0.10	3.04

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21272	PIZZA HUT 12" Cheese Pizza, Pan Crust	0.10	1.63
21393	Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce	0.10	2.38
21496	PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust	0.10	1.54
21498	PIZZA HUT 14" Sausage Pizza, Pan Crust	0.10	1.25
23098	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10	11.38
23239	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10	7.11
23259	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10	7.07
23536	Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10	8.27
23597	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10	4.30
23616	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.10	4.28
23617	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.10	4.29
28351	Cookies, Marie biscuit	0.10	0.61
07912	Roast beef spread	0.10	6.08
09270	Pineapple, canned, heavy syrup pack, solids and liquids	0.10	0.12
10045	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised	0.10	3.10
10205	Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised	0.10	4.23
10880	Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated	0.10	1.79
10909	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated	0.10	1.77
11329	Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids	0.10	0.17
11431	Radishes, oriental, cooked, boiled, drained, without salt	0.10	0.13
11696	Tomatoes, yellow, raw	0.10	0.28
11820	Peppers, hot chili, red, canned, excluding seeds, solids and liquids	0.10	0.17
11850	Radishes, oriental, cooked, boiled, drained, with salt	0.10	0.13
13285	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.10	11.32
13865	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.10	4.35
13867	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.10	4.36
15011	Fish, catfish, channel, cooked, breaded and fried	0.10	0.86
17007	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	5.22
17213	Veal, variety meats and by-products, pancreas, cooked, braised	0.10	5.20
17224	Lamb, ground, raw	0.10	3.41
17228	Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	5.22
17413	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted	0.10	4.28
17420	Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw	0.10	2.17
18069	Bread, white, commercially prepared (includes soft bread crumbs)	0.10	0.74
18250	Doughnuts, cake-type, plain, sugared or glazed	0.10	0.44
18338	Phyllo dough	0.10	0.49

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19003	Snacks, corn-based, extruded, chips, plain	0.10	1.29
19058	Snacks, tortilla chips, ranch-flavor	0.10	1.43
03109	Babyfood, vegetables, sweet potatoes, junior	0.10	0.11
03114	Babyfood, vegetable, butternut squash and corn	0.10	0.30
03296	Babyfood, dinner, turkey, rice, and vegetables, toddler	0.10	0.61
03801	Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted	0.10	1.02
05003	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour	0.10	2.36
05124	Chicken, stewing, meat and skin, cooked, stewed	0.10	1.77
06001	Soup, cream of asparagus, canned, condensed	0.10	0.70
06011	Soup, cheese, canned, condensed	0.10	0.15
06013	Soup, chicken broth, canned, condensed	0.10	0.20
06015	Soup, chicken, canned, chunky, ready-to-serve	0.10	0.40
06017	Soup, chicken gumbo, canned, condensed	0.10	0.30
06022	Soup, chicken rice, canned, chunky, ready-to-serve	0.10	0.40
06027	Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve	0.10	0.70
06028	Soup, clam chowder, manhattan, canned, condensed	0.10	0.74
06039	Soup, minestrone, canned, chunky, ready-to-serve	0.10	0.60
06040	Soup, minestrone, canned, condensed	0.10	0.60
06045	Soup, onion, canned, condensed	0.10	0.50
06050	Soup, pea, split with ham, canned, chunky, ready-to-serve	0.10	1.30
06056	Soup, cream of shrimp, canned, condensed	0.10	0.60
06061	Soup, tomato beef with noodle, canned, condensed	0.10	0.60
06063	Soup, tomato rice, canned, condensed	0.10	0.40
06064	Soup, turkey, chunky, canned, ready-to-serve	0.10	0.90
06068	Soup, vegetarian vegetable, canned, condensed	0.10	0.38
06070	Soup, chunky beef, canned, ready-to-serve	0.10	1.10
06112	Sauce, teriyaki, ready-to-serve	--	0.10
06114	Gravy, au jus, canned	0.10	1.00
06116	Gravy, beef, canned, ready-to-serve	0.10	1.00
06121	Gravy, mushroom, canned	0.10	0.70
06125	Gravy, turkey, canned, ready-to-serve	0.10	0.80
06127	Gravy, unspecified type, dry	0.10	1.40
06158	Soup, tomato bisque, canned, condensed	0.10	0.46
06189	Sauce, teriyaki, ready-to-serve, reduced sodium	--	0.10
06193	Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve	0.10	0.49
06442	Soup, mushroom barley, canned, prepared with equal volume water	0.10	0.20

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
06483	Soup, cream of chicken, dry, mix, prepared with water	0.10	0.60
06547	Soup, beef mushroom, canned, prepared with equal volume water	0.10	0.60
06549	Soup, chicken mushroom, canned, prepared with equal volume water	0.10	0.40
06974	Soup, vegetable chicken, canned, prepared with water, low sodium	0.10	0.90
06977	Gravy, meat or poultry, low sodium, prepared	0.10	1.00
06978	Soup, beef and mushroom, low sodium, chunk style	0.10	1.10
06980	Soup, beef stroganoff, canned, chunky style, ready-to-serve	0.10	1.10
07006	Bockwurst, pork, veal, raw	0.10	2.07
07060	Luxury loaf, pork	0.10	3.05
07088	Honey roll sausage, beef	0.10	3.25
07091	New england brand sausage, pork, beef	0.10	2.70
07909	Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite	0.10	2.20
08058	Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19	0.10	50.00
08309	Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES	0.10	0.30
09098	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids	0.10	0.08
10009	Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted	0.10	2.96
10851	HORMEL, Cure 81 Ham	0.10	2.00
10852	HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored	0.10	1.50
10853	HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored	0.10	1.40
10855	HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork	0.10	1.50
10856	HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork	0.10	1.60
10857	HORMEL Canadian Style Bacon	0.10	1.80
11134	Cassava, raw	0.10	0.34
11197	Cowpeas, young pods with seeds, raw	0.10	0.34
11324	Peas and onions, canned, solids and liquids	0.10	0.58
11417	Pumpkin flowers, cooked, boiled, drained, without salt	--	0.10
11590	Waterchestnuts, chinese, canned, solids and liquids	0.10	0.38
11847	Pumpkin, flowers, cooked, boiled, drained, with salt	--	0.10
11960	Carrots, baby, raw	0.10	0.17
13395	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.10	6.99
13396	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled	0.10	6.99
13806	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.10	6.69
13808	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.10	6.13
13937	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10	6.39
13940	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10	6.39
14427	Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water	0.10	0.04

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15072	Fish, roe, mixed species, raw	0.10	1.00
15080	Fish, salmon, chum, canned, drained solids with bone	0.10	1.00
15180	Fish, salmon, chum, canned, without salt, drained solids with bone	0.10	1.00
15197	Fish, herring, Pacific, cooked, dry heat	0.10	0.68
17063	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked	0.10	3.49
17242	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	4.12
17344	Game meat, deer, ground, cooked, pan-broiled	0.10	5.20
17370	Lamb, New Zealand, imported, ground lamb, cooked, braised	0.10	3.38
17435	Veal, shank, separable lean and fat, raw	0.10	3.32
17441	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw	0.10	3.48
18212	Cookies, vanilla wafers, lower fat	0.10	0.36
18241	Croissants, cheese	0.10	0.94
18244	Danish pastry, cinnamon, enriched	0.10	0.72
18386	Muffins, blueberry, toaster-type, toasted	0.10	0.48
18430	Danish pastry, cinnamon, unenriched	0.10	0.72
18487	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores	0.10	0.40
18501	KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry	0.10	4.10
19297	Jams and preserves	0.10	0.06
19438	Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares	0.10	0.50
19719	Jams and preserves, apricot	0.10	0.06
20086	Wheat flour, white, tortilla mix, enriched	0.10	0.64
20121	Pasta, cooked, enriched, without added salt	0.10	0.51
20321	Pasta, cooked, enriched, with added salt	0.10	0.51
20421	Pasta, cooked, unenriched, without added salt	0.10	0.51
20521	Pasta, cooked, unenriched, with added salt	0.10	0.51
21026	Fast foods, potatoes, hash browns, round pieces or patty	0.10	0.36
21266	TACO BELL, BURRITO SUPREME with chicken	0.10	0.65
21301	Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust	0.10	1.59
21602	School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked	0.10	2.51
22974	Chicken, nuggets, dark and white meat, precooked, frozen, not reheated	0.10	0.78
23514	Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10	6.39
23515	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted	0.10	6.39
32006	Taquitos, frozen, chicken and cheese, oven-heated	0.10	0.71
35197	Lambsquarters, steamed (Northern Plains Indians)	0.10	0.61
36013	Restaurant, family style, sirloin steak	0.10	5.44
43595	Breakfast bar, corn flake crust with fruit	0.10	4.10

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
83110	Fish, mackerel, salted	0.10	1.10
19340	Sugars, maple	0.10	6.06
23254	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.10	5.28
23262	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10	5.78
23263	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10	5.29
23264	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10	5.28
23272	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10	7.21
23273	Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10	7.19
23565	Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned	0.10	6.84
23594	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.10	4.22
36061	Restaurant, Mexican, soft taco with ground beef, cheese and lettuce	0.10	2.15
06025	Soup, chicken vegetable, canned, condensed	0.10	0.30
09271	Pineapple, canned, extra heavy syrup pack, solids and liquids	0.10	0.11
09272	Pineapple, frozen, chunks, sweetened	0.10	0.11
10049	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised	0.10	3.37
10881	Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted	0.10	2.82
10960	Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled	0.10	2.74
11213	Endive, raw	0.10	0.79
11306	Peas, green, canned, regular pack, solids and liquids	0.10	0.72
11310	Peas, green, canned, seasoned, solids and liquids	0.10	0.65
11390	Potatoes, hash brown, frozen, plain, unprepared	0.10	0.21
11637	Radishes, white icicle, raw	0.10	0.13
13148	Beef, rib, shortribs, separable lean and fat, choice, cooked, braised	0.10	4.88
13373	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10	6.66
13444	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10	3.78
13523	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.10	7.90
17064	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw	0.10	3.01
17108	Veal, loin, separable lean only, cooked, braised	0.10	4.09
17112	Veal, rib, separable lean and fat, cooked, roasted	0.10	4.09
17288	Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw	0.10	6.08
17454	Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw	0.10	2.83
18051	Bread, reduced-calorie, oatmeal	0.10	0.83
03812	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA	0.10	1.31
03818	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA	0.10	1.31
08003	Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS	0.10	5.40
09243	Peaches, spiced, canned, heavy syrup pack, solids and liquids	0.10	0.08

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10029	Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised	0.10	3.11
10865	Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted	0.10	1.81
11048	Beans, pinto, immature seeds, frozen, unprepared	0.10	0.77
11481	Squash, summer, zucchini, italian style, canned	0.10	0.26
11799	Mustard greens, cooked, boiled, drained, with salt	0.10	0.15
13448	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.10	4.52
13894	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	4.06
13903	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.10	7.84
13916	Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.10	4.65
14558	Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk	0.10	0.91
17080	Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw	0.10	2.34
17250	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	4.40
18361	Toaster pastries, brown-sugar-cinnamon	0.10	0.55
20110	Noodles, egg, enriched, cooked	0.10	0.65
20310	Noodles, egg, cooked, enriched, with added salt	0.10	0.65
20410	Noodles, egg, unenriched, cooked, without added salt	0.10	0.65
20510	Noodles, egg, cooked, unenriched, with added salt	0.10	0.65
21090	Fast foods, cheeseburger; single, regular patty, with condiments	0.10	2.21
21237	McDONALD'S, BIG MAC	0.10	1.91
21294	PIZZA HUT 14" Cheese Pizza, Pan Crust	0.10	1.31
21445	POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed	0.10	2.01
21600	School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked	0.10	1.97
23032	Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw	0.10	5.74
23096	Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.10	11.39
23255	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0.10	5.76
23405	Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised	0.10	7.81
23478	Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled	0.10	6.45
23618	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.10	4.16
36631	OLIVE GARDEN, spaghetti with meat sauce	0.10	0.68
43125	Beans, liquid from stewed kidney beans	0.10	0.49
19116	Candies, marshmallows	0.10	0.04
21059	Fast foods, shrimp, breaded and fried	0.10	0.58
21096	Fast foods, cheeseburger; single, large patty; plain	0.10	2.79
21099	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham	0.10	2.61
21114	Fast foods, hamburger; double, large patty; with condiments and vegetables	0.10	2.51
21233	McDONALD'S, Cheeseburger	0.10	1.91

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21235	McDONALD'S, QUARTER POUNDER with Cheese	0.10	2.63
21462	Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise	0.10	1.17
21475	DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked	0.10	1.80
21610	School Lunch, chicken patty, whole grain breaded	0.10	1.12
22972	Pulled pork in barbecue sauce	0.10	1.85
23031	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10	6.84
23038	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.10	6.85
23125	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10	9.73
23135	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.10	8.93
23240	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10	5.19
23260	Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.10	8.17
23261	Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10	5.20
23276	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.10	6.81
23347	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.10	3.68
23377	Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted	0.10	3.70
23531	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.10	6.16
23653	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw	0.10	4.13
28348	Rolls, dinner, sweet	0.10	0.85
28375	VAN'S, Gluten Free, Totally Original Waffles	0.10	0.54
35202	Raspberries, wild (Northern Plains Indians)	0.10	0.47
36403	Restaurant, Latino, empanadas, beef, prepared	0.10	1.86
36630	Restaurant, Italian, spaghetti with meat sauce	0.10	0.69
03043	Babyfood, dinner, beef lasagna, toddler	0.10	0.70
05087	Chicken, broilers or fryers, neck, meat and skin, cooked simmered	0.10	2.72
07950	Frankfurter, meat	0.10	1.20
09357	Apricots, canned, heavy syrup, drained	0.10	0.11
10033	Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised	0.10	3.28
10072	Pork, fresh, shoulder, whole, separable lean only, raw	0.10	3.14
10885	Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated	0.10	1.99
10892	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated	0.10	2.30
10895	Pork, cured, ham, separable fat, boneless, unheated	0.10	1.14
10902	Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated	0.10	2.20
10911	Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated	0.10	1.84
10917	Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted	0.10	1.80
11605	Beets, harvard, canned, solids and liquids	0.10	0.23
11735	Beets, canned, no salt added, solids and liquids	0.10	0.23

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11953	Squash, zucchini, baby, raw	0.10	0.83
13371	Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.10	5.83
13455	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.10	5.75
13891	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.10	4.08
14262	Beverages, citrus fruit juice drink, frozen concentrate	0.10	0.12
17035	Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	3.94
17404	Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw	0.10	3.09
18335	Pie crust, standard-type, frozen, ready-to-bake, enriched, baked	0.10	0.51
19056	Snacks, tortilla chips, plain, white corn, salted	0.10	1.38
03824	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted	0.10	1.53
03830	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA	0.10	1.28
03842	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate	0.10	0.96
03854	Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA	0.10	1.53
03952	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate	0.10	0.96
05305	Ground turkey, raw	0.10	2.35
06023	Soup, chicken with rice, canned, condensed	0.10	0.18
07072	Salami, dry or hard, pork, beef	0.10	2.67
10080	Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw	0.10	3.09
10875	Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil	0.10	3.03
11015	Asparagus, canned, drained solids	0.10	0.40
11439	Sauerkraut, canned, solids and liquids	0.10	0.19
11970	Cabbage, napa, cooked	0.10	0.14
13383	Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.10	11.21
13413	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10	5.97
13441	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.10	3.66
13449	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.10	4.41
13519	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.10	7.63
13879	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.10	3.97
17051	Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.10	4.28
18225	Crackers, rye, sandwich-type with cheese filling	0.10	0.70
21228	McDONALD'S, Hamburger	0.10	1.95
21273	PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust	0.10	1.87
21279	DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust	0.10	1.54
22904	Chili con carne with beans, canned entree	0.10	0.89
22955	Egg rolls, vegetable, frozen, prepared	0.10	0.45
23126	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.10	9.64

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23127	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10	10.23
23149	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.10	7.05
23178	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.10	7.05
23247	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.10	5.69
23275	Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.10	7.00
23552	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.10	6.04
23558	Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled	0.10	6.43
23593	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised	0.10	5.98
28341	Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch	0.10	0.56
28368	SCHAR, Gluten-Free, Classic White Rolls	0.10	0.56
33864	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted	0.10	1.29
33865	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted	0.10	1.28
19190	Puddings, chocolate, dry mix, regular, prepared with 2% milk	0.10	0.57
19365	Toppings, marshmallow cream	0.10	0.04
21112	Fast foods, hamburger; single, large patty; plain	0.10	3.00
23055	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10	5.23
23070	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised	0.10	10.94
23118	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.10	9.59
23242	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10	5.65
23248	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.10	5.64
23451	Beef, New Zealand, imported, brisket point end, separable lean and fat, raw	0.10	2.51
23528	Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.10	5.95
35140	Bread, kneel down (Navajo)	0.10	1.46
36602	Restaurant, Chinese, fried rice, without meat	0.10	0.72
03693	Babyfood, cereal, oatmeal, with honey, prepared with whole milk	0.10	0.93
03816	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted	0.10	1.27
03844	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA	0.10	1.27
03860	Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed	0.10	1.15
05054	Chicken, broilers or fryers, back, meat only, cooked, fried	0.10	2.80
09149	Kumquats, raw	0.10	0.17
10186	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried	0.10	2.26
10871	Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted	0.10	1.64
10922	Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted	0.10	1.64
11412	Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated	0.10	0.41
11660	Tomatoes, red, ripe, cooked, stewed	0.10	0.18
13366	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked	0.10	6.83

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13452	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.10	5.21
13520	Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.10	7.65
13863	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.10	7.55
13898	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.10	4.10
13977	Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.10	7.43
17256	Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.10	3.37
17258	Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw	0.10	2.72
17365	Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised	0.10	4.21
17417	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted	0.10	3.87
18175	Cookies, ladyfingers, with lemon juice and rind	0.10	1.14
18355	Sweet rolls, cheese	0.10	0.63
18423	Cookies, ladyfingers, without lemon juice and rind	0.10	1.14
03689	Babyfood, cereal, oatmeal, prepared with whole milk	0.09	0.92
03995	Babyfood, banana with mixed berries, strained	0.09	0.23
05700	Turkey, dark meat from whole, meat and skin, with added solution, raw	0.09	2.30
05722	Turkey, retail parts, thigh, meat only, cooked, roasted	0.09	3.26
10031	Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted	0.09	3.21
10181	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried	0.09	2.32
10873	Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted	0.09	2.50
11400	Potatoes, frozen, whole, unprepared	0.09	0.30
11510	Sweet potato, cooked, boiled, without skin	0.09	0.20
11523	Taro shoots, cooked, without salt	0.09	0.54
11876	Sweet potato, cooked, boiled, without skin, with salt	0.09	0.20
11880	Taro, shoots, cooked, with salt	0.09	0.54
11976	Pepper, banana, raw	0.09	0.25
12205	Seeds, lotus seeds, raw	0.09	0.28
13364	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked	0.09	6.91
13877	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.09	3.98
15047	Fish, mackerel, Atlantic, cooked, dry heat	0.09	0.94
15164	Mollusks, mussel, blue, raw	0.09	1.60
17271	Veal, breast, whole, boneless, separable lean and fat, raw	0.09	2.33
17447	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted	0.09	2.33
18087	Cake, angelfood, dry mix	0.09	0.16
18290	Pancakes, plain, dry mix, complete, prepared	0.09	0.39
18971	Bread, potato	0.09	1.44
19041	Snacks, pork skins, plain	0.09	0.56

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21359	McDONALD'S, Sausage McMUFFIN with Egg	0.09	1.22
23057	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw	0.09	5.49
23073	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.09	6.53
23241	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.09	5.61
23250	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.09	5.61
23251	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.09	5.60
23445	Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw	0.09	1.72
23473	Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled	0.09	6.41
23629	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.09	5.58
23631	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw	0.09	5.68
43391	Turkey, light or dark meat, smoked, cooked, skin and bone removed	0.09	3.10
19202	Puddings, vanilla, dry mix, instant	0.09	0.06
20094	Pasta, fresh-refrigerated, plain, cooked	0.09	0.56
21109	Fast foods, hamburger; single, regular patty; with condiments and vegetables	0.09	1.87
21319	McDONALD'S, Hash Brown	0.09	0.34
21446	POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed	0.09	2.02
21506	BURGER KING, Double Cheeseburger	0.09	2.92
23030	Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.09	4.97
23074	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.09	7.44
23094	Beef, chuck for stew, separable lean and fat, select, raw	0.09	5.51
23134	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.09	8.91
23160	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.09	7.12
23422	Beef, New Zealand, imported, knuckle, cooked, fast fried	0.09	4.66
23479	Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled	0.09	6.50
23540	Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.09	7.23
23570	Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned	0.09	6.62
23596	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw	0.09	5.52
23603	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw	0.09	5.55
28305	Pancakes, plain, reduced fat	0.09	0.52
32015	Turnover, cheese-filled, tomato-based sauce, frozen, unprepared	0.09	1.26
43390	Turkey, light or dark meat, smoked, cooked, with skin, bone removed	0.09	2.96
05166	Turkey, whole, meat and skin, cooked, roasted	0.09	2.48
05304	Turkey, mechanically deboned, from turkey frames, raw	0.09	2.90
07937	Bologna, pork, turkey and beef	0.09	2.22
10035	Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted	0.09	3.41
11276	New Zealand spinach, raw	0.09	0.38

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11402	Potatoes, french fried, all types, salt added in processing, frozen, unprepared	0.09	0.35
11583	Vegetables, mixed, frozen, unprepared	0.09	0.45
11842	Potatoes, french fried, all types, salt not added in processing, frozen, as purchased	0.09	0.35
13814	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.09	7.09
13889	Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.09	7.53
13926	Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.09	3.05
15003	Fish, bass, fresh water, mixed species, raw	0.09	0.65
15050	Fish, mackerel, Pacific and jack, mixed species, raw	0.09	0.67
03302	Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS	0.09	1.77
03937	Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted	0.09	1.06
03940	Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted	0.09	1.06
05121	Chicken, stewing, meat and skin, and giblets and neck, raw	0.09	1.37
05187	Turkey from whole, dark meat, meat only, raw	0.09	2.59
05215	Turkey, back from whole bird, meat only, raw	0.09	2.59
05343	Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning	0.09	2.96
05740	Turkey, thigh, from whole bird, meat only, raw	0.09	2.59
09156	Lemon peel, raw	0.09	0.25
09216	Orange peel, raw	0.09	0.25
10056	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw	0.09	2.05
10912	Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated	0.09	1.33
11411	Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased	0.09	0.36
11467	Squash, summer, crookneck and straightneck, raw	0.09	0.29
11983	Pickles, chowchow, with cauliflower onion mustard, sweet	0.09	0.23
13098	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.09	5.49
13365	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked	0.09	6.85
13381	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.09	9.28
13439	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.09	4.21
13871	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.09	3.80
13881	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.09	3.98
15039	Fish, herring, Atlantic, raw	0.09	0.99
15223	Fish, whitefish, mixed species, cooked, dry heat	0.09	1.27
17086	Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw	0.09	3.57
17239	Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.09	2.87
17286	Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw	0.09	5.40
17395	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw	0.09	3.80
17462	Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted	0.09	2.31

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18013	Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked	0.09	0.46
19183	Puddings, chocolate, ready-to-eat	0.09	0.34
20106	Macaroni, vegetable, enriched, cooked	0.09	0.44
21271	PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust	0.09	1.65
21307	Fast foods, griddle cake sandwich, egg, cheese, and bacon	0.09	1.37
22953	Egg rolls, pork, refrigerated, heated	0.09	0.90
23072	Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.09	7.86
23613	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw	0.09	5.53
23630	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.09	5.47
23632	Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw	0.09	5.57
21110	Fast foods, hamburger; double, regular, patty; plain	0.09	2.87
21113	Fast foods, hamburger; single, large patty; with condiments and vegetables	0.09	2.24
21321	McDONALD'S, Hotcakes (plain)	0.09	0.42
21345	McDONALD'S, DOUBLE QUARTER POUNDER with Cheese	0.09	3.33
21358	McDONALD'S, Sausage McMUFFIN	0.09	1.28
21396	Fast foods, cheeseburger; double, large patty; with condiments	0.09	3.33
21505	Pizza, cheese topping, thin crust, frozen, cooked	0.09	1.49
23075	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.09	10.50
23229	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.09	6.50
23345	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.09	4.16
23375	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.09	4.19
23452	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised	0.09	7.18
23559	Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled	0.09	6.45
23612	Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw	0.09	5.48
23628	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.09	5.40
23651	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw	0.09	3.89
23652	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw	0.09	3.87
35142	Frybread, made with lard (Navajo)	0.09	0.35
05050	Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour	0.09	2.47
05168	Turkey, whole, meat only, cooked, roasted	0.09	2.51
06307	Sauce, barbecue, KRAFT, original	0.09	0.16
07057	Pepperoni, beef and pork, sliced	0.09	2.44
08047	Cereals ready-to-eat, QUAKER, KING VITAMAN	0.09	12.71
08588	Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal	0.09	5.59
10192	Pork, fresh, backribs, separable lean and fat, raw	0.09	2.54
10866	Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated	0.09	1.37

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10879	Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted	0.09	1.82
10980	Pork loin, fresh, backribs, bone-in, raw, lean only	0.09	2.73
11423	Pumpkin, cooked, boiled, drained, without salt	0.09	0.23
11845	Pumpkin, cooked, boiled, drained, with salt	0.09	0.23
13355	Beef, cured, pastrami	0.09	4.98
13387	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.09	6.01
13454	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.09	5.71
13868	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.09	3.82
17105	Veal, loin, separable lean and fat, cooked, braised	0.09	3.63
17314	Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.09	1.94
17377	Lamb, New Zealand, imported, testes, raw	0.09	1.14
17408	Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw	0.09	2.04
18336	Pie crust, standard-type, prepared from recipe, baked	0.09	0.44
18973	Focaccia, Italian flatbread, plain	0.09	1.33
01241	Ice cream sandwich, made with light ice cream, vanilla	0.09	0.21
01242	Ice cream sandwich, vanilla, light, no sugar added	0.09	0.21
03084	Babyfood, dinner, vegetables and turkey, strained	0.09	0.70
03154	Babyfood, fruit and vegetable, apple and sweet potato	0.09	0.10
05097	Chicken, broilers or fryers, thigh, meat only, cooked, fried	0.09	2.79
05324	Chicken patty, frozen, cooked	0.09	1.05
07033	Ham and cheese spread	0.09	2.25
07059	Polish sausage, pork	0.09	1.93
07061	Mother's loaf, pork	0.09	1.43
07077	Smoked link sausage, pork and beef, nonfat dry milk added	0.09	1.96
07915	Sausage, Polish, beef with chicken, hot	0.09	1.93
08211	Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S	0.09	5.99
08656	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes	0.09	0.31
09068	Cherries, sour, red, frozen, unsweetened	0.09	0.10
09302	Raspberries, raw	0.09	0.42
09518	Raspberries, frozen, unsweetened	0.09	0.42
10007	Pork, fresh, separable fat, cooked	0.09	0.75
10060	Pork, fresh, loin, tenderloin, separable lean only, raw	0.09	1.89
10115	Pork, fresh, variety meats and by-products, pancreas, raw	0.09	2.62
10170	Pork, cured, shoulder, blade roll, separable lean and fat, unheated	0.09	2.35
10188	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked	0.09	3.06
10961	Pork, Shoulder petite tender, boneless, separable lean and fat, raw	0.09	2.16

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11063	Beans, snap, green, microwaved	0.09	0.38
11303	Peas, edible-podded, frozen, cooked, boiled, drained, without salt	0.09	0.49
11527	Tomatoes, green, raw	0.09	0.07
11537	Tomatoes, red, ripe, canned, with green chilies	0.09	0.13
11810	Peas, edible-podded, frozen, cooked, boiled, drained, with salt	0.09	0.49
13055	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.09	6.92
13375	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.09	6.87
13392	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.09	5.93
13393	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.09	5.98
13445	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.09	4.66
13846	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.09	5.98
14182	Beverages, chocolate syrup, prepared with whole milk	0.09	0.43
14268	Beverages, Fruit punch drink, frozen concentrate	0.09	0.07
17156	Game meat, bison, separable lean only, raw	0.09	2.80
17371	Lamb, New Zealand, imported, ground lamb, raw	0.09	2.75
18003	Bagels, egg	0.09	0.77
18014	Biscuits, plain or buttermilk, refrigerated dough, higher fat	0.09	0.50
18192	Cookies, shortbread, commercially prepared, plain	0.09	0.49
18248	Doughnuts, cake-type, plain (includes unsugared, old-fashioned)	0.09	0.50
19303	Marmalade, orange	0.09	0.04
21093	Fast foods, cheeseburger; double, regular patty, with condiments and vegetables	0.09	2.10
21098	Fast foods, cheeseburger; single, large patty; with condiments and vegetables	0.09	2.17
21111	Fast foods, hamburger; double, regular patty; with condiments	0.09	2.70
21119	Fast foods, hotdog, with chili	0.09	0.68
22977	Lasagna with meat sauce, frozen, prepared	0.09	0.87
23035	Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.09	5.26
23046	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.09	6.56
23087	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.09	8.06
23100	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.09	7.00
23116	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.09	9.55
23174	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.09	7.00
23245	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw	0.09	4.82
23428	Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised	0.09	5.28
23464	Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised	0.09	5.27
23513	Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw	0.09	4.83
23563	Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled	0.09	6.37

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23592	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.09	5.57
28310	Cookies, shortbread, reduced fat	0.09	0.49
36053	CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce	0.09	0.81
42178	Mayonnaise, made with tofu	0.09	0.40
21259	BURGER KING, Original Chicken Sandwich	0.09	0.62
21461	Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise	0.09	1.34
23058	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.09	7.09
23062	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.09	6.84
23123	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.09	8.00
23159	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.09	7.09
23474	Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled	0.09	6.40
23626	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled	0.09	5.31
27056	Sauce, barbecue, BULL'S-EYE, original	0.09	0.17
28346	Waffles, gluten-free, frozen, ready-to-heat	0.09	0.50
05002	Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter	0.09	1.91
05044	Chicken, broilers or fryers, dark meat, meat only, cooked, fried	0.09	2.91
05093	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour	0.09	2.52
05125	Chicken, stewing, meat only, raw	0.09	1.40
05319	Chicken, broiler, rotisserie, BBQ, drumstick, meat only	0.09	2.86
05705	Turkey, whole, meat only, with added solution, roasted	0.09	2.28
05743	Turkey, retail parts, thigh, meat and skin, cooked, roasted	0.09	3.00
07029	Ham, sliced, regular (approximately 11% fat)	0.09	1.35
08030	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS	0.09	5.20
10063	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised	0.09	2.29
10182	Pork, cured, ham, boneless, extra lean and regular, unheated	0.09	2.05
10218	Pork, fresh, loin, tenderloin, separable lean and fat, raw	0.09	1.87
10877	Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted	0.09	2.08
11105	Burdock root, cooked, boiled, drained, without salt	0.09	0.38
11322	Peas and carrots, frozen, unprepared	0.09	0.52
11437	Salsify, (vegetable oyster), raw	0.09	0.38
11747	Burdock root, cooked, boiled, drained, with salt	0.09	0.38
13332	Beef, variety meats and by-products, pancreas, cooked, braised	0.09	4.60
13446	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.09	4.61
13451	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.09	5.33
13487	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.09	3.68
13840	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.09	5.84

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13874	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.09	3.85
13979	Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.09	5.72
14083	Beverages, chocolate malt, powder, prepared with fat free milk	0.09	0.97
15239	Fish, salmon, coho, farmed, cooked, dry heat	0.09	0.47
17029	Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw	0.09	2.71
17254	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw	0.09	2.58
17360	Lamb, New Zealand, imported, breast, separable lean only, raw	0.09	2.93
17383	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw	0.09	3.29
17426	Veal, leg, top round, cap off, cutlet, boneless, raw	0.09	1.97
18245	Danish pastry, cheese	0.09	0.70
18947	Pie crust, deep dish, frozen, baked, made with enriched flour	0.09	0.52
05036	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour	0.09	2.60
05295	Turkey roast, boneless, frozen, seasoned, light and dark meat, raw	0.09	1.91
07913	Salami, pork, beef, less sodium	0.09	3.08
07965	Pork sausage, link/patty, reduced fat, unprepared	0.09	2.42
07966	Pork sausage, link/patty, reduced fat, cooked, pan-fried	0.09	3.14
10050	Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled	0.09	2.25
10052	Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw	0.09	1.95
11049	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt	0.09	0.69
11522	Taro shoots, raw	0.09	0.51
11677	Shallots, raw	0.09	0.40
11720	Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt	0.09	0.69
13067	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.09	4.79
13096	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled	0.09	4.79
13361	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked	0.09	6.34
13386	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.09	5.76
13404	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.09	5.78
13440	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.09	4.54
13486	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.09	3.72
13849	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.09	5.78
13860	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.09	5.73
13932	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.09	4.81
17006	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked	0.09	1.74
17076	Lamb, New Zealand, imported, loin chop, separable lean and fat, raw	0.09	2.08
17107	Veal, loin, separable lean only, raw	0.09	2.15
17142	Veal, ground, raw	0.09	2.51

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17456	Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw	0.09	3.03
18255	Doughnuts, yeast-leavened, glazed, enriched (includes honey buns)	0.09	0.61
18275	Muffins, blueberry, dry mix	0.09	0.33
18356	Sweet rolls, cinnamon, commercially prepared with raisins	0.09	0.59
23037	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw	0.09	5.24
23048	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.09	7.41
23077	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.09	10.54
23089	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.09	8.00
23093	Beef, chuck for stew, separable lean and fat, all grades, raw	0.09	5.43
23163	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw	0.09	6.26
36031	DENNY'S, onion rings	0.09	0.55
36036	Restaurant, family style, onion rings	0.09	0.51
36632	CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce	0.09	0.70
21403	McDONALD'S, Premium Crispy Chicken Classic Sandwich	0.09	0.66
21419	KFC, biscuit	0.09	0.50
21432	KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed	0.09	1.90
23122	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.09	7.93
23148	Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.09	6.97
23165	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw	0.09	6.25
23176	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.09	6.97
23541	Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.09	5.51
23575	Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned	0.09	6.40
23610	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.09	5.46
23638	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.09	5.49
28344	Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour	0.09	0.44
35237	Tamales, masa and pork filling (Hopi)	0.09	1.27
36022	APPLEBEE'S, crunchy onion rings	0.09	0.43
36026	CRACKER BARREL, onion rings, thick-cut	0.09	0.55
03994	Babyfood, fruit, banana and strawberry, junior	0.09	0.23
05707	Turkey, whole, meat and skin, with added solution, roasted	0.09	2.20
06961	Sauce, peppers, hot, chili, mature red, canned	0.09	0.15
06962	Sauce, chili, peppers, hot, immature green, canned	0.09	0.15
10067	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised	0.09	2.37
10153	Pork, cured, ham, whole, separable lean only, roasted	0.09	2.57
11214	Escarole, cooked, boiled, drained, no salt added	0.09	0.69
13394	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.09	5.46

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13488	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw	0.09	3.75
13843	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.09	5.65
14015	Alcoholic beverage, pina colada, canned	0.09	0.20
15160	Mollusks, clam, mixed species, canned, drained solids	0.09	0.84
17260	Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw	0.09	1.94
17392	Lamb, New Zealand, imported, neck chops, separable lean only, raw	0.09	3.48
18119	Cake, pineapple upside-down, prepared from recipe	0.09	0.31
03955	Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA	0.09	0.88
05081	Chicken, broilers or fryers, leg, meat only, cooked, fried	0.09	2.98
07043	Roast beef, deli style, prepackaged, sliced	0.09	3.20
07955	Turkey sausage, fresh, raw	0.09	3.06
08376	Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS	0.09	5.19
09001	Acerola, (west indian cherry), raw	0.09	0.10
09002	Acerola juice, raw	0.09	0.10
09083	Currants, european black, raw	0.09	0.27
09175	Mammy-apple, (mamey), raw	0.09	0.10
09191	Nectarines, raw	0.09	0.17
09231	Passion-fruit, (granadilla), purple, raw	0.09	0.10
09268	Pineapple, canned, juice pack, solids and liquids	0.09	0.10
09313	Sapodilla, raw	0.09	0.10
09315	Soursop, raw	0.09	0.10
09321	Sugar-apples, (sweetsop), raw	0.09	0.10
09322	Tamarinds, raw	0.09	0.10
09351	Fruit cocktail, canned, heavy syrup, drained	0.09	0.08
11223	Drumstick leaves, cooked, boiled, drained, without salt	0.09	0.49
11483	Squash, winter, acorn, cooked, baked, without salt	0.09	0.17
11786	Drumstick leaves, cooked, boiled, drained, with salt	0.09	0.49
11864	Squash, winter, acorn, cooked, baked, with salt	0.09	0.17
13070	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled	0.09	5.11
13362	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked	0.09	6.27
15117	Fish, tuna, fresh, bluefin, raw	0.09	0.60
15123	Fish, tuna, fresh, skipjack, raw	0.09	0.82
16225	Soymilk, original and vanilla, light, with added calcium, vitamins A and D	0.09	0.23
17070	Lamb, New Zealand, imported, fore-shank, separable lean only, raw	0.09	4.28
18015	Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked	0.09	0.41
18972	Bread, cheese	0.09	0.96

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21159	SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato	0.09	1.98
21160	Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato	0.09	1.98
21466	Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed	0.09	1.94
21507	WENDY'S, Double Stack, with cheese	0.09	3.37
22916	Lasagna with meat & sauce, frozen entree	0.09	0.79
22961	HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen	0.09	0.99
23099	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.09	9.14
23101	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.09	6.11
23117	Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.09	9.52
23253	Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.09	5.76
23346	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.09	4.42
23376	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.09	4.46
23564	Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled	0.09	6.33
23600	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.09	5.38
23606	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.09	5.41
36019	APPLEBEE'S, chili	0.09	2.23
36037	Restaurant, family style, chili with meat and beans	0.09	2.23
36055	Restaurant, Italian, cheese ravioli with marinara sauce	0.09	0.74
19434	Cheese puffs and twists, corn based, baked, low fat	0.08	2.14
21024	Fast foods, french toast sticks	0.08	0.51
21386	BURGER KING, french toast sticks	0.08	0.51
22978	Chicken tenders, breaded, frozen, prepared	0.08	0.61
23146	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.08	6.14
23196	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.08	6.03
23217	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw	0.08	5.99
23227	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.08	6.34
23491	Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked	0.08	5.84
23499	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw	0.08	4.67
23568	Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled	0.08	6.31
23586	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.08	5.69
23605	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised	0.08	5.90
05077	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour	0.08	2.68
05130	Chicken, stewing, light meat, meat only, cooked, stewed	0.08	0.83
05183	Turkey, dark meat, meat and skin, raw	0.08	2.32
05744	Turkey, back, from whole bird, meat and skin, with added solution, raw	0.08	2.04
07953	Pork sausage, link/patty, fully cooked, microwaved	0.08	1.59

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10047	Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted	0.08	2.91
10053	Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised	0.08	1.97
10057	Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised	0.08	2.09
10212	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled	0.08	2.15
10216	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled	0.08	2.18
10870	Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil	0.08	1.64
10921	Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil	0.08	1.63
11221	Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt	0.08	0.17
11279	Okra, cooked, boiled, drained, without salt	0.08	0.43
11473	Squash, summer, crookneck and straightneck, frozen, unprepared	0.08	0.37
11564	Turnips, raw	0.08	0.27
11785	Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt	0.08	0.17
11803	Okra, cooked, boiled, drained, with salt	0.08	0.43
11935	Catsup	0.08	0.17
11941	Pickles, cucumber, sour	0.08	0.02
11945	Pickle relish, sweet	0.08	0.14
11946	Pickles, cucumber, sour, low sodium	0.08	0.02
11949	Catsup, low sodium	0.08	0.17
13363	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked	0.08	6.00
13456	Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.08	5.70
13832	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.08	5.57
13875	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised	0.08	5.58
13912	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.08	4.65
13921	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.08	4.67
18022	Bread, cornbread, dry mix, enriched (includes corn muffin mix)	0.08	0.57
18412	Bread, cornbread, dry mix, unenriched (includes corn muffin mix)	0.08	0.57
03175	Babyfood, juice, orange and apricot	0.08	0.04
05334	Chicken, broiler, rotisserie, BBQ, thigh, meat only	0.08	2.00
05345	Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning	0.08	2.01
05349	Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning	0.08	2.63
09059	Breadfruit, raw	0.08	0.12
10046	Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled	0.08	2.15
10070	Pork, fresh, shoulder, whole, separable lean and fat, raw	0.08	2.70
10137	Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated	0.08	1.93
10174	Pork, fresh, variety meats and by-products, tail, raw	0.08	2.31
10993	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted	0.08	2.42

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11620	Drumstick pods, raw	0.08	0.45
13407	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.08	5.82
13826	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08	5.45
13829	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08	5.40
15182	Fish, salmon, sockeye, canned, without salt, drained solids with bone	0.08	1.02
18268	French toast, frozen, ready-to-heat	0.08	0.77
20523	Spaghetti, protein-fortified, cooked, enriched (n x 6.25)	0.08	0.50
21021	Fast foods, english muffin, with egg, cheese, and canadian bacon	0.08	1.29
21124	Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato	0.08	1.05
21213	SUBWAY, cold cut sub on white bread with lettuce and tomato	0.08	1.05
21357	McDONALD'S, Egg McMUFFIN	0.08	1.29
21431	KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed	0.08	2.51
21443	POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed	0.08	2.59
21458	POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading	0.08	1.34
23088	Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.08	7.93
23095	Beef, chuck for stew, separable lean and fat, choice, raw	0.08	5.41
23139	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.08	5.89
23155	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.08	5.72
23179	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.08	5.72
23182	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.08	6.08
23218	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw	0.08	5.97
23249	Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.08	5.67
32035	BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared	0.08	0.73
36620	Restaurant, Chinese, shrimp and vegetables	0.08	0.49
43098	Pie fillings, cherry, low calorie	0.08	0.07
43283	Pheasant, cooked, total edible	0.08	1.37
19235	Puddings, chocolate, ready-to-eat, fat free	0.08	0.30
19906	Sweeteners, for baking, brown, contains sugar and sucralose	0.08	0.08
21013	Fast foods, croissant, with egg, cheese, and ham	0.08	1.43
21426	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed	0.08	2.50
21471	Fast Foods, Fried Chicken, Thigh, meat and skin and breading	0.08	1.45
23124	Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.08	7.85
23136	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.08	9.07
23137	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.08	6.65
23138	Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.08	7.02
23147	Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08	6.20

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23157	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.08	6.00
23161	Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08	7.05
23167	Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw	0.08	6.44
23484	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.08	5.80
28340	Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch	0.08	0.70
28370	UDI'S, Gluten Free, Classic French Dinner Rolls	0.08	0.70
32031	Salisbury steak with gravy, frozen	0.08	0.75
43387	Turnip greens, canned, no salt added	0.08	0.23
05717	Turkey, retail parts, thigh, meat only, raw	0.08	2.95
06177	Soup, minestrone, canned, reduced sodium, ready-to-serve	0.08	0.32
06964	Soup, tomato, low sodium, with water	0.08	0.12
08068	Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS	0.08	5.00
08145	Cereals, whole wheat hot natural cereal, cooked with water, without salt	0.08	0.48
08183	Cereals, whole wheat hot natural cereal, cooked with water, with salt	0.08	0.48
10068	Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled	0.08	2.15
10112	Pork, fresh, variety meats and by-products, lungs, raw	0.08	2.03
10207	Pork, fresh, loin, country-style ribs, separable lean only, raw	0.08	3.00
10211	Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised	0.08	2.01
10215	Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised	0.08	2.04
10987	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted	0.08	2.66
11099	Brussels sprouts, cooked, boiled, drained, without salt	0.08	0.33
11280	Okra, frozen, unprepared	0.08	0.53
11291	Onions, spring or scallions (includes tops and bulb), raw	0.08	0.39
11476	Squash, summer, scallop, cooked, boiled, drained, without salt	0.08	0.24
11570	Turnip greens, canned, solids and liquids	0.08	0.23
11584	Vegetables, mixed, frozen, cooked, boiled, drained, without salt	0.08	0.49
11745	Brussels sprouts, cooked, boiled, drained, with salt	0.08	0.33
11860	Squash, summer, scallop, cooked, boiled, drained, with salt	0.08	0.24
11894	Vegetables, mixed, frozen, cooked, boiled, drained, with salt	0.08	0.49
11958	Pickle relish, hamburger	0.08	0.11
13831	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.08	5.38
13835	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.08	5.39
13955	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.08	4.52
17062	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw	0.08	2.39
17131	Veal, shoulder, blade chop, separable lean only, raw	0.08	3.38
17211	Lamb, variety meats and by-products, pancreas, cooked, braised	0.08	2.68

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17264	Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw	0.08	2.91
18009	Biscuits, plain or buttermilk, frozen, baked	0.08	0.48
18277	Muffins, blueberry, toaster-type	0.08	0.39
03944	Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA	0.08	0.82
03964	Babyfood, fortified cereal bar, fruit filling	0.08	0.59
05092	Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter	0.08	2.04
05359	Chicken, broiler, rotisserie, BBQ, drumstick meat and skin	0.08	2.52
05716	Turkey, retail parts, drumstick, meat only, raw	0.08	3.12
06190	Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve	0.08	0.53
06931	Sauce, pasta, spaghetti/marinara, ready-to-serve	0.08	0.20
07936	Bologna, pork and turkey, lite	0.08	0.73
08129	Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water	0.08	0.57
09022	Apricots, canned, water pack, with skin, solids and liquids	0.08	0.11
09252	Pears, raw	0.08	0.10
10028	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw	0.08	2.56
10051	Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted	0.08	3.09
10114	Pork, fresh, variety meats and by-products, mechanically separated, raw	0.08	2.44
10898	Pork, pickled pork hocks	0.08	2.38
11027	Bamboo shoots, cooked, boiled, drained, without salt	0.08	0.47
11131	Carrots, frozen, cooked, boiled, drained, without salt	0.08	0.35
11644	Squash, winter, all varieties, cooked, baked, without salt	0.08	0.22
11712	Bamboo shoots, cooked, boiled, drained, with salt	0.08	0.47
11760	Carrots, frozen, cooked, boiled, drained, with salt	0.08	0.35
11813	Peas, green, canned, no salt added, drained solids	0.08	0.71
11863	Squash, winter, all varieties, cooked, baked, with salt	0.08	0.22
11944	Pickle relish, hot dog	0.08	0.21
13380	Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.08	9.05
13391	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.08	4.93
13453	Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.08	5.44
13811	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.08	4.56
13825	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.08	5.28
13948	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.08	4.90
13952	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled	0.08	4.93
14177	Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk	0.08	0.48
15215	Fish, shad, american, cooked, dry heat	0.08	0.47
15260	Fish, salmon, pink, canned, drained solids	0.08	0.96

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
16222	Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D	0.08	--
17104	Veal, loin, separable lean and fat, raw	0.08	2.01
18016	Biscuits, plain or buttermilk, prepared from recipe	0.08	0.54
18230	Crackers, standard snack-type, sandwich, with cheese filling	0.08	0.62
21033	Fast foods, sundae, hot fudge	0.08	0.60
21156	Fast foods, submarine sandwich, ham on white bread with lettuce and tomato	0.08	0.88
21209	SUBWAY, black forest ham sub on white bread with lettuce and tomato	0.08	0.88
21230	Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise	0.08	0.62
21292	LITTLE CAESARS 14" Cheese Pizza, Thin Crust	0.08	2.12
21341	McDONALD'S, BIG BREAKFAST	0.08	0.97
21355	McDONALD'S, McCHICKEN Sandwich	0.08	0.63
21427	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed	0.08	1.91
21436	KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading	0.08	1.44
21465	Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed	0.08	2.50
22963	Lean Pockets, Meatballs & Mozzarella	0.08	0.98
23076	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.08	10.60
23180	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised	0.08	6.10
23199	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08	6.09
23252	Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08	5.52
23591	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08	5.06
23647	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.08	4.90
20041	Rice, brown, medium-grain, cooked	0.08	0.62
21092	Fast foods, cheeseburger; double, regular patty; plain	0.08	2.75
21094	Fast foods, cheeseburger, double, regular patty and bun, with condiments	0.08	2.77
21125	Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato	0.08	1.50
21142	Fast food, biscuit	0.08	0.50
21152	SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato	0.08	1.18
21153	Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato	0.08	1.18
21210	SUBWAY, roast beef sub on white bread with lettuce and tomato	0.08	1.50
21390	Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise	0.08	2.46
21395	Fast foods, cheeseburger; double, regular patty; with condiments	0.08	2.77
21397	Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise	0.08	2.26
21510	WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single	0.08	2.26
21511	Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust	0.08	1.49
21512	PIZZA HUT 14" Cheese Pizza, Stuffed Crust	0.08	1.49
23067	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw	0.08	8.14

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23156	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.08	6.00
23219	Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw	0.08	6.20
23220	Beef, ground, unspecified fat content, cooked	0.08	6.19
23228	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.08	6.23
23483	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw	0.08	4.59
23569	Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled	0.08	6.20
23654	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled	0.08	5.09
27047	Sauce, salsa, verde, ready-to-serve	0.08	0.25
42316	Babyfood, carrots, toddler	0.08	0.20
03108	Babyfood, vegetables, sweet potatoes strained	0.08	0.21
03303	Babyfood, dinner, sweet potatoes and chicken, strained	0.08	0.37
05049	Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter	0.08	1.96
05055	Chicken, broilers or fryers, back, meat only, cooked, roasted	0.08	2.65
05134	Chicken, capons, meat and skin and giblets and neck, cooked, roasted	0.08	1.94
06976	Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium	0.08	0.20
07910	Bratwurst, veal, cooked	0.08	2.05
09277	Plantains, raw	0.08	0.14
09429	Pineapple, raw, traditional varieties	0.08	0.08
10032	Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw	0.08	2.74
10042	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled	0.08	2.22
10064	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled	0.08	2.09
11209	Eggplant, raw	0.08	0.16
13294	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.08	7.82
13490	Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled	0.08	5.46
13809	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.08	4.54
13828	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.08	5.23
13834	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.08	5.19
13900	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.08	5.31
13930	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.08	4.87
16082	Noodles, chinese, cellophane or long rice (mung beans), dehydrated	0.08	0.41
18402	Pie crust, standard-type, prepared from recipe, unbaked	0.08	0.39
01021	Cheese, gjetost	0.08	1.14
01090	Milk, dry, whole, with added vitamin D	0.08	3.34
01121	Yogurt, fruit, low fat, 10 grams protein per 8 ounce	0.08	0.74
01122	Yogurt, fruit, low fat, 11 grams protein per 8 ounce	0.08	0.82
01203	Yogurt, fruit, lowfat, with low calorie sweetener	0.08	0.82

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
01212	Milk, dry, whole, without added vitamin D	0.08	3.34
01217	Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D	0.08	0.74
01219	Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D	0.08	0.82
03122	Babyfood, peas, dices, toddler	0.08	0.50
03133	Babyfood, fruit, pears, junior	--	0.08
03163	Babyfood, fruit, bananas with apples and pears, strained	0.08	0.10
03988	Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed	0.08	0.52
03990	Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed	0.08	0.52
05004	Chicken, broilers or fryers, meat and skin and giblets and neck, roasted	0.08	2.16
05035	Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter	0.08	2.08
05045	Chicken, broilers or fryers, dark meat, meat only, cooked, roasted	0.08	2.80
05068	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour	0.08	2.89
05072	Chicken, broilers or fryers, drumstick, meat only, cooked, fried	0.08	3.22
05076	Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter	0.08	2.17
05084	Chicken, broilers or fryers, neck, meat and skin, raw	0.08	1.86
05679	Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted	0.08	2.64
06626	Sauce, pesto, ready-to-serve, refrigerated	0.08	1.33
06628	Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated	0.08	1.33
07004	Sausage, Berliner, pork, beef	0.08	2.47
07010	Bologna, pork	0.08	2.03
07015	Brotwurst, pork, beef, link	0.08	2.10
07019	Chorizo, pork and beef	0.08	3.41
07030	Ham, minced	0.08	1.90
07032	Ham and cheese loaf or roll	0.08	2.00
07036	Sausage, Italian, pork, raw	0.08	1.79
07089	Sausage, Italian, pork, cooked	0.08	2.39
07090	Luncheon sausage, pork and beef	0.08	2.45
07921	Bacon and beef sticks	0.08	3.23
07922	Bratwurst, beef and pork, smoked	0.08	2.47
07941	Salami, Italian, pork and beef, dry, sliced, 50% less sodium	0.08	3.23
08571	Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola	0.08	0.40
09057	Boysenberries, frozen, unsweetened	0.08	0.22
09287	Prickly pears, raw	0.08	0.12
09325	Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids	0.08	0.11
10014	Pork, fresh, leg (ham), rump half, separable lean only, raw	0.08	1.85
10088	Pork, fresh, spareribs, separable lean and fat, raw	0.08	2.50

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10113	Pork, fresh, variety meats and by-products, lungs, cooked, braised	0.08	2.45
10149	Pork, cured, ham, steak, boneless, extra lean, unheated	0.08	2.02
11050	Beans, shellie, canned, solids and liquids	0.08	0.27
11471	Squash, summer, crookneck and straightneck, canned, drained, solid, without salt	0.08	0.29
13023	Beef, brisket, whole, separable lean only, all grades, raw	0.08	4.31
13398	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.08	5.60
13813	Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.08	4.52
13822	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.08	9.93
13854	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.08	4.37
13901	Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.08	2.80
14034	Alcoholic beverage, creme de menthe, 72 proof	0.08	0.04
17128	Veal, shoulder, blade chop, separable lean and fat, raw	0.08	3.18
18021	Bread, boston brown, canned	0.08	0.50
18186	Cookies, peanut butter, commercially prepared, soft-type	0.08	0.55
18239	Croissants, butter	0.08	0.75
18300	Pancakes, whole-wheat, dry mix, incomplete, prepared	0.08	1.04
18314	Pie, coconut cream, prepared from mix, no-bake type	0.08	0.38
18400	Crackers, matzo, egg and onion	0.08	0.73
18478	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon	0.08	1.22
18486	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry	0.08	1.21
18940	Muffin, blueberry, commercially prepared, low-fat	0.08	1.27
19294	Fruit butters, apple	0.08	0.06
19314	Pie fillings, canned, cherry	0.08	0.05
20096	Pasta, fresh-refrigerated, spinach, cooked	0.08	0.63
20112	Noodles, egg, spinach, enriched, cooked	0.08	0.63
21100	Fast foods, cheeseburger; double, large patty, with condiments and vegetables	0.08	2.59
21435	KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading	0.08	1.96
21467	Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed	0.08	1.90
22901	Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased	0.08	1.02
22969	Chili with beans, microwavable bowls	0.08	0.95
23068	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.08	8.15
23197	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.08	5.91
23243	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.08	5.41
23477	Beef, ground, 97% lean meat / 3% fat, raw	0.08	5.21
23580	Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned	0.08	6.17
23587	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.08	5.37

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23588	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled	0.08	5.37
23589	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.08	5.38
23608	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled	0.08	5.54
23622	Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised	0.08	5.95
42129	Bologna, beef and pork, low fat	0.08	1.50
42278	Babyfood, vegetable and brown rice, strained	0.08	0.22
42279	Babyfood, peas and brown rice	0.08	0.46
43417	Babyfood, meat, beef with vegetables, toddler	0.08	0.87
21140	Side dishes, potato salad	0.08	0.20
21305	Fast foods, griddle cake sandwich, egg, cheese, and sausage	0.08	1.03
21306	Fast foods, griddle cake sandwich, sausage	0.08	0.76
21328	McDONALD'S, Sausage McGRIDDLES	0.08	0.76
21329	McDONALD'S, Sausage, Egg & Cheese McGRIDDLES	0.08	1.03
21459	POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading	0.08	1.25
21472	Fast Foods, Fried Chicken, Wing, meat and skin and breading	0.08	1.33
21603	School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked	0.08	1.93
22976	Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees	0.08	0.43
23066	Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.08	8.25
23141	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.08	8.63
23184	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised	0.08	6.13
23198	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08	6.09
23244	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw	0.08	5.30
23418	Beef, New Zealand, imported, inside, raw	0.08	2.93
23475	Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked	0.08	6.78
23480	Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked	0.08	6.94
23561	Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked	0.08	6.86
23566	Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked	0.08	6.65
23571	Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked	0.08	6.45
23576	Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked	0.08	6.24
23581	Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked	0.08	6.04
23590	Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted	0.08	4.92
23658	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.08	4.42
27050	Sauce, sweet and sour, ready-to-serve	0.08	0.09
33874	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron	0.08	0.98
33875	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron	0.08	0.98
36057	CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta	0.08	1.16

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
43327	Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted	0.08	2.88
01120	Yogurt, fruit, low fat, 9 grams protein per 8 ounce	0.08	0.67
01184	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener	0.08	0.67
01216	Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D	0.08	0.67
01221	Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D	0.08	0.67
03984	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed	0.08	0.98
03985	Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed	0.08	0.98
05017	Chicken, broilers or fryers, skin only, cooked, fried, flour	0.08	1.15
05122	Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed	0.08	1.96
05167	Turkey, whole, meat only, raw	0.08	1.84
05341	Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning	0.08	2.04
05689	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted	0.08	2.50
05736	Turkey, retail parts, drumstick, meat and skin, raw	0.08	2.92
06629	Sauce, pesto, CLASSICO, basil pesto, ready-to-serve	0.08	0.68
07925	Pastrami, beef, 98% fat-free	0.08	4.26
08172	Cereals, farina, unenriched, dry	0.08	0.53
08177	Cereals, MALT-O-MEAL, chocolate, dry	0.08	0.87
09026	Apricots, canned, light syrup pack, with skin, solids and liquids	0.08	0.11
10012	Pork, fresh, leg (ham), rump half, separable lean and fat, raw	0.08	1.70
10025	Pork, fresh, loin, whole, separable lean only, cooked, braised	0.08	2.48
10069	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted	0.08	2.16
10134	Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted	0.08	2.88
10152	Pork, cured, ham, whole, separable lean only, unheated	0.08	2.04
10990	Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted	0.08	2.41
11300	Peas, edible-podded, raw	0.08	0.27
11399	Potato puffs, frozen, oven-heated	0.08	0.30
11954	Tomatillos, raw	0.08	0.22
13236	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.08	4.69
13414	Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.08	4.92
13495	Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked	0.08	5.84
13839	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.08	5.07
13845	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.08	5.07
13910	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.08	4.75
13918	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.08	4.76
13985	Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.08	4.93
14017	Alcoholic beverage, pina colada, prepared-from-recipe	0.08	0.13

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14423	Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice	0.08	0.32
17068	Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw	0.08	3.88
17173	Game meat, moose, cooked, roasted	0.08	3.68
17218	Veal, variety meats and by-products, thymus, raw	0.08	1.55
18012	Biscuits, plain or buttermilk, refrigerated dough, lower fat	0.08	0.39
18204	Cookies, sugar, commercially prepared, regular (includes vanilla)	0.08	0.43
18945	Pie crust, deep dish, frozen, unbaked, made with enriched flour	0.08	0.46
18959	Pastry, Pastelitos de Guava (guava pastries)	0.08	0.42
01128	Egg, whole, cooked, fried	0.08	1.39
03265	Babyfood, juice, apple and grape	0.08	0.04
03925	Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed	0.08	0.60
05236	Turkey, young hen, skin only, cooked, roasted	0.08	2.06
06151	Sauce, plum, ready-to-serve	0.08	0.19
07024	Frankfurter, chicken	0.08	1.11
09021	Apricots, raw	0.08	0.20
09027	Apricots, canned, heavy syrup pack, with skin, solids and liquids	0.08	0.11
09040	Bananas, raw	0.08	0.15
09412	Pears, raw, bartlett	0.08	0.08
10038	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled	0.08	2.14
10093	Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked	0.08	2.90
10184	Pork, cured, ham, extra lean and regular, canned, unheated	0.08	1.84
10185	Pork, cured, ham, extra lean and regular, canned, roasted	0.08	2.32
10204	Pork, fresh, loin, country-style ribs, separable lean and fat, raw	0.08	2.78
10983	Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted	0.08	2.50
11621	Drumstick pods, cooked, boiled, drained, without salt	0.08	0.42
11787	Drumstick pods, cooked, boiled, drained, with salt	0.08	0.42
13293	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.08	7.79
13410	Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised	0.08	5.79
13499	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw	0.08	7.76
13821	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.08	9.73
13851	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.08	4.67
13852	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08	4.93
13858	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.08	5.00
13869	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised	0.08	5.49
13953	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.08	4.67
15043	Fish, herring, Pacific, raw	0.08	0.53

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15069	Fish, pompano, florida, cooked, dry heat	0.08	0.69
15173	Mollusks, scallop, mixed species, cooked, breaded and fried	0.08	1.06
18086	Cake, angelfood, commercially prepared	0.08	0.07
18208	Cookies, sugar, prepared from recipe, made with margarine	0.08	0.42
20133	Rice noodles, dry	0.08	0.74
21101	Fast foods, cheeseburger; triple, regular patty; plain	0.08	3.02
21118	Fast foods, hotdog, plain	0.08	2.02
21255	BURGER KING, DOUBLE WHOPPER, with cheese	0.08	3.50
21362	McDONALD'S, Sausage Biscuit with Egg	0.08	1.04
21422	KFC, Popcorn Chicken	0.08	0.98
23158	Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.08	6.01
23232	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.08	5.13
23433	Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried	0.08	3.41
23490	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw	0.08	4.59
23557	Beef, ground, 95% lean meat / 5% fat, raw	0.08	5.09
23585	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.08	4.05
32034	HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared	0.08	1.12
21012	Fast foods, croissant, with egg, cheese, and bacon	0.08	1.47
21082	Fast foods, taco with beef, cheese and lettuce, hard shell	0.08	1.75
21260	TACO BELL, Original Taco with beef, cheese and lettuce	0.08	1.75
21344	McDONALD'S, Double Cheeseburger	0.08	2.58
23045	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.08	5.15
23140	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.08	8.68
23189	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08	5.33
23495	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw	0.08	5.36
23584	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.08	4.00
28352	Cookies, vanilla sandwich with creme filling, reduced fat	0.08	0.37
32027	Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen	0.08	1.51
01125	Egg, yolk, raw, fresh	0.08	2.30
05037	Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted	0.08	2.49
05074	Chicken, broilers or fryers, drumstick, meat only, cooked, stewed	0.08	3.02
05083	Chicken, broilers or fryers, leg, meat only, cooked, stewed	0.08	2.78
05099	Chicken, broilers or fryers, thigh, meat only, cooked, stewed	0.08	2.58
05165	Turkey, whole, meat and skin, raw	0.08	1.78
05195	Turkey, all classes, wing, meat and skin, raw	0.08	1.54
05351	Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning	0.08	1.84

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
05361	Chicken, broiler, rotisserie, BBQ, thigh meat and skin	0.08	1.78
06471	Soup, vegetable beef, canned, prepared with equal volume water	0.08	0.62
07075	Sausage, smoked link sausage, pork and beef	0.08	1.26
09143	Guava sauce, cooked	0.08	0.17
09415	Pears, raw, green anjou	0.08	0.10
10021	Pork, fresh, loin, whole, separable lean and fat, cooked, braised	0.08	2.38
10065	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted	0.08	2.11
11104	Burdock root, raw	0.08	0.33
11154	Chicory roots, raw	0.08	0.33
11277	New Zealand spinach, cooked, boiled, drained, without salt	0.08	0.31
11301	Peas, edible-podded, boiled, drained, without salt	0.08	0.37
11359	Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased	0.08	0.34
11392	Potatoes, hash brown, frozen, with butter sauce, unprepared	0.08	0.25
11591	Watercress, raw	0.08	0.11
11802	New zealand spinach, cooked, boiled, drained, with salt	0.08	0.31
11809	Peas, edible-podded, cooked, boiled, drained, with salt	0.08	0.37
13317	Beef, ground, patties, frozen, cooked, broiled	0.08	4.84
13356	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw	0.08	7.58
13426	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.08	4.75
13649	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.08	6.95
13798	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked	0.08	5.06
13805	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.08	4.32
13855	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.08	4.86
13887	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw	0.08	4.45
15251	USDA Commodity, salmon nuggets, breaded, frozen, heated	0.08	0.52
15265	Fish, Salmon, pink, canned, drained solids, without skin and bones	0.08	0.65
17412	Lamb, New Zealand, imported, neck chops, separable lean and fat, raw	0.08	3.05
17414	Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw	0.08	3.16
18309	Pie, cherry, prepared from recipe	0.08	0.20
01237	Ice cream, bar or stick, chocolate covered	0.08	0.82
05051	Chicken, broilers or fryers, back, meat and skin, cooked, roasted	0.08	2.25
05067	Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter	0.08	2.33
05742	Turkey, retail parts, thigh, meat and skin, raw	0.08	2.60
09144	Jackfruit, raw	0.08	0.13
09217	Orange-grapefruit juice, canned or bottled, unsweetened	0.08	0.07
10098	Pork, fresh, variety meats and by-products, chitterlings, raw	0.08	1.02

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10171	Pork, cured, shoulder, blade roll, separable lean and fat, roasted	0.08	2.45
10958	Pork, Shoulder breast, boneless, separable lean and fat, raw	0.08	1.95
11281	Okra, frozen, cooked, boiled, drained, without salt	0.08	0.49
11302	Peas, edible-podded, frozen, unprepared	0.08	0.41
11323	Peas and carrots, frozen, cooked, boiled, drained, without salt	0.08	0.45
11526	Taro, tahitian, cooked, without salt	0.08	0.10
11804	Okra, frozen, cooked, boiled, drained, with salt	0.08	0.49
11817	Peas and carrots, frozen, cooked, boiled, drained, with salt	0.08	0.45
11881	Taro, tahitian, cooked, with salt	0.08	0.10
11959	Arugula, raw	0.08	0.47
13284	Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw	0.08	5.28
13359	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw	0.08	7.47
13469	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.08	4.80
13842	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.08	4.83
13848	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled	0.08	4.87
13861	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted	0.08	4.82
13883	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.08	4.41
13885	Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.08	4.37
13949	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.08	5.01
13951	Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled	0.08	5.06
14056	Beverages, Acai berry drink, fortified	0.08	0.11
15086	Fish, salmon, sockeye, cooked, dry heat	0.08	0.55
17084	Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw	0.08	2.91
17275	Veal, breast, whole, boneless, separable lean only, cooked, braised	0.08	4.19
18126	Cake, shortcake, biscuit-type, prepared from recipe	0.08	0.48
20022	Cornmeal, degermed, enriched, yellow	0.08	0.66
20322	Cornmeal, degermed, enriched, white	0.08	0.66
20422	Cornmeal, degermed, unenriched, yellow	0.08	0.66
20522	Cornmeal, degermed, unenriched, white	0.08	0.66
21115	Fast foods, hamburger, large, triple patty, with condiments	0.08	4.15
21154	Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato	0.08	0.66
21211	SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato	0.08	0.66
21399	Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise	0.08	3.27
21488	Fast foods, quesadilla, with chicken	0.08	1.42
22962	LEAN POCKETS, Ham N Cheddar	0.08	1.21
23110	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw	0.08	7.51

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23112	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.08	6.88
23153	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.08	5.67
23175	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.08	5.67
23191	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.08	5.35
23195	Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.08	5.84
23498	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked	0.08	5.50
23574	Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled	0.08	6.07
23582	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw	0.08	3.96
23583	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw	0.08	3.97
23607	Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.08	4.10
23655	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled	0.08	5.09
35205	Stinging Nettles, blanched (Northern Plains Indians)	0.08	0.34
36000	APPLEBEE'S, 9 oz house sirloin steak	0.08	5.35
36054	OLIVE GARDEN, cheese ravioli with marinara sauce	0.08	0.75
36401	Restaurant, Latino, chicken and rice, entree, prepared	0.08	0.78
42074	Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated	0.08	0.82
19182	Desserts, mousse, chocolate, prepared-from-recipe	0.08	0.64
20013	Bulgur, cooked	0.08	0.57
21003	Fast foods, biscuit, with egg and bacon	0.08	1.09
21105	Fast foods, fish sandwich, with tartar sauce	0.08	0.49
21126	Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato	0.08	0.67
21130	Fast foods, onion rings, breaded and fried	0.08	0.51
21155	Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato	0.08	0.66
21207	SUBWAY, turkey breast sub on white bread with lettuce and tomato	0.08	0.66
21214	SUBWAY, tuna sub on white bread with lettuce and tomato	0.08	0.67
21240	WENDY'S, CLASSIC SINGLE Hamburger, with cheese	0.08	2.58
21243	WENDY'S, CLASSIC DOUBLE, with cheese	0.08	3.05
21245	WENDY'S, Ultimate Chicken Grill Sandwich	0.08	0.57
21248	WENDY'S, Frosty Dairy Dessert	0.08	0.44
21258	BURGER KING, Premium Fish Sandwich	0.08	0.49
21340	McDONALD'S, Sausage Burrito	0.08	1.09
21398	Fast foods, cheeseburger; single, large patty; with condiments	0.08	2.83
21437	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading	0.08	1.36
21509	BURGER KING, Onion Rings	0.08	0.51
21519	Fast foods, breakfast burrito, with egg, cheese, and sausage	0.08	1.09
23108	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw	0.08	7.40

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23109	Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw	0.08	7.32
23200	Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.08	6.09
23233	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised	0.08	5.30
23234	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.08	5.19
23235	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised	0.08	5.46
23472	Beef, ground, 93% lean meat / 7% fat, raw	0.08	4.97
23578	Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled	0.08	6.19
23611	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.08	4.04
23621	Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled	0.08	5.62
23659	Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw	0.08	4.23
28337	Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca	0.08	0.48
43476	Tofu yogurt	0.08	0.31
01103	Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D	0.08	0.39
01202	Milk, chocolate, fluid, commercial, reduced fat, with added calcium	0.08	0.39
03192	Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified	0.08	7.50
05008	Chicken, broilers or fryers, meat and skin, cooked, fried, flour	0.08	2.04
05012	Chicken, broilers or fryers, meat only, cooked, fried	0.08	2.24
05046	Chicken, broilers or fryers, dark meat, meat only, cooked, stewed	0.08	2.66
06169	Sauce, ready-to-serve, pepper, TABASCO	0.08	0.16
08160	Cereals, corn grits, yellow, regular and quick, unenriched, dry	0.08	0.41
08506	Cereals ready-to-eat, RALSTON Corn Flakes	0.08	0.20
09071	Cherries, sweet, canned, water pack, solids and liquids	0.08	0.08
10002	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw	0.08	2.21
10003	Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw	0.08	2.27
10010	Pork, fresh, leg (ham), whole, separable lean only, raw	0.08	2.27
10026	Pork, fresh, loin, whole, separable lean only, cooked, broiled	0.08	2.48
11080	Beets, raw	0.08	0.35
11097	Broccoli raab, cooked	0.08	0.54
11274	Mustard spinach, (tendergreen), raw	0.08	0.17
11398	Potato puffs, frozen, unprepared	0.08	0.26
11530	Tomatoes, red, ripe, cooked	0.08	0.14
11884	Tomatoes, red, ripe, cooked, with salt	0.08	0.14
13468	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw	0.08	3.52
13796	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked	0.08	5.10
13857	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.08	4.97
13864	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.08	3.24

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13866	Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw	0.08	3.24
15073	Fish, roughy, orange, raw	0.08	0.23
15212	Fish, salmon, pink, cooked, dry heat	0.08	0.46
15232	Fish, roughy, orange, cooked, dry heat	0.08	0.32
15261	Fish, tilapia, raw	0.08	0.33
15262	Fish, tilapia, cooked, dry heat	0.08	0.41
17374	Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered	0.08	1.93
18332	Pie crust, standard-type, dry mix	0.08	0.40
18334	Pie crust, standard-type, frozen, ready-to-bake, enriched	0.08	0.45
02046	Mustard, prepared, yellow	0.07	0.64
03213	Babyfood, cookies	0.07	1.10
03214	Babyfood, cookies, arrowroot	0.07	0.53
05073	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted	0.07	2.56
05123	Chicken, stewing, meat and skin, raw	0.07	1.19
05191	Turkey, all classes, breast, meat and skin, raw	0.07	1.57
05284	Turkey, canned, meat only, with broth	0.07	2.37
05683	Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted	0.07	1.90
07939	Frankfurter, pork	0.07	2.09
08121	Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt	0.07	1.00
08133	Cereals, oats, instant, fortified, with raisins and spice, prepared with water	0.07	0.42
08180	Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt	0.07	1.00
10142	Pork, cured, ham, center slice, separable lean and fat, unheated	0.07	1.88
10200	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised	0.07	2.16
11081	Beets, cooked, boiled, drained	0.07	0.35
11088	Broadbeans, immature seeds, raw	0.07	0.58
11130	Carrots, frozen, unprepared	0.07	0.33
11295	Onion rings, breaded, par fried, frozen, unprepared	0.07	0.36
11734	Beets, cooked, boiled. drained, with salt	0.07	0.35
13349	Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.07	7.74
13350	Beef, cured, dried	0.07	4.93
13494	Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned	0.07	5.95
13647	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.07	6.86
13819	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	5.07
13823	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.07	9.56
13893	Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled	0.07	5.20
13935	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.07	4.93

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13971	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.07	3.60
14316	Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk	0.07	0.43
17101	Veal, leg (top round), separable lean only, cooked, pan-fried, breaded	0.07	2.87
17276	Veal, shank (fore and hind), separable lean and fat, raw	0.07	3.99
17278	Veal, shank (fore and hind), separable lean only, raw	0.07	4.02
17401	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised	0.07	3.20
17416	Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw	0.07	2.73
18333	Pie crust, standard-type, dry mix, prepared, baked	0.07	0.39
21361	McDONALD'S, Sausage Biscuit	0.07	0.86
21385	BURGER KING, CROISSAN'WICH with Egg and Cheese	0.07	1.04
21421	KFC, Crispy Chicken Strips	0.07	0.68
21457	POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading	0.07	1.76
21508	WEND'YS, Crispy Chicken Sandwich	0.07	0.59
21611	School Lunch, chicken nuggets, whole grain breaded	0.07	0.71
22960	Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix	0.07	0.47
23061	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	5.32
23078	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.07	8.41
23114	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.07	8.74
23190	Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.07	5.39
23213	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	4.88
23394	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.07	4.71
23406	Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted	0.07	4.99
23427	Beef, New Zealand, imported, manufacturing beef, raw	0.07	4.28
23599	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw	0.07	4.01
23601	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.07	4.01
23627	Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.07	4.22
23649	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.07	5.00
23650	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw	0.07	3.85
28339	Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour	0.07	0.58
28372	UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread	0.07	0.58
36046	Restaurant, Italian, spaghetti with pomodoro sauce (no meat)	0.07	0.35
43369	Beverages, Chocolate-flavored drink, whey and milk based	0.07	0.16
21256	BURGER KING, Chicken Strips	0.07	0.70
21356	McDONALD'S, McCHICKEN Sandwich (without mayonnaise)	0.07	0.75
21360	McDONALD'S, Bacon Egg & Cheese Biscuit	0.07	0.90
21363	McDONALD'S, Deluxe Breakfast, with syrup and margarine	0.07	0.69

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21402	McDONALD'S, Premium Grilled Chicken Classic Sandwich	0.07	0.69
22956	Lasagna, Vegetable, frozen, baked	0.07	0.87
23000	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	6.78
23040	Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.07	7.58
23103	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	6.99
23150	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.07	4.89
23151	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.07	4.77
23186	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.07	5.07
23265	Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw	0.07	6.10
23496	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw	0.07	5.08
23507	USDA Commodity, beef, patties (100%), frozen, raw	0.07	4.12
23598	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted	0.07	5.06
23625	Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.07	4.14
23656	Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw	0.07	3.94
23657	Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw	0.07	3.83
35232	Wocas, dried seeds, Oregon, yellow pond lily (Klamath)	0.07	6.33
36043	CARRABBA'S ITALIAN GRILL, lasagne	0.07	1.35
36044	ON THE BORDER, Mexican rice	0.07	0.38
36619	Restaurant, Chinese, kung pao chicken	0.07	0.74
03191	Babyfood, cereal, oatmeal, with applesauce and bananas, strained	0.07	7.50
05300	Turkey sticks, breaded, battered, fried	0.07	1.46
05692	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted	0.07	1.82
07039	Lebanon bologna, beef	0.07	3.84
08505	Cereals ready-to-eat, RALSTON Corn Biscuits	0.07	17.13
09036	Apricot nectar, canned, without added ascorbic acid	0.07	0.09
09072	Cherries, sweet, canned, juice pack, solids and liquids	0.07	0.10
09403	Apricot nectar, canned, with added ascorbic acid	0.07	0.09
10022	Pork, fresh, loin, whole, separable lean and fat, cooked, broiled	0.07	2.39
10077	Pork, fresh, shoulder, arm picnic, separable lean only, raw	0.07	2.41
10956	Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled	0.07	4.11
11296	Onion rings, breaded, par fried, frozen, prepared, heated in oven	0.07	0.42
11474	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt	0.07	0.34
11581	Vegetables, mixed, canned, drained solids	0.07	0.41
11859	Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt	0.07	0.34
13405	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.07	4.81
13465	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.07	4.67

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13479	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled	0.07	4.61
13596	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.07	5.15
13795	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	3.99
13815	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	4.98
13914	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.07	4.85
13924	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	0.07	4.85
13934	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	3.54
13957	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.07	4.82
13958	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw	0.07	3.54
15009	Fish, carp, cooked, dry heat	0.07	1.90
15046	Fish, mackerel, Atlantic, raw	0.07	0.63
17096	Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded	0.07	2.75
17274	Veal, breast, point half, boneless, separable lean and fat, cooked, braised	0.07	3.85
18023	Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs	0.07	0.67
18459	Breakfast tart, low fat	0.07	0.28
01123	Egg, whole, raw, fresh	0.07	1.29
01131	Egg, whole, cooked, poached	0.07	1.29
02050	Vanilla extract	0.07	0.11
03007	Babyfood, meat, pork, strained	0.07	2.27
03052	Babyfood, dinner, beef stew, toddler	0.07	0.87
05007	Chicken, broilers or fryers, meat and skin, cooked, fried, batter	0.07	1.67
06150	Sauce, barbecue	0.07	0.17
07011	Bologna, turkey	0.07	1.30
10074	Pork, fresh, shoulder, arm picnic, separable lean and fat, raw	0.07	2.15
11485	Squash, winter, butternut, raw	0.07	0.15
13068	Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw	0.07	4.12
13232	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.07	4.65
13357	Beef, cured, sausage, cooked, smoked	0.07	2.80
13817	Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	4.90
13882	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.07	4.74
13970	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	3.70
15013	Fish, cisco, raw	0.07	0.37
15087	Fish, salmon, sockeye, canned, drained solids	0.07	0.84
15130	Fish, whitefish, mixed species, raw	0.07	0.99
17219	Veal, variety meats and by-products, thymus, cooked, braised	0.07	2.13
17263	Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted	0.07	2.73

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18019	Bread, banana, prepared from recipe, made with margarine	0.07	0.35
18144	Cake, yellow, enriched, dry mix	0.07	0.27
18281	Muffins, corn, toaster-type	0.07	0.39
18288	Pancakes plain, frozen, ready-to-heat (includes buttermilk)	0.07	0.40
18420	Cake, yellow, unenriched, dry mix	0.07	0.27
18956	Keikitos (muffins), Latino bakery item	0.07	0.52
20053	Rice, white, short-grain, enriched, cooked	0.07	0.40
20453	Rice, white, short-grain, cooked, unenriched	0.07	0.40
21004	Fast foods, biscuit, with egg and ham	0.07	1.16
21006	Fast foods, biscuit with egg and steak	0.07	1.89
21011	Fast foods, croissant, with egg and cheese	0.07	1.38
21384	BURGER KING, CROISSAN'WICH with Sausage and Cheese	0.07	1.43
22973	Corn dogs, frozen, prepared	0.07	0.85
23080	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.07	8.39
23130	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.07	7.04
23142	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.07	8.78
23152	Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.07	5.07
23562	Beef, ground, 90% lean meat / 10% fat, raw	0.07	4.79
23623	Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw	0.07	4.13
23624	Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.07	4.13
23646	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw	0.07	3.85
27057	Sauce, barbecue, KC MASTERPIECE, original	0.07	0.22
19186	Desserts, apple crisp, prepared-from-recipe	0.07	0.18
21095	Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables	0.07	1.81
21150	SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce	0.07	0.64
21151	Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce	0.07	0.64
21418	POPEYES, Spicy Chicken Strips, analyzed 2006	0.07	0.60
21490	Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread	0.07	0.75
23102	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	6.99
23111	Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	6.72
23113	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.07	8.48
23154	Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.07	5.63
23177	Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.07	5.63
23188	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.07	5.05
23392	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled	0.07	4.66
23494	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	4.82

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23579	Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled	0.07	5.95
36005	APPLEBEE'S, chicken tenders, from kids' menu	0.07	0.71
36008	T.G.I. FRIDAY'S, fried mozzarella	0.07	2.24
36048	CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce	0.07	0.33
36059	Restaurant, Italian, chicken parmesan without pasta	0.07	0.95
05005	Chicken, broilers or fryers, meat and skin and giblets and neck, stewed	0.07	1.98
05016	Chicken, broilers or fryers, skin only, cooked, fried, batter	0.07	0.72
05056	Chicken, broilers or fryers, back, meat only, cooked, stewed	0.07	2.38
05069	Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted	0.07	2.36
05070	Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed	0.07	2.65
05079	Chicken, broilers or fryers, leg, meat and skin, cooked, stewed	0.07	2.43
05110	Chicken, roasting, meat and skin and giblets and neck, cooked, roasted	0.07	1.71
07025	Frankfurter, turkey	0.07	1.84
07064	Pork sausage, link/patty, cooked, pan-fried	0.07	2.45
09096	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids	0.07	0.09
10150	Pork, cured, ham, whole, separable lean and fat, unheated	0.07	1.76
10195	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised	0.07	2.07
11198	Cowpeas, young pods with seeds, cooked, boiled, drained, without salt	0.07	0.24
11206	Cucumber, peeled, raw	0.07	0.17
11525	Taro, tahitian, raw	0.07	0.09
11643	Squash, winter, all varieties, raw	0.07	0.21
11779	Cowpeas, young pods with seeds, cooked, boiled, drained, with salt	0.07	0.24
13065	Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	3.81
13227	Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw	0.07	6.94
13401	Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised	0.07	5.41
13648	Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.07	6.81
13797	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	3.97
13799	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	3.84
13803	Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	3.71
13807	Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	4.24
13872	Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised	0.07	5.40
13911	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	3.20
13913	Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	3.45
13974	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw	0.07	8.29
15119	Fish, tuna, light, canned in oil, drained solids	0.07	0.90
15183	Fish, tuna, light, canned in oil, without salt, drained solids	0.07	0.90

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15211	Fish, salmon, chum, cooked, dry heat	0.07	0.60
15247	Fish, salmon, coho, wild, cooked, dry heat	0.07	0.56
17272	Veal, breast, whole, boneless, separable lean and fat, cooked, braised	0.07	3.64
17449	Lamb, Australian, imported, fresh, external fat, cooked	0.07	2.13
18278	Muffins, blueberry, prepared from recipe, made with low fat (2%) milk	0.07	0.54
18358	Sweet rolls, cinnamon, refrigerated dough with frosting, baked	0.07	0.34
01115	Whey, sweet, dried	0.07	1.97
03061	Babyfood, dinner, vegetables and ham, strained	0.07	0.32
03068	Babyfood, dinner, chicken noodle, strained	0.07	0.55
03073	Babyfood, dinner, vegetables chicken, strained	0.07	0.48
03098	Babyfood, vegetables, beets, strained	0.07	0.12
03112	Babyfood, potatoes, toddler	0.07	0.17
03283	Babyfood, vegetables, garden vegetable, strained	0.07	0.26
05095	Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed	0.07	2.25
05120	Chicken, roasting, dark meat, meat only, cooked, roasted	0.07	2.13
05185	Turkey from whole, light meat, raw	0.07	1.28
05219	Turkey, breast, from whole bird, meat only, raw	0.07	1.28
05227	Turkey, wing, from whole bird, meat only, raw	0.07	1.28
05735	Turkey, retail parts, wing, meat and skin, cooked, roasted	0.07	2.99
05738	Turkey, drumstick, from whole bird, meat only, raw	0.07	1.28
06037	Soup, lentil with ham, canned, ready-to-serve	0.07	0.30
07001	Barbecue loaf, pork, beef	0.07	2.46
07016	Cheesefurter, cheese smokie, pork, beef	0.07	2.25
07031	Ham salad spread	0.07	1.10
07062	Picnic loaf, pork, beef	0.07	2.18
07917	Sausage, pork and beef, with cheddar cheese, smoked	0.07	2.25
07918	Sausage, summer, pork and beef, sticks, with cheddar cheese	0.07	2.25
07920	Swisswurst, pork and beef, with swiss cheese, smoked	0.07	2.25
09056	Boysenberries, canned, heavy syrup	0.07	0.19
09064	Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned)	--	0.07
09089	Figs, raw	0.07	0.15
09099	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids	0.07	0.09
09107	Gooseberries, raw	0.07	0.12
09255	Pears, canned, extra light syrup pack, solids and liquids	--	0.07
09413	Pears, raw, red anjou	0.07	0.13
10102	Pork, fresh, variety meats and by-products, feet, raw	0.07	0.76

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10121	Pork, fresh, variety meats and by-products, tongue, raw	0.07	3.01
10146	Pork, cured, ham, patties, unheated	0.07	1.57
10201	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled	0.07	2.38
10226	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw	0.07	2.01
10227	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked	0.07	2.56
10959	Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled	0.07	2.43
10988	Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled	0.07	2.32
10991	Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled	0.07	2.33
11098	Brussels sprouts, raw	0.07	0.42
11141	Celeriac, raw	0.07	0.33
11374	Potatoes, canned, solids and liquids	0.07	0.39
11438	Salsify, cooked, boiled, drained, without salt	0.07	0.30
11726	Beans, snap, green, canned, no salt added, solids and liquids	0.07	0.20
11727	Beans, snap, yellow, canned, regular pack, solids and liquids	0.07	0.20
11728	Beans, snap, yellow, canned, no salt added, solids and liquids	0.07	0.20
11852	Salsify, cooked, boiled, drained, with salt	0.07	0.30
13341	Beef, variety meats and by-products, tripe, raw	0.07	1.42
13595	Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw	0.07	5.21
13954	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	3.58
14405	Beverages, fruit punch juice drink, frozen concentrate	0.07	0.70
15264	Salmon, sockeye, canned, drained solids, without skin and bones	0.07	0.58
17366	Lamb, New Zealand, imported, flap, boneless, separable lean only, raw	0.07	3.15
18105	Coffeecake, creme-filled with chocolate frosting	0.07	0.44
18213	Cookies, vanilla wafers, higher fat	0.07	0.36
18253	Doughnuts, french crullers, glazed	0.07	0.26
20047	Rice, white, long-grain, parboiled, enriched, cooked	0.07	0.37
20447	Rice, white, long-grain, parboiled, unenriched, cooked	0.07	0.37
21014	Fast foods, croissant, with egg, cheese, and sausage	0.07	1.14
21383	BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese	0.07	1.14
21388	Fast foods, miniature cinnamon rolls	0.07	0.54
23079	Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.07	8.54
23128	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	7.07
23230	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	4.96
23393	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.07	4.83
23604	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked	0.07	4.82
32032	Sausage, egg and cheese breakfast biscuit	0.07	0.99

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
36041	Restaurant, Italian, lasagna with meat	0.07	1.32
20045	Rice, white, long-grain, regular, enriched, cooked	0.07	0.49
20345	Rice, white, long-grain, regular, cooked, enriched, with salt	0.07	0.49
20445	Rice, white, long-grain, regular, unenriched, cooked without salt	0.07	0.49
20545	Rice, white, long-grain, regular, cooked, unenriched, with salt	0.07	0.49
20654	Pasta, gluten-free, brown rice flour, cooked, TINKYADA	0.07	0.83
21401	Fast foods, chicken tenders	0.07	0.71
21428	KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed	0.07	1.82
21517	Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce	0.07	0.72
21523	McDONALD'S, RANCH SNACK WRAP, Crispy	0.07	0.72
23129	Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	7.13
23187	Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.07	5.03
23453	Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw	0.07	4.44
23454	Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted	0.07	4.56
23482	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	4.74
23497	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw	0.07	4.76
23620	Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.07	5.16
23648	Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw	0.07	3.92
36023	APPLEBEE'S, chicken tenders platter	0.07	0.71
36052	Restaurant, Mexican, cheese quesadilla	0.07	2.16
36604	CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu	0.07	0.67
05136	Chicken, capons, meat and skin, cooked, roasted	0.07	1.74
05154	Pheasant, raw, meat only	0.07	0.97
05302	Poultry, mechanically deboned, from backs and necks without skin, raw	0.07	1.82
05347	Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning	0.07	1.77
05706	Turkey, whole, meat and skin, with added solution, raw	0.07	1.68
07021	Dutch brand loaf, chicken, pork and beef	0.07	2.53
07935	Oven-roasted chicken breast roll	0.07	0.65
07956	Beef sausage, fresh, cooked	0.07	4.38
07967	Pork sausage, link/patty, fully cooked, unheated	0.07	1.45
07979	Sausage, pork, turkey, and beef, reduced sodium	0.07	3.95
08059	Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP	0.07	15.29
09062	Cherimoya, raw	0.07	0.16
09100	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids	0.07	0.08
09177	Mangosteen, canned, syrup pack	0.07	0.21
09251	Peach nectar, canned, without added ascorbic acid	0.07	0.08

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09273	Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid	0.07	0.11
09407	Peach nectar, canned, with added ascorbic acid	0.07	0.08
09409	Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid	0.07	0.11
10167	Pork, cured, separable fat (from ham and arm picnic), roasted	0.07	1.31
10202	Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried	0.07	2.14
10210	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw	0.07	1.70
10214	Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw	0.07	1.72
10985	Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled	0.07	2.46
11052	Beans, snap, green, raw	0.07	0.24
11722	Beans, snap, yellow, raw	0.07	0.24
13001	Beef, carcass, separable lean and fat, choice, raw	0.07	3.57
13002	Beef, carcass, separable lean and fat, select, raw	0.07	3.59
13149	Beef, rib, shortribs, separable lean only, choice, raw	0.07	4.78
13408	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.07	4.79
13423	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.07	4.53
13497	Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled	0.07	6.14
13876	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted	0.07	4.56
13908	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.07	4.02
13909	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	3.53
13915	Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw	0.07	3.14
13929	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	3.55
13975	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	4.93
14218	Beverages, coffee, instant, decaffeinated, powder	0.07	0.11
15084	Fish, salmon, pink, canned, total can contents	0.07	0.76
15191	Fish, butterfish, cooked, dry heat	0.07	0.99
15252	USDA Commodity, salmon nuggets, cooked as purchased, unheated	0.07	0.46
17273	Veal, breast, plate half, boneless, separable lean and fat, cooked, braised	0.07	3.47
18085	Bread stuffing, cornbread, dry mix, prepared	0.07	0.23
18273	Muffins, plain, prepared from recipe, made with low fat (2%) milk	0.07	0.56
18362	Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry)	0.07	0.38
03009	Babyfood, meat, ham, junior	0.07	1.70
03021	Babyfood, meat, meat sticks, junior	0.07	1.90
05038	Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed	0.07	2.26
05182	Turkey from whole, light meat, meat and skin, cooked, roasted	0.07	1.76
05686	Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted	0.07	1.51
05699	Turkey, skin from whole, (light and dark), with added solution, roasted	0.07	1.61

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
05704	Turkey, whole, meat only, with added solution, raw	0.07	1.70
07254	Turkey bacon, unprepared	0.07	2.54
09023	Apricots, canned, water pack, without skin, solids and liquids	0.07	0.11
09065	Cherries, sour, red, canned, light syrup pack, solids and liquids	0.07	0.07
09236	Peaches, yellow, raw	0.07	0.17
09294	Prune juice, canned	0.07	0.21
10048	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw	0.07	1.97
10196	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled	0.07	2.26
10223	Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled	0.07	2.95
10962	Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised	0.07	2.86
10984	Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled	0.07	2.45
11426	Pumpkin pie mix, canned	0.07	0.27
11578	Vegetable juice cocktail, canned	0.07	0.12
11585	Vegetable juice cocktail, low sodium, canned	0.07	0.12
13000	Beef, grass-fed, strip steaks, lean only, raw	0.07	3.61
13424	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.07	4.73
13800	Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked	0.07	4.89
13923	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	3.32
15189	Fish, bluefish, cooked, dry heat	0.07	1.04
18088	Cake, angelfood, dry mix, prepared	0.07	0.13
18313	Pie, coconut creme, commercially prepared	0.07	0.47
18401	Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled	0.07	0.24
18446	Pie crust, standard-type, frozen, ready-to-bake, unenriched	0.07	0.30
18939	Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry)	0.07	0.38
19123	Puddings, chocolate, dry mix, instant, prepared with 2% milk	0.07	0.43
23004	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.07	4.26
23047	Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw	0.07	5.65
23181	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw	0.07	4.59
23183	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw	0.07	4.48
23185	Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw	0.07	4.75
23368	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.07	3.37
23374	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.07	3.37
23399	Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised	0.07	5.76
23468	Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried	0.07	2.92
32036	JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared	0.07	0.94
36009	T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu	0.07	0.58

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
36015	Restaurant, family style, chicken fingers, from kid's menu	0.07	0.67
36049	ON THE BORDER, cheese enchilada	0.07	1.88
21018	Fast foods, egg, scrambled	0.07	1.66
21102	Fast foods, chicken fillet sandwich, plain with pickles	0.07	0.61
21261	TACO BELL, Soft Taco with beef, cheese and lettuce	0.07	1.37
21486	Fast foods, taco with beef, cheese and lettuce, soft	0.07	1.37
21526	CHICK-FIL-A, chicken sandwich	0.07	0.61
23104	Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.07	6.98
23115	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.07	8.24
23201	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	4.78
23246	Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw	0.07	5.57
23338	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.07	3.32
23344	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.07	3.33
23391	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.07	4.16
23417	Beef, New Zealand, imported, hind shin, separable lean only, raw	0.07	3.86
23485	Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw	0.07	4.86
23567	Beef, ground, 85% lean meat / 15% fat, raw	0.07	4.48
28297	Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber	0.07	0.49
32005	Macaroni and cheese, box mix with cheese sauce, prepared	0.07	0.65
36034	Restaurant, family style, chicken tenders	0.07	0.68
36047	OLIVE GARDEN, spaghetti with pomodoro sauce	0.07	0.34
36611	DENNY'S, mozzarella cheese sticks	0.07	1.98
04707	Oil, flaxseed, contains added sliced flaxseed	0.07	0.31
05013	Chicken, broilers or fryers, meat only, roasted	0.07	2.10
05098	Chicken, broilers or fryers, thigh, meat only, cooked, roasted	0.07	1.92
05129	Chicken, stewing, light meat, meat only, raw	0.07	0.60
05181	Turkey from whole, light meat, meat and skin, raw	0.07	1.25
05663	Ground turkey, fat free, pan-broiled crumbles	0.07	2.20
05693	Chicken, broiler, rotisserie, BBQ, back meat only	0.07	1.74
06472	Soup, vegetable with beef broth, canned, prepared with equal volume water	0.07	0.33
09077	Crabapples, raw	0.07	--
09101	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids	0.07	0.08
09102	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids	0.07	0.08
09119	Grapefruit, sections, canned, water pack, solids and liquids	0.07	0.09
09262	Pear nectar, canned, without added ascorbic acid	0.07	0.07
09408	Pear nectar, canned, with added ascorbic acid	0.07	0.07

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10006	Pork, fresh, separable fat, raw	0.07	0.60
10175	Pork, fresh, variety meats and by-products, tail, cooked, simmered	0.07	1.64
10197	Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried	0.07	2.04
10221	Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled	0.07	2.89
10963	Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw	0.07	2.05
11272	Mustard greens, frozen, unprepared	0.07	0.23
11283	Onions, cooked, boiled, drained, without salt	0.07	0.21
11805	Onions, cooked, boiled, drained, with salt	0.07	0.21
13097	Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw	0.07	4.66
13492	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.07	5.25
13856	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0.07	3.28
13878	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.07	4.70
13896	Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled	0.07	5.09
13904	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.07	4.98
13917	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.07	3.41
13956	Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.07	3.61
14054	Beverages, almond milk, chocolate, ready-to-drink	0.07	0.63
17172	Game meat, moose, raw	0.07	2.80
17262	Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw	0.07	2.19
18102	Cake, white, prepared from recipe with coconut frosting	0.07	0.33
18306	Pie, blueberry, prepared from recipe	0.07	0.20
05009	Chicken, broilers or fryers, meat and skin, cooked, roasted	0.07	1.94
05071	Chicken, broilers or fryers, dark meat, drumstick, meat only, raw	0.07	2.05
05339	Chicken, broiler, rotisserie, BBQ, wing, meat only	0.07	2.05
05346	Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning	0.07	2.05
06164	Sauce, salsa, ready-to-serve	0.07	0.18
07954	Beef sausage, pre-cooked	0.07	2.92
07970	Kielbasa, fully cooked, unheated	0.07	1.29
08123	Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved)	0.07	0.62
09066	Cherries, sour, red, canned, heavy syrup pack, solids and liquids	0.07	0.06
09121	Grapefruit, sections, canned, light syrup pack, solids and liquids	0.07	0.08
09278	Plantains, cooked	0.07	0.13
09301	Rambutan, canned, syrup pack	0.07	0.08
10040	Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw	0.07	1.86
11062	Beans, snap, green, frozen, all styles, microwaved	0.07	0.31
11333	Peppers, sweet, green, raw	0.07	0.13

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11957	Fennel, bulb, raw	0.07	0.20
13491	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.07	5.15
13493	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.07	4.92
13496	Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled	0.07	5.82
13597	Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw	0.07	5.30
13791	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw	0.07	7.66
13931	Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.07	3.57
13959	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.07	5.12
13968	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.07	5.22
13969	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.07	4.89
14390	Beverages, cocoa mix, with aspartame, powder, prepared with water	0.07	0.27
18209	Cookies, sugar wafers with creme filling, regular	0.07	0.43
18270	Hush puppies, prepared from recipe	0.07	0.66
18327	Pie, pumpkin, prepared from recipe	0.07	0.46
20034	Oat bran, cooked	0.07	0.53
21106	Fast foods, fish sandwich, with tartar sauce and cheese	0.07	0.58
21232	McDONALD'S, FILET-O-FISH	0.07	0.58
21364	McDONALD'S, Hotcakes and Sausage	0.07	0.50
21365	McDONALD'S, Hotcakes (with 2 pats margarine & syrup)	0.07	0.29
21415	POPEYES, biscuit	0.07	0.49
23410	Beef, New Zealand, imported, flank, separable lean only, cooked, braised	0.07	6.89
36012	Restaurant, family style, fried mozzarella sticks	0.07	2.07
36020	T.G.I. FRIDAY'S, chicken fingers	0.07	0.65
36024	CRACKER BARREL, chicken tenderloin platter, fried	0.07	0.66
36027	DENNY'S, chicken strips	0.07	0.71
36030	DENNY'S, hash browns	0.07	0.29
36039	Restaurant, family style, hash browns	0.07	0.29
36613	DENNY'S, macaroni & cheese, from kid's menu	0.07	0.58
42190	Pork sausage rice links, brown and serve, cooked	0.07	1.45
21382	McDONALD'S, FILET-O-FISH (without tartar sauce)	0.06	0.54
23002	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.06	4.13
23003	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.06	3.09
23144	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	7.30
23231	Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	4.86
23458	Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised	0.06	6.73
23619	Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted	0.06	4.82

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
36410	Restaurant, Latino, pupusas del cerdo (pupusas, pork)	0.06	1.62
36417	Restaurant, Mexican, spanish rice	0.06	0.48
42179	Frankfurter, beef, low fat	0.06	1.96
43408	Babyfood, juice, pear	0.06	0.08
01102	Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D	0.06	0.41
01110	Milk shakes, thick chocolate	0.06	0.48
03008	Babyfood, meat, ham, strained	0.06	2.25
03132	Babyfood, fruit, pears, strained	0.06	0.08
05153	Pheasant, raw, meat and skin	0.06	0.96
05301	Poultry, mechanically deboned, from backs and necks with skin, raw	0.06	1.29
05303	Poultry, mechanically deboned, from mature hens, raw	0.06	1.90
05332	Chicken, ground, raw	0.06	1.47
09015	Apples, frozen, unsweetened, heated	0.06	0.05
09028	Apricots, canned, heavy syrup pack, without skin, solids and liquids	0.06	0.10
09067	Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids	0.06	0.06
09104	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids	0.06	0.07
09159	Limes, raw	0.06	0.11
10008	Pork, fresh, leg (ham), whole, separable lean and fat, raw	0.06	1.93
10044	Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw	0.06	1.85
10228	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw	0.06	1.99
10947	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled	0.06	1.74
11334	Peppers, sweet, green, cooked, boiled, drained, without salt	0.06	0.12
11468	Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt	0.06	0.22
11482	Squash, winter, acorn, raw	0.06	0.13
11486	Squash, winter, butternut, cooked, baked, without salt	0.06	0.13
11822	Peppers, sweet, green, cooked, boiled, drained, with salt	0.06	0.12
11823	Peppers, sweet, red, cooked, boiled, drained, without salt	0.06	0.12
11824	Peppers, sweet, red, cooked, boiled, drained, with salt	0.06	0.12
11858	Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt	0.06	0.22
11866	Squash, winter, butternut, cooked, baked, with salt	0.06	0.13
13399	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.06	4.61
13425	Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.06	4.81
13464	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw	0.06	3.58
13850	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06	3.33
13920	Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	3.50
13972	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw	0.06	8.21

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15021	Fish, croaker, Atlantic, cooked, breaded and fried	0.06	0.52
15052	Fish, mackerel, spanish, cooked, dry heat	0.06	0.62
15063	Fish, pike, northern, cooked, dry heat	0.06	0.86
15082	Fish, salmon, coho, wild, cooked, moist heat	0.06	0.52
15213	Fish, scup, cooked, dry heat	0.06	0.62
17285	Lamb, Australian, imported, fresh, separable fat, cooked	0.06	1.48
18246	Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry)	0.06	0.54
18357	Sweet rolls, cinnamon, refrigerated dough with frosting	0.06	0.31
18431	Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry)	0.06	0.54
18433	Danish pastry, lemon, unenriched	0.06	0.54
18435	Danish pastry, raspberry, unenriched	0.06	0.54
01255	Egg, whole, raw, frozen, salted, pasteurized	0.06	1.30
03704	Babyfood, cereal, mixed, with honey, prepared with whole milk	0.06	0.72
05001	Chicken, broilers or fryers, meat and skin and giblets and neck, raw	0.06	1.48
05018	Chicken, broilers or fryers, skin only, cooked, roasted	0.06	1.23
05733	Turkey, retail parts, breast, meat and skin, cooked, roasted	0.06	1.57
06966	Soup, chicken noodle, low sodium, canned, prepared with equal volume water	0.06	0.16
07959	Bologna, chicken, pork, beef	0.06	1.22
08349	Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES	0.06	11.72
09029	Apricots, canned, extra heavy syrup pack, without skin, solids and liquids	0.06	0.10
09035	Apricots, frozen, sweetened	0.06	0.10
09105	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids	0.06	0.07
10187	Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw	0.06	2.01
10189	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled	0.06	1.60
10950	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled	0.06	1.70
11489	Squash, winter, hubbard, raw	0.06	0.13
11889	Turnips, cooked, boiled, drained, with salt	0.06	0.20
13348	Beef, cured, corned beef, canned	0.06	3.57
13411	Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.06	4.74
13421	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.06	4.49
13906	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.06	4.09
15085	Fish, salmon, sockeye, raw	0.06	0.46
15094	Fish, shad, american, raw	0.06	0.37
15205	Fish, pollock, Atlantic, cooked, dry heat	0.06	0.60
18082	Bread stuffing, bread, dry mix, prepared	0.06	0.23
19185	Puddings, chocolate, dry mix, instant, prepared with whole milk	0.06	0.42

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
20092	Pasta, gluten-free, corn, cooked	0.06	0.63
20655	Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST	0.06	0.70
21078	Fast foods, nachos, with cheese	0.06	0.86
21268	TACO BELL, Nachos	0.06	0.86
21469	Fast Foods, Fried Chicken, Breast, meat and skin and breading	0.06	0.92
23006	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled	0.06	3.96
23143	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	7.26
23192	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06	4.12
23193	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	4.04
23382	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled	0.06	4.46
23389	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled	0.06	4.10
23390	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.06	4.31
23503	USDA Commodity, beef, patties (100%), frozen, cooked	0.06	5.26
28315	Bread, cinnamon	0.06	0.49
32028	Turnover, filled with egg, meat and cheese, frozen	0.06	0.99
36010	T.G.I. FRIDAY'S, chicken fingers, from kids' menu	0.06	0.62
36017	Restaurant, family style, macaroni & cheese, from kids' menu	0.06	0.64
36625	Restaurant, Chinese, vegetable lo mein, without meat	0.06	0.36
43297	Pork, oriental style, dehydrated	0.06	1.15
19802	Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched	0.06	0.60
21425	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed	0.06	0.97
23194	Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.06	4.24
23202	Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	4.71
23342	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	3.22
23352	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled	0.06	4.43
23366	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.06	3.26
23372	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.06	3.26
23408	Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted	0.06	3.95
23456	Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted	0.06	3.92
23463	Beef, New Zealand, imported, hind shin, separable lean and fat, raw	0.06	3.66
32025	Dumpling, potato- or cheese-filled, frozen	0.06	0.44
35146	Stew, mutton, corn, squash (Navajo)	0.06	1.87
35147	Tamales (Navajo)	0.06	1.48
42280	Frankfurter, meat and poultry, low fat	0.06	1.93
01130	Egg, whole, cooked, omelet	0.06	1.09
03696	Babyfood, cereal, rice, with honey, prepared with whole milk	0.06	0.65

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
05043	Chicken, broilers or fryers, dark meat, meat only, raw	0.06	2.00
05052	Chicken, broilers or fryers, back, meat and skin, cooked, stewed	0.06	1.93
05094	Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted	0.06	1.73
05101	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter	0.06	1.38
05133	Chicken, capons, meat and skin and giblets and neck, raw	0.06	1.32
05186	Turkey, all classes, light meat, cooked, roasted	0.06	1.72
05220	Turkey, breast, from whole bird, meat only, roasted	0.06	1.72
05228	Turkey, wing, from whole bird, meat only, roasted	0.06	1.72
05285	Turkey, diced, light and dark meat, seasoned	0.06	2.02
05671	Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised	0.06	2.54
05739	Turkey, drumstick, from whole bird, meat only, roasted	0.06	1.72
05745	Turkey, back, from whole bird, meat and skin, with added solution, roasted	0.06	1.52
06415	CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup	0.06	0.54
06618	Sauce, peanut, made from coconut, water, sugar, peanuts	0.06	0.30
07924	Bratwurst, pork, beef and turkey, lite, smoked	0.06	2.68
07928	Sausage, chicken, beef, pork, skinless, smoked	0.06	2.68
07974	Bacon, turkey, low sodium	0.06	1.61
09079	Cranberries, dried, sweetened	0.06	0.10
09106	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids	0.06	0.07
09317	Strawberries, canned, heavy syrup pack, solids and liquids	0.06	0.09
09370	Peaches, canned, heavy syrup, drained	0.06	0.09
10036	Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw	0.06	1.77
10128	Pork, cured, breakfast strips, raw or unheated	0.06	1.66
10858	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled	0.06	2.02
10998	Canadian bacon, cooked, pan-fried	0.06	1.73
11327	Peas and onions, frozen, cooked, boiled, drained, without salt	0.06	0.29
11501	Succotash, (corn and limas), frozen, unprepared	0.06	0.47
11567	Turnips, frozen, cooked, boiled, drained, without salt	0.06	0.20
11818	Peas and onions, frozen, cooked, boiled, drained, with salt	0.06	0.29
11890	Turnips, frozen, cooked, boiled, drained, with salt	0.06	0.20
13047	Beef, grass-fed, ground, raw	0.06	4.55
13342	Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw	0.06	3.63
13483	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled	0.06	4.47
13853	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	3.38
13870	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted	0.06	4.43
13973	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw	0.06	8.25

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13983	Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.06	5.05
15083	Fish, salmon, pink, raw	0.06	0.39
17102	Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded	0.06	3.38
18280	Muffins, corn, dry mix, prepared	0.06	0.64
18316	Pie, coconut custard, commercially prepared	0.06	0.68
18453	Cake, yellow, light, dry mix	0.06	0.33
18934	Waffle, buttermilk, frozen, ready-to-heat, microwaved	0.06	0.58
19046	Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor	0.06	0.71
01138	Egg, duck, whole, fresh, raw	0.06	1.41
01139	Egg, goose, whole, fresh, raw	0.06	1.33
01140	Egg, quail, whole, fresh, raw	0.06	1.47
01141	Egg, turkey, whole, fresh, raw	0.06	1.58
03137	Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior	0.06	0.10
03171	Babyfood, juice, apple and prune	0.06	0.05
03947	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA	0.06	0.97
05066	Chicken, broilers or fryers, drumstick, meat and skin, raw	0.06	1.86
05096	Chicken, broilers or fryers, dark meat, thigh, meat only, raw	0.06	1.58
05333	Chicken, ground, crumbles, cooked, pan-browned	0.06	1.92
05697	Turkey from whole, light meat, meat only, with added solution, cooked, roasted	0.06	1.49
05703	Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted	0.06	1.50
05718	Turkey, breast, from whole bird, meat only, with added solution, roasted	0.06	1.49
05720	Turkey, back, from whole bird, meat only, with added solution, roasted	0.06	1.49
05730	Turkey, wing, from whole bird, meat only, with added solution, roasted	0.06	1.49
06210	Soup, cream of celery, canned, prepared with equal volume milk	0.06	0.08
06633	Sauce, hot chile, sriracha, TUONG OT SRIRACHA	0.06	0.25
09097	Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids	0.06	0.09
10024	Pork, fresh, loin, whole, separable lean only, raw	0.06	1.84
10173	Pork, fresh, variety meats and by-products, feet, cooked, simmered	0.06	1.05
10859	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled	0.06	1.98
11037	Lima beans, immature seeds, frozen, fordhook, unprepared	0.06	0.49
11114	Cabbage, savoy, raw	0.06	0.27
11247	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt	0.06	0.06
11695	Tomatoes, orange, raw	0.06	0.14
11795	Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt	0.06	0.06
13416	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.06	4.32
13419	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.06	4.35

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
17097	Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded	0.06	3.23
18133	Cake, sponge, commercially prepared	0.06	0.51
18367	Waffles, plain, prepared from recipe	0.06	0.68
18938	Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry)	0.06	0.36
18964	Cinnamon buns, frosted (includes honey buns)	0.06	0.53
19194	Puddings, rice, dry mix	0.06	0.31
21417	POPEYES, Mild Chicken Strips, analyzed 2006	0.06	0.59
21518	Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce	0.06	0.77
21524	McDONALD'S, RANCH SNACK WRAP, Grilled	0.06	0.77
23145	Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.06	7.36
23336	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	3.20
23367	Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.06	3.27
23373	Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.06	3.27
23508	USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw	0.06	3.59
28367	SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies	0.06	0.29
31021	Potatoes, hash brown, refrigerated, unprepared	0.06	0.38
35141	Mutton, cooked, roasted (Navajo)	0.06	5.93
36058	OLIVE GARDEN, chicken parmigiana without pasta	0.06	0.86
21246	WENDY'S, Chicken Nuggets	0.06	0.61
21433	KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed	0.06	1.75
23337	Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	3.21
23343	Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	3.22
23572	Beef, ground, 80% lean meat / 20% fat, raw	0.06	4.18
32021	Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine)	0.06	0.30
36003	APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu	0.06	0.57
36040	CRACKER BARREL, macaroni n' cheese	0.06	0.83
36042	OLIVE GARDEN, lasagna classico	0.06	1.31
36051	ON THE BORDER, cheese quesadilla	0.06	2.32
03121	Babyfood, vegetables, peas, strained	0.06	0.47
03136	Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained	0.06	0.09
05014	Chicken, broilers or fryers, meat only, stewed	0.06	1.99
05030	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter	0.06	1.06
05078	Chicken, broilers or fryers, leg, meat and skin, cooked, roasted	0.06	2.07
05082	Chicken, broilers or fryers, leg, meat only, cooked, roasted	0.06	2.11
05102	Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour	0.06	1.76
05308	Chicken, cornish game hens, meat and skin, cooked, roasted	0.06	1.49

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
05336	USDA Commodity Chicken, canned, meat only, drained	0.06	1.94
05357	Chicken, broiler, rotisserie, BBQ, back meat and skin	0.06	1.51
05664	Ground turkey, fat free, patties, broiled	0.06	2.19
05678	Chicken, dark meat, drumstick, meat only, with added solution, raw	0.06	2.00
09088	Elderberries, raw	0.06	0.11
09374	Pears, canned, heavy syrup, drained	0.06	0.08
11010	Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt	0.06	0.36
11091	Broccoli, cooked, boiled, drained, without salt	0.06	0.45
11442	Seaweed, agar, raw	0.06	0.58
11703	Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt	0.06	0.36
11732	Beans, snap, yellow, frozen, cooked, boiled, drained, without salt	0.06	0.48
11733	Beans, snap, yellow, frozen, cooked, boiled, drained, with salt	0.06	0.48
11742	Broccoli, cooked, boiled, drained, with salt	0.06	0.45
11969	Broccoli, chinese, cooked	0.06	0.39
13235	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw	0.06	3.86
13786	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	7.52
13880	Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.06	4.65
15253	Salmon, sockeye, canned, total can contents	0.06	0.67
17210	Lamb, variety meats and by-products, pancreas, raw	0.06	1.93
03127	Babyfood, vegetables, spinach, creamed, strained	0.06	0.31
03304	Babyfood, dinner, potatoes with cheese and ham, toddler	0.06	0.60
03946	Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA	0.06	0.52
03959	Babyfood, mashed cheddar potatoes and broccoli, toddlers	0.06	0.16
05053	Chicken, broilers or fryers, back, meat only, raw	0.06	1.85
05058	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter	0.06	0.95
05080	Chicken, broilers or fryers, leg, meat only, raw	0.06	1.76
05109	Chicken, roasting, meat and skin and giblets and neck, raw	0.06	1.28
05676	Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised	0.06	2.30
05711	Turkey, retail parts, breast, meat only, cooked, roasted	0.06	1.52
06246	Soup, cream of onion, canned, prepared with equal volume milk	0.06	0.25
06409	Soup, beef noodle, canned, prepared with equal volume water	0.06	0.62
06446	Soup, cream of onion, canned, prepared with equal volume water	--	0.06
06631	Sauce, hot chile, sriracha	0.06	0.24
07020	Corned beef loaf, jellied	0.06	4.09
07027	Ham, chopped, not canned	0.06	1.94
07038	Knackwurst, knockwurst, pork, beef	0.06	1.66

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
07050	Mortadella, beef, pork	0.06	2.10
07916	Sausage, Polish, pork and beef, smoked	0.06	2.11
07952	Bologna, chicken, turkey, pork	0.06	1.28
08346	Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH	0.06	12.50
09070	Cherries, sweet, raw	0.06	0.07
09183	Melons, casaba, raw	0.06	0.07
09185	Melon balls, frozen	0.06	0.17
09190	Mulberries, raw	0.06	0.12
11058	Beans, snap, canned, all styles, seasoned, solids and liquids	0.06	0.14
11184	Corn with red and green peppers, canned, solids and liquids	0.06	0.37
11502	Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt	0.06	0.45
11872	Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt	0.06	0.45
13095	Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw	0.06	3.85
13331	Beef, variety meats and by-products, pancreas, raw	0.06	2.58
13844	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw	0.06	3.84
14168	Beverages, Carob-flavor beverage mix, powder	0.06	0.08
15067	Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen)	0.06	0.57
17212	Veal, variety meats and by-products, pancreas, raw	0.06	2.60
17375	Lamb, New Zealand, imported, sweetbread, raw	0.06	0.98
18171	Cookies, fortune	0.06	0.17
18217	Crackers, matzo, plain	0.06	0.68
18274	Muffins, blueberry, commercially prepared (Includes mini-muffins)	0.06	0.37
18969	Cream puff, eclair, custard or cream filled, iced	0.06	0.45
19087	Candies, white chocolate	0.06	0.74
19362	Syrups, table blends, corn, refiner, and sugar	0.06	0.03
20098	Pasta, homemade, made without egg, cooked	0.06	0.37
21010	Fast foods, biscuit, with crispy chicken fillet	0.06	0.49
21143	CHICK-FIL-A, Chick-n-Strips	0.06	0.72
21262	TACO BELL, Soft Taco with chicken, cheese and lettuce	0.06	0.76
21487	Fast foods, taco with chicken, lettuce and cheese, soft	0.06	0.76
21522	McDONALD'S, Southern Style Chicken Biscuit	0.06	0.49
23236	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw	0.06	3.85
23238	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw	0.06	4.00
23407	Beef, New Zealand, imported, cube roll, separable lean only, raw	0.06	3.66
23429	Beef, New Zealand, imported, oyster blade, separable lean only, raw	0.06	4.64
31020	Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated	0.06	0.31

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
36056	Restaurant, Mexican, cheese tamales	0.06	1.31
36609	CRACKER BARREL, macaroni n' cheese plate, from kid's menu	0.06	0.83
36622	Restaurant, Chinese, sweet and sour pork	0.06	1.07
43507	Frankfurter, low sodium	0.06	2.17
23237	Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	3.76
23348	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.06	4.54
23349	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.06	4.63
23378	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.06	4.57
23379	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted	0.06	4.67
23380	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.06	4.37
36004	APPLEBEE'S, mozzarella sticks	0.06	2.00
36614	DENNY'S, chicken nuggets, star shaped, from kid's menu	0.06	0.73
01132	Egg, whole, cooked, scrambled	0.06	1.04
03220	Babyfood, dessert, dutch apple, strained	0.06	0.01
03685	Babyfood, cereal, mixed, prepared with whole milk	0.06	0.59
03850	Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed	0.06	0.49
03855	Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed	0.06	0.49
03949	Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed	0.06	0.49
03991	Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA	0.06	0.49
03993	Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA	0.06	0.49
05119	Chicken, roasting, dark meat, meat only, raw	0.06	1.65
05310	Chicken, cornish game hens, meat only, cooked, roasted	0.06	1.53
05338	USDA Commodity, Chicken, canned, meat only, with broth	0.06	1.57
05352	Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning	0.06	1.71
05713	Turkey, retail parts, wing, meat only, cooked, roasted	0.06	3.24
07969	Kielbasa, fully cooked, pan-fried	0.06	1.55
09213	Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium	0.06	0.16
09214	Orange juice, frozen concentrate, unsweetened, undiluted	0.06	0.16
10027	Pork, fresh, loin, whole, separable lean only, cooked, roasted	0.06	2.53
10086	Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled	0.06	5.02
10163	Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled	0.06	1.75
11061	Beans, snap, green, frozen, cooked, boiled, drained without salt	0.06	0.24
11084	Beets, canned, drained solids	0.06	0.21
11210	Eggplant, cooked, boiled, drained, without salt	0.06	0.12
11529	Tomatoes, red, ripe, raw, year round average	0.06	0.17
11658	Spinach souffle	0.06	0.85

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11731	Beans, snap, green, frozen, cooked, boiled, drained, with salt	0.06	0.24
11783	Eggplant, cooked, boiled, drained, with salt	0.06	0.12
13422	Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.06	4.44
13788	Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw	0.06	7.54
13824	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06	3.73
13830	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw	0.06	3.79
13838	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06	3.75
15027	Fish, fish sticks, frozen, prepared	0.06	0.42
15216	Fish, spot, cooked, dry heat	0.06	0.65
17067	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked	0.06	1.17
18139	Cake, white, prepared from recipe without frosting	0.06	0.32
18282	Muffins, corn, prepared from recipe, made with low fat (2%) milk	0.06	0.61
01074	Sour cream, imitation, cultured	0.06	1.18
02055	Horseradish, prepared	0.06	0.83
03076	Babyfood, dinner, vegetables, noodles and chicken, junior	0.06	0.32
04015	Salad dressing, russian dressing	0.06	0.22
05031	Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour	0.06	1.26
05112	Chicken, roasting, meat and skin, cooked, roasted	0.06	1.45
05363	Ruffed Grouse, breast meat, skinless, raw	0.06	0.51
05662	Ground turkey, fat free, raw	0.06	1.76
06174	Soup, stock, fish, home-prepared	0.06	0.06
06410	Soup, cream of celery, canned, prepared with equal volume water	0.06	0.06
06632	Sauce, hot chile, sriracha, CHA! BY TEXAS PETE	0.06	0.23
08083	Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS	0.06	4.84
09010	Apples, dehydrated (low moisture), sulfured, stewed	0.06	0.06
09014	Apples, frozen, unsweetened, unheated	0.06	0.05
10082	Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled	0.06	4.51
10199	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw	0.06	1.69
10225	Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw	0.06	1.80
11273	Mustard greens, frozen, cooked, boiled, drained, without salt	0.06	0.20
11800	Mustard greens, frozen, cooked, boiled, drained, with salt	0.06	0.20
13231	Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw	0.06	3.61
13344	Beef, cured, breakfast strips, raw or unheated	0.06	2.39
13402	Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted	0.06	4.41
13478	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw	0.06	3.88
13827	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	3.66

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
13841	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw	0.06	3.67
15116	Fish, trout, rainbow, wild, cooked, dry heat	0.06	0.51
15225	Fish, yellowtail, mixed species, cooked, dry heat	0.06	0.67
17209	Lamb, variety meats and by-products, mechanically separated, raw	0.06	3.72
18142	Cake, pudding-type, yellow, dry mix	0.06	0.27
18269	French toast, prepared from recipe, made with low fat (2%) milk	0.06	0.67
18451	Cake, pound, commercially prepared, fat-free	0.06	0.31
19222	Desserts, rennin, vanilla, dry mix	0.06	0.04
21464	Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed	0.06	0.97
22999	Rice and vermicelli mix, chicken flavor, prepared with 80% margarine	0.06	0.46
23350	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.06	4.34
23430	Beef, New Zealand, imported, ribs prepared, cooked, fast roasted	0.06	4.90
23440	Beef, New Zealand, imported, oyster blade, separable lean and fat, raw	0.06	4.46
27062	Soup, beef barley, ready to serve	0.06	0.50
23001	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.06	3.15
27055	Sauce, barbecue, SWEET BABY RAY'S, original	0.06	0.19
32003	Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine	0.06	0.39
43311	Potatoes, canned, drained solids, no salt added	0.06	0.28
03011	Babyfood, meat, lamb, junior	0.06	2.60
03165	Babyfood, fruit, apple and blueberry, junior	0.06	0.04
03681	Babyfood, cereal, barley, prepared with whole milk	0.06	0.57
05010	Chicken, broilers or fryers, meat and skin, cooked, stewed	0.06	1.76
05059	Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour	0.06	1.10
05114	Chicken, roasting, meat only, cooked, roasted	0.06	1.52
05362	Chicken, broiler, rotisserie, BBQ, wing meat and skin	0.06	1.57
05688	Chicken, dark meat, drumstick, meat and skin, with added solution, raw	0.06	1.80
05709	Turkey, retail parts, breast, meat only, with added solution, cooked, roasted	0.06	1.33
05715	Turkey, skin, from retail parts, from dark meat, cooked, roasted	0.06	1.65
07046	Turkey breast, low salt, prepackaged or deli, luncheon meat	0.06	1.33
07063	Pork sausage, link/patty, unprepared	0.06	2.01
08182	Cereals, WHEATENA, cooked with water, with salt	0.06	0.69
09050	Blueberries, raw	0.06	0.16
09205	Oranges, raw, with peel	0.06	0.11
09279	Plums, raw	0.06	0.10
09304	Raspberries, canned, red, heavy syrup pack, solids and liquids	0.06	0.16
09427	Abiyuch, raw	0.06	0.31

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10066	Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw	0.06	1.59
10206	Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted	0.06	2.20
10957	Pork, Leg Cap Steak, boneless, separable lean and fat, raw	0.06	3.18
11053	Beans, snap, green, cooked, boiled, drained, without salt	0.06	0.25
11376	Potatoes, canned, drained solids	0.06	0.28
11574	Turnip greens, frozen, unprepared	0.06	0.17
11723	Beans, snap, green, cooked, boiled, drained, with salt	0.06	0.25
11901	Corn, sweet, white, cooked, boiled, drained, without salt	0.06	0.54
11902	Corn, sweet, white, cooked, boiled, drained, with salt	0.06	0.54
13833	Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.06	3.60
13847	Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.06	3.58
13859	Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw	0.06	3.62
13873	Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted	0.06	4.31
15008	Fish, carp, raw	0.06	1.48
17005	Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw	0.06	1.13
18095	Cake, cherry fudge with chocolate frosting	0.06	0.28
18131	Cake, white, dry mix, special dietary (includes lemon-flavored)	0.06	0.30
03164	Babyfood, fruit, apple and blueberry, strained	0.06	0.03
05196	Turkey, all classes, wing, meat and skin, cooked, roasted	0.06	2.10
06201	Soup, cream of asparagus, canned, prepared with equal volume milk	0.06	0.37
06211	Soup, cheese, canned, prepared with equal volume milk	0.06	0.27
06216	Soup, cream of chicken, canned, prepared with equal volume milk	0.06	0.27
06358	Soup, tomato bisque, canned, prepared with equal volume milk	0.06	0.25
07968	Kielbasa, fully cooked, grilled	0.06	1.53
09078	Cranberries, raw	0.06	0.09
09118	Grapefruit, raw, white, Florida	0.06	0.07
09133	Grapes, canned, thompson seedless, water pack, solids and liquids	0.06	0.05
10020	Pork, fresh, loin, whole, separable lean and fat, raw	0.06	1.74
10023	Pork, fresh, loin, whole, separable lean and fat, cooked, roasted	0.06	2.32
10062	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw	0.06	1.55
10224	Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw	0.06	1.73
11294	Onions, sweet, raw	0.06	0.13
11903	Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids	0.06	0.36
11904	Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids	0.06	0.36
13330	Beef, variety meats and by-products, mechanically separated beef, raw	0.06	3.58
17159	Game meat, boar, wild, cooked, roasted	0.06	3.01

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18134	Cake, sponge, prepared from recipe	0.06	0.59
18135	Cake, pudding-type, white, enriched, dry mix	0.06	0.25
18146	Cake, yellow, prepared from recipe without frosting	0.06	0.45
18419	Cake, pudding-type, white, unenriched, dry mix	0.06	0.25
18957	Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style	0.06	0.59
19102	Candies, fudge, peanut butter, prepared-from-recipe	0.06	0.48
19412	Snacks, potato chips, made from dried potatoes, cheese-flavor	0.06	0.64
20097	Pasta, homemade, made with egg, cooked	0.06	0.44
21324	McDONALD'S, Baked Apple Pie	0.06	0.23
22957	Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved	0.06	0.48
23008	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled	0.06	3.86
23577	Beef, ground, 75% lean meat / 25% fat, raw	0.06	3.87
43366	Turkey, wing, smoked, cooked, with skin, bone removed	0.06	2.10
19312	Pie fillings, apple, canned	0.06	0.04
23351	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled	0.06	4.41
23381	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled	0.06	4.44
23434	Beef, New Zealand, imported, striploin, separable lean only, raw	0.06	2.76
23455	Beef, New Zealand, imported, cube roll, separable lean and fat, raw	0.06	3.32
27064	Wasabi	0.06	0.61
36050	Restaurant, Mexican, cheese enchilada	0.06	1.83
43382	Cranberry juice, unsweetened	0.06	0.10
03187	Babyfood, cereal, mixed, with applesauce and bananas, strained	0.06	1.01
03188	Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified	0.06	1.01
03900	Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed	0.06	0.52
06456	Soup, cream of shrimp, canned, prepared with equal volume water	0.06	0.30
06461	Soup, tomato beef with noodle, canned, prepared with equal volume water	0.06	0.30
06463	Soup, tomato rice, canned, prepared with equal volume water	0.06	0.20
06468	Soup, vegetarian vegetable, canned, prepared with equal volume water	0.06	0.19
10001	Pork, fresh, carcass, separable lean and fat, raw	0.06	1.59
10942	Pork, fresh, composite of separable fat, with added solution, raw	0.06	0.90
11164	Collards, frozen, chopped, cooked, boiled, drained, without salt	0.06	0.27
11285	Onions, canned, solids and liquids	0.06	0.29
11769	Collards, frozen, chopped, cooked, boiled, drained, with salt	0.06	0.27
15051	Fish, mackerel, spanish, raw	0.06	0.49
15079	Fish, salmon, chum, raw	0.06	0.47
15241	Fish, trout, rainbow, farmed, cooked, dry heat	0.06	0.54

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
18234	Crackers, wheat, sandwich, with peanut butter filling	0.06	0.82
18294	Pancakes, blueberry, prepared from recipe	0.06	0.54
03049	Babyfood, dinner, beef and rice, toddler	0.05	0.92
03075	Babyfood, dinner, vegetables, noodles and chicken, strained	0.05	0.25
03152	Babyfood, fruit, apple and raspberry, strained	0.05	0.03
03290	Babyfood, carrots and beef, strained	0.05	0.80
03293	Babyfood, plums, bananas and rice, strained	0.05	0.13
05034	Chicken, broilers or fryers, dark meat, meat and skin, raw	0.05	1.58
05040	Chicken, broilers or fryers, light meat, meat only, cooked, fried	0.05	1.27
05063	Chicken, broilers or fryers, breast, meat only, cooked, fried	0.05	1.08
05075	Chicken, broilers or fryers, leg, meat and skin, raw	0.05	1.47
05091	Chicken, broilers or fryers, thigh, meat and skin, raw	0.05	1.29
05107	Chicken, broilers or fryers, wing, meat only, cooked, roasted	0.05	2.14
05710	Turkey, retail parts, breast, meat only, raw	0.05	1.16
05732	Turkey, retail parts, breast, meat and skin, raw	0.05	1.15
06029	CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed	0.05	0.20
06172	Soup, stock, chicken, home-prepared	0.05	0.14
06428	Soup, clam chowder, manhattan, canned, prepared with equal volume water	0.05	0.36
09024	Apricots, canned, juice pack, with skin, solids and liquids	0.05	0.11
09134	Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids	0.05	0.05
09237	Peaches, canned, water pack, solids and liquids	0.05	0.09
09282	Plums, canned, purple, juice pack, solids and liquids	0.05	0.11
10164	Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw	0.05	1.31
10194	Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw	0.05	1.57
11009	Artichokes, (globe or french), frozen, unprepared	0.05	0.32
11113	Cabbage, red, cooked, boiled, drained, without salt	0.05	0.25
11167	Corn, sweet, yellow, raw	0.05	0.46
11182	Corn, yellow, whole kernel, frozen, microwaved	0.05	0.53
11752	Cabbage, red, cooked, boiled, drained, with salt	0.05	0.25
11900	Corn, sweet, white, raw	0.05	0.45
13418	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted	0.05	4.33
13482	Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw	0.05	4.01
15007	Fish, butterfish, raw	0.05	0.77
17402	Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw	0.05	2.35
18121	Cake, pound, commercially prepared, other than all butter, enriched	0.05	0.39
18418	Cake, pound, commercially prepared, other than all butter, unenriched	0.05	0.39

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21434	KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading	0.05	0.81
21463	Yogurt parfait, lowfat, with fruit and granola	0.05	0.89
22914	Pasta with tomato sauce, no meat, canned	0.05	0.38
32001	Rice and vermicelli mix, beef flavor, prepared with 80% margarine	0.05	0.42
42186	Frozen yogurts, chocolate	0.05	0.28
19349	Syrups, corn, dark	0.05	0.04
21032	Fast foods, sundae, caramel	0.05	0.53
21253	BURGER KING, WHOPPER, with cheese	0.05	1.60
22900	Ravioli, meat-filled, with tomato sauce or meat sauce, canned	0.05	0.39
22912	Spaghetti, with meatballs in tomato sauce, canned	0.05	0.51
28338	Bread, gluten-free, white, made with tapioca starch and brown rice flour	0.05	0.51
28371	UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread	0.05	0.51
35144	Stew, dumpling with mutton (Navajo)	0.05	1.85
35200	Prairie Turnips, raw (Northern Plains Indians)	0.05	0.37
01171	Egg, whole, raw, frozen, pasteurized	0.05	1.32
03153	Babyfood, fruit, apple and raspberry, junior	0.05	0.03
03686	Babyfood, cereal, mixed, with bananas, prepared with whole milk	0.05	0.49
03690	Babyfood, cereal, oatmeal, with bananas, prepared with whole milk	0.05	0.49
03800	Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed	0.05	0.53
03960	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed	0.05	0.53
03961	Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate	0.05	0.53
05011	Chicken, broilers or fryers, meat only, raw	0.05	1.54
05032	Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted	0.05	1.23
05106	Chicken, broilers or fryers, wing, meat only, cooked, fried	0.05	2.12
05169	Turkey, skin from whole, (light and dark), raw	0.05	1.10
05309	Chicken, cornish game hens, meat only, raw	0.05	1.31
05682	Chicken, dark meat, thigh, meat only, with added solution, raw	0.05	1.53
06423	Soup, chicken with rice, canned, prepared with equal volume water	0.05	0.11
06748	Soup, PROGRESSO, beef barley, traditional, ready to serve	0.05	0.45
07007	Bologna, beef	0.05	1.93
09007	Apples, canned, sweetened, sliced, drained, unheated	0.05	0.03
09052	Blueberries, canned, heavy syrup, solids and liquids	0.05	0.07
09232	Passion-fruit juice, purple, raw	0.05	0.05
09254	Pears, canned, juice pack, solids and liquids	0.05	0.09
09352	Blueberries, canned, light syrup, drained	0.05	0.09
09448	Nance, canned, syrup, drained	0.05	0.06

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09508	Fruit juice smoothie, NAKED JUICE, GREEN MACHINE	0.05	0.06
10130	Canadian bacon, unprepared	0.05	1.23
10229	Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked	0.05	2.87
10989	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw	0.05	1.74
11163	Collards, frozen, chopped, unprepared	0.05	0.26
11337	Peppers, sweet, green, frozen, chopped, unprepared	0.05	0.06
11477	Squash, summer, zucchini, includes skin, raw	0.05	0.32
11917	Peppers, sweet, red, frozen, chopped, unprepared	0.05	0.06
13147	Beef, rib, shortribs, separable lean and fat, choice, raw	0.05	3.16
13415	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted	0.05	4.30
13907	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.05	3.31
15005	Fish, bluefish, raw	0.05	0.81
15105	Fish, sturgeon, mixed species, cooked, dry heat	0.05	0.54
15157	Mollusks, clam, mixed species, raw	0.05	0.51
15194	Fish, mahimahi, cooked, dry heat	0.05	0.59
15210	Fish, salmon, chinook, cooked, dry heat	0.05	0.56
18302	Pie, apple, prepared from recipe	0.05	0.19
18323	Pie, peach	0.05	0.09
01107	Milk, human, mature, fluid	0.05	0.17
03989	Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed	0.05	0.52
05681	Chicken, dark meat, thigh, meat only, with added solution, cooked, braised	0.05	1.86
05696	Turkey from whole, light meat, meat only, with added solution, raw	0.05	1.30
05721	Turkey, breast, from whole bird, meat only, with added solution, raw	0.05	1.30
05729	Turkey, wing, from whole bird, meat only, with added solution, raw	0.05	1.30
06411	Soup, cheese, canned, prepared with equal volume water	0.05	0.26
06558	Soup, tomato bisque, canned, prepared with equal volume water	0.05	0.24
07008	Bologna, beef and pork	0.05	2.30
08143	Cereals, WHEATENA, cooked with water	0.05	0.69
08575	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt	0.05	0.26
09240	Peaches, canned, light syrup pack, solids and liquids	0.05	0.09
10005	Pork, fresh, belly, raw	0.05	1.02
10982	Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw	0.05	1.82
11115	Cabbage, savoy, cooked, boiled, drained, without salt	0.05	0.23
11174	Corn, sweet, yellow, canned, cream style, regular pack	0.05	0.53
11478	Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt	0.05	0.33
11484	Squash, winter, acorn, cooked, boiled, mashed, without salt	0.05	0.11

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11531	Tomatoes, red, ripe, canned, packed in tomato juice	0.05	0.12
11753	Cabbage, savoy, cooked, boiled, drained, with salt	0.05	0.23
11772	Corn, sweet, yellow, canned, cream style, no salt added	0.05	0.53
11861	Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt	0.05	0.33
11865	Squash, winter, acorn, cooked, boiled, mashed, with salt	0.05	0.11
11885	Tomatoes, red, ripe, canned, packed in tomato juice, no salt added	0.05	0.12
11907	Corn, sweet, white, canned, cream style, no salt added	0.05	0.53
11963	Nopales, raw	0.05	0.25
13905	Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.05	3.19
15113	Fish, tilefish, cooked, dry heat	0.05	0.53
18103	Coffeecake, cheese	0.05	0.59
18304	Pie, banana cream, prepared from recipe	0.05	0.48
18390	Pancakes, buttermilk, prepared from recipe	0.05	0.62
19366	Toppings, pineapple	0.05	0.05
21442	POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed	0.05	0.97
28291	Cookies, animal, with frosting or icing	0.05	0.24
21229	Fast foods, chicken, breaded and fried, boneless pieces, plain	0.05	0.59
21336	McDONALD'S, Hot Fudge Sundae	0.05	0.56
21380	McDONALD'S, Fruit 'n Yogurt Parfait	0.05	0.36
22970	Macaroni and cheese, frozen entree	0.05	0.80
23005	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.05	3.32
36633	Restaurant, Chinese, sesame chicken	0.05	0.91
01076	Milk substitutes, fluid, with lauric acid oil	0.05	1.18
01111	Milk shakes, thick vanilla	0.05	0.39
03195	Babyfood, cereal, rice, with applesauce and bananas, strained	0.05	0.08
03225	Babyfood, dessert, cherry vanilla pudding, junior	0.05	0.03
03859	Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed	0.05	0.58
03934	Babyfood, corn and sweet potatoes, strained	0.05	0.19
03942	Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA	0.05	0.68
03968	Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed	0.05	0.68
05337	USDA Commodity, Chicken, canned, meat only, with water	0.05	1.55
05702	Turkey from whole, light meat, meat and skin, with added solution, raw	0.05	1.22
06256	Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk	0.05	0.54
06401	Soup, cream of asparagus, canned, prepared with equal volume water	0.05	0.36
06413	Soup, chicken broth, canned, prepared with equal volume water	0.05	0.10
06416	Soup, cream of chicken, canned, prepared with equal volume water	0.05	0.26

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
06417	Soup, chicken gumbo, canned, prepared with equal volume water	0.05	0.15
06440	Soup, minestrone, canned, prepared with equal volume water	0.05	0.31
06465	Soup, turkey noodle, canned, prepared with equal volume water	0.05	0.24
06466	Soup, turkey vegetable, canned, prepared with equal volume water	0.05	0.25
06963	Fish broth	0.05	0.10
06968	Soup, cream of mushroom, low sodium, ready-to-serve, canned	0.05	0.24
06970	Soup, chicken broth, low sodium, canned	0.05	0.10
07908	Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel)	0.05	1.59
09008	Apples, canned, sweetened, sliced, drained, heated	0.05	0.05
09241	Peaches, canned, heavy syrup pack, solids and liquids	0.05	0.09
09253	Pears, canned, water pack, solids and liquids	0.05	0.09
11151	Chicory, witloof, raw	0.05	0.16
11162	Collards, cooked, boiled, drained, without salt	0.05	0.23
11180	Corn, sweet, yellow, frozen, kernels on cob, unprepared	0.05	0.70
11487	Squash, winter, butternut, frozen, unprepared	0.05	0.17
11576	Turnip greens and turnips, frozen, unprepared	0.05	0.16
11595	Winged beans, immature seeds, raw	0.05	0.39
11641	Squash, summer, all varieties, raw	0.05	0.29
11768	Collards, cooked, boiled, drained, with salt	0.05	0.23
11913	Corn, sweet, white, frozen, kernels on cob, unprepared	0.05	0.70
15055	Fish, mullet, striped, raw	0.05	0.52
15062	Fish, pike, northern, raw	0.05	0.67
15081	Fish, salmon, coho, wild, raw	0.05	0.41
15090	Fish, scup, raw	0.05	0.48
15184	Fish, tuna, light, canned in water, without salt, drained solids	0.05	0.77
18024	Bread, cornbread, prepared from recipe, made with low fat (2%) milk	0.05	0.60
18237	Cream puff shell, prepared from recipe	0.05	0.73
18946	Pie crust, refrigerated, regular, baked	0.05	0.22
01113	Whey, acid, dried	0.05	6.31
03044	Babyfood, dinner, macaroni and tomato and beef, strained	0.05	0.54
03047	Babyfood, dinner, beef noodle, strained	0.05	0.60
03224	Babyfood, dessert, cherry vanilla pudding, strained	0.05	0.04
03226	Babyfood, dessert, fruit pudding, orange, strained	0.05	0.17
03245	Babyfood, dessert, custard pudding, vanilla, strained	0.05	0.28
03803	Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed	0.05	0.66
03806	Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed	0.05	0.66

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
03813	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed	0.05	0.66
03815	Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA	0.05	0.66
03823	Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed	0.05	0.79
03825	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA	0.05	0.66
03832	Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA	0.05	0.66
03845	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA	0.05	0.66
03857	Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA	0.05	0.79
03864	Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA	0.05	0.79
03868	Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed	0.05	0.66
03930	Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder	0.05	0.79
03963	Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder	0.05	0.66
05041	Chicken, broilers or fryers, light meat, meat only, cooked, roasted	0.05	1.23
05060	Chicken, broilers or fryers, breast, meat and skin, cooked, roasted	0.05	1.02
05113	Chicken, roasting, meat only, raw	0.05	1.19
05135	Chicken, capons, meat and skin, raw	0.05	1.17
05311	Chicken, canned, no broth	0.05	2.50
06159	Soup, tomato, canned, condensed	0.05	0.18
06170	Soup, stock, beef, home-prepared	0.05	0.17
06179	Sauce, fish, ready-to-serve	0.05	0.20
06377	CAMPBELL'S, Tomato Soup, condensed	0.05	0.18
07003	Beerwurst, beer salami, pork	0.05	1.72
07026	Ham, chopped, canned	0.05	1.83
07028	Ham, sliced, pre-packaged, deli meat (96%fat free, water added)	0.05	1.51
07051	Olive loaf, pork	0.05	1.38
07052	Pastrami, turkey	0.05	2.16
07923	Bratwurst, chicken, cooked	0.05	1.43
09017	Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid	0.05	0.13
09103	Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids	0.05	0.14
09116	Grapefruit, raw, white, all areas	0.05	0.07
09233	Passion-fruit juice, yellow, raw	0.05	0.06
09238	Peaches, canned, juice pack, solids and liquids	0.05	0.11
09239	Peaches, canned, extra light syrup, solids and liquids	0.05	0.09
09242	Peaches, canned, extra heavy syrup pack, solids and liquids	0.05	0.09
09340	Pears, asian, raw	0.05	0.02
09410	Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid	0.05	0.13
09420	Jackfruit, canned, syrup pack	0.05	0.11

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
10138	Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted	0.05	2.23
10165	Pork, cured, salt pork, raw	0.05	0.90
11275	Mustard spinach, (tendergreen), cooked, boiled, drained, without salt	0.05	0.11
11289	Onions, frozen, whole, unprepared	0.05	0.12
11429	Radishes, raw	0.05	0.28
11479	Squash, summer, zucchini, includes skin, frozen, unprepared	0.05	0.21
11801	Mustard spinach, (tendergreen), cooked, boiled, drained, with salt	0.05	0.11
13498	Beef, ground, 70% lean meat / 30% fat, raw	0.05	3.57
14050	Alcoholic beverage, distilled, rum, 80 proof	0.05	0.07
14202	Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated	--	0.05
14210	Beverages, coffee, brewed, espresso, restaurant-prepared	--	0.05
14222	Beverages, coffee, instant, with chicory	0.05	0.37
15065	Fish, pollock, Atlantic, raw	0.05	0.47
15106	Fish, sturgeon, mixed species, smoked	0.05	0.56
15121	Fish, tuna, light, canned in water, drained solids	0.05	0.69
18092	Cake, pudding-type, carrot, dry mix	0.05	0.20
18110	Cake, fruitcake, commercially prepared	0.05	0.27
20027	Cornstarch	0.05	0.06
21034	Fast foods, sundae, strawberry	0.05	0.43
36412	Restaurant, Latino, tamale, pork	0.05	1.20
42150	Babyfood, apple yogurt dessert, strained	0.05	0.28
20055	Rice, white, glutinous, unenriched, cooked	0.05	0.41
21309	McDONALD'S, Chicken McNUGGETS	0.05	0.59
23331	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	3.41
23334	Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw	0.05	3.41
23361	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.05	3.43
23364	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.05	3.43
33876	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed	0.05	0.66
36029	DENNY'S, fish fillet, battered or breaded, fried	0.05	0.44
36603	Restaurant, Chinese, beef and vegetables	0.05	1.50
03092	Babyfood, vegetables, green beans, junior	0.05	0.19
03822	Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder	0.05	0.65
03841	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed	0.05	0.49
03846	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed	0.05	0.49
03935	Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA	0.05	0.49
03953	Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed	0.05	0.49

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
03981	Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed	0.05	0.66
03982	Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed	0.05	0.79
03983	Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed	0.05	0.66
03986	Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed	0.05	0.66
03987	Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed	0.05	0.59
03992	Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA	0.05	0.49
05064	Chicken, broilers or fryers, breast, meat only, cooked, roasted	0.05	1.00
05307	Chicken, cornish game hens, meat and skin, raw	0.05	1.15
05313	Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave)	0.05	1.55
05672	Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised	0.05	1.87
05680	Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised	0.05	2.34
05734	Turkey, retail parts, wing, meat and skin, raw	0.05	2.14
08510	Milk and cereal bar	0.05	0.84
09256	Pears, canned, light syrup pack, solids and liquids	0.05	0.08
09257	Pears, canned, heavy syrup pack, solids and liquids	0.05	0.08
09318	Strawberries, frozen, unsweetened	0.05	0.13
09515	Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS	0.05	0.08
10949	Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw	0.05	1.22
11060	Beans, snap, green, frozen, all styles, unprepared	0.05	0.26
11090	Broccoli, raw	0.05	0.41
11168	Corn, sweet, yellow, cooked, boiled, drained, without salt	0.05	0.62
11387	Potatoes, scalloped, dry mix, prepared with water, whole milk and butter	0.05	0.25
11730	Beans, snap, yellow, frozen, all styles, unprepared	0.05	0.26
11770	Corn, sweet, yellow, cooked, boiled, drained, with salt	0.05	0.62
11943	Pimento, canned	0.05	0.19
11964	Nopales, cooked, without salt	0.05	0.21
14066	Beverages, Protein powder whey based	0.05	6.18
15237	Fish, salmon, Atlantic, farmed, cooked, dry heat	0.05	0.43
16424	Soy sauce made from soy and wheat (shoyu), low sodium	0.05	0.79
16425	Soy sauce, reduced sodium, made from hydrolyzed vegetable protein	0.05	0.25
18293	Pancakes, plain, prepared from recipe	0.05	0.56
03694	Babyfood, cereal, rice, prepared with whole milk	0.05	0.49
05006	Chicken, broilers or fryers, meat and skin, raw	0.05	1.31
05677	Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised	0.05	1.64
09124	Grapefruit juice, white, canned, sweetened	0.05	0.06
09258	Pears, canned, extra heavy syrup pack, solids and liquids	0.05	0.08

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09295	Pummelo, raw	0.05	0.08
09316	Strawberries, raw	0.05	0.14
10094	Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw	0.05	1.42
10948	Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw	0.05	1.28
11176	Corn, sweet, yellow, canned, vacuum pack, regular pack	0.05	0.46
11179	Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt	0.05	0.63
11199	Yardlong bean, raw	0.05	0.37
11225	Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt	0.05	0.38
11251	Lettuce, cos or romaine, raw	0.05	0.23
11603	Yambean (jicama), raw	0.05	0.16
11773	Corn, sweet, yellow, canned, vacuum pack, no salt added	0.05	0.46
11774	Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt	0.05	0.63
11788	Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt	0.05	0.38
11908	Corn, sweet, white, canned, vacuum pack, regular pack	0.05	0.46
11909	Corn, sweet, white, canned, vacuum pack, no salt added	0.05	0.46
13337	Beef, variety meats and by-products, thymus, raw	0.05	2.06
14194	Beverages, Cocoa mix, powder, prepared with water	0.05	0.21
15238	Fish, salmon, coho, farmed, raw	0.05	0.43
20058	Rice, white, steamed, Chinese restaurant	0.05	0.68
21023	Fast foods, french toast with butter	0.05	0.44
23324	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	3.68
23325	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	3.76
23327	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.05	3.67
23328	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw	0.05	3.75
23354	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.05	3.70
23355	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.05	3.78
23357	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.05	3.70
23358	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw	0.05	3.78
23401	Beef, New Zealand, imported, brisket navel end, separable lean only, raw	0.05	3.64
23409	Beef, New Zealand, imported, eye round, separable lean only, raw	0.05	2.78
36606	CRACKER BARREL, farm raised catfish platter	0.05	0.94
42286	Babyfood, green beans and turkey, strained	0.05	0.60
19334	Sugars, brown	0.05	0.03
23007	Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw	0.05	3.43
23326	Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.05	3.52
23329	Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.05	3.52

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23356	Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.05	3.54
23359	Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.05	3.54
23431	Beef, New Zealand, imported, ribs prepared, raw	0.05	3.95
23448	Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised	0.05	3.61
23457	Beef, New Zealand, imported, eye round, separable lean and fat, raw	0.05	2.72
35145	Stew, hominy with mutton (Navajo)	0.05	1.19
01040	Cheese, swiss	0.05	4.37
03100	Babyfood, vegetables, carrots, junior	0.05	0.18
05048	Chicken, broilers or fryers, back, meat and skin, raw	0.05	1.26
05108	Chicken, broilers or fryers, wing, meat only, cooked, stewed	0.05	2.02
05192	Turkey, all classes, breast, meat and skin, cooked, roasted	0.05	2.03
05690	Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised	0.05	1.60
05712	Turkey, retail parts, wing, meat only, raw	0.05	2.61
07907	USDA Commodity, pork sausage, bulk/links/patties, frozen, raw	0.05	2.39
07945	Frankfurter, beef, heated	0.05	2.17
07978	Pork sausage, reduced sodium, cooked	0.05	1.31
09111	Grapefruit, raw, pink and red and white, all areas	0.05	0.07
10805	USDA Commodity, pork, ground, fine/coarse, frozen, raw	0.05	2.28
10994	Bacon, pre-sliced, reduced/low sodium, unprepared	0.05	1.19
11200	Yardlong bean, cooked, boiled, drained, without salt	0.05	0.36
11224	Hyacinth-beans, immature seeds, raw	0.05	0.37
11236	Kale, frozen, cooked, boiled, drained, without salt	0.05	0.18
11480	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt	0.05	0.20
11491	Squash, winter, hubbard, cooked, boiled, mashed, without salt	0.05	0.10
11791	Kale, frozen, cooked, boiled, drained, with salt	0.05	0.18
11862	Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt	0.05	0.20
11869	Squash, winter, hubbard, cooked, boiled, mashed, with salt	0.05	0.10
11899	Yardlong bean, cooked, boiled, drained, with salt	0.05	0.36
15222	Fish, turbot, european, cooked, dry heat	0.05	0.28
18292	Pancakes, plain, dry mix, incomplete, prepared	0.05	0.75
18319	Pie, fried pies, fruit	0.05	0.23
18444	Pie, fried pies, cherry	0.05	0.23
18445	Pie, fried pies, lemon	0.05	0.23
01042	Cheese, pasteurized process, American, fortified with vitamin D	0.05	2.49
01106	Milk, goat, fluid, with added vitamin D	0.05	0.30
01108	Milk, indian buffalo, fluid	0.05	0.22

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
01109	Milk, sheep, fluid	0.05	0.54
01253	Cheese, pasteurized process, American, without added vitamin D	0.05	2.49
03145	Babyfood, fruit, applesauce and cherries, junior	0.05	0.03
03172	Babyfood, juice, orange	0.05	0.06
03178	Babyfood, juice, prune and orange	0.05	0.04
03280	Babyfood, fruit, bananas with tapioca, junior	0.05	0.07
03936	Infant formula, PBM PRODUCTS, store brand, ready-to-feed	0.05	0.53
03939	Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed	0.05	0.53
05019	Chicken, broilers or fryers, skin only, cooked, stewed	0.05	0.96
05104	Chicken, broilers or fryers, wing, meat and skin, cooked, stewed	0.05	1.63
05155	Pheasant, breast, meat only, raw	0.05	0.63
05277	Chicken, canned, meat only, with broth	0.05	1.41
05687	Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised	0.05	2.11
05691	Chicken, dark meat, thigh, meat and skin, with added solution, raw	0.05	1.24
05698	Turkey, skin from whole (light and dark), with added solution, raw	0.05	0.82
07906	Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium	0.05	2.12
09006	Apples, raw, without skin, cooked, microwave	0.05	0.04
09379	Plums, canned, heavy syrup, drained	0.05	0.07
10099	Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered	0.05	1.85
11161	Collards, raw	0.05	0.21
11181	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt	0.05	0.63
11235	Kale, frozen, unprepared	0.05	0.18
11385	Potatoes, au gratin, dry mix, prepared with water, whole milk and butter	0.05	0.24
11655	Carrot juice, canned	0.05	0.18
11775	Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt	0.05	0.63
11914	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt	0.05	0.63
11915	Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt	0.05	0.63
11979	Peppers, jalapeno, raw	0.05	0.14
15102	Fish, snapper, mixed species, cooked, dry heat	0.05	0.44
15103	Fish, spot, raw	0.05	0.51
15111	Fish, swordfish, cooked, dry heat	0.05	0.78
15240	Fish, trout, rainbow, farmed, raw	0.05	0.45
17284	Lamb, Australian, imported, fresh, separable fat, raw	0.05	1.06
18301	Pie, apple, commercially prepared, enriched flour	0.05	0.16
18305	Pie, blueberry, commercially prepared	0.05	0.16
18443	Pie, apple, commercially prepared, unenriched flour	0.05	0.16

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19169	Egg custards, dry mix	0.05	1.05
23353	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled	0.05	4.36
23383	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled	0.05	4.39
23411	Beef, New Zealand, imported, flank, separable lean only, raw	0.05	4.33
23469	Beef, New Zealand, imported, striploin, separable lean and fat, raw	0.05	2.31
27060	Soup, chunky vegetable, reduced sodium, canned, ready-to-serve	0.05	0.24
36618	Restaurant, Chinese, general tso's chicken	0.05	1.30
19360	Syrups, table blends, pancake, with 2% maple	0.04	0.23
19720	Syrups, table blends, pancake, with 2% maple, with added potassium	0.04	0.23
21002	Fast foods, biscuit, with egg	0.04	0.73
23371	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw	0.04	3.64
23384	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw	0.04	3.64
28335	Cookies, gluten-free, vanilla sandwich, with creme filling	0.04	0.23
31034	Peppers, hot pickled, canned	0.04	0.09
03012	Babyfood, meat, chicken, strained	0.04	1.21
03013	Babyfood, meat, chicken, junior	0.04	1.01
03014	Babyfood, meat, chicken sticks, junior	0.04	1.01
03144	Babyfood, fruit, applesauce and cherries, strained	0.04	0.03
05344	Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning	0.04	1.03
05675	Chicken, skin (drumsticks and thighs), cooked, roasted	0.04	0.86
09200	Oranges, raw, all commercial varieties	0.04	0.07
09226	Papayas, raw	0.04	0.08
09275	Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.04	0.08
10000	Pork, fresh, composite of separable fat, with added solution, cooked	0.04	1.13
10219	Pork, fresh, ground, raw	0.04	2.20
11124	Carrots, raw	0.04	0.24
11490	Squash, winter, hubbard, baked, without salt	0.04	0.15
11566	Turnips, frozen, unprepared	0.04	0.14
11740	Broccoli, flower clusters, raw	0.04	0.40
11741	Broccoli, stalks, raw	0.04	0.40
11868	Squash, winter, hubbard, baked, with salt	0.04	0.15
13420	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted	0.04	4.28
14057	Alcoholic beverage, wine, dessert, sweet	0.04	0.07
14287	Beverages, Lemonade, powder	0.04	0.10
14334	Beverages, pineapple and grapefruit juice drink, canned	0.04	0.06
14536	Alcoholic beverage, wine, dessert, dry	0.04	0.07

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15032	Fish, grouper, mixed species, cooked, dry heat	0.04	0.51
15135	Fish, yellowtail, mixed species, raw	0.04	0.52
15236	Fish, salmon, Atlantic, farmed, raw	0.04	0.36
15274	Fish, trout, brook, raw, New York State	0.04	0.55
17066	Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw	0.04	0.85
18948	Pie crust, refrigerated, regular, unbaked	0.04	0.20
03143	Babyfood, fruit, applesauce and apricots, junior	0.04	0.03
03162	Babyfood, fruit, papaya and applesauce with tapioca, strained	0.04	0.03
03174	Babyfood, juice, orange and apple and banana	0.04	0.03
03177	Babyfood, juice, orange and pineapple	0.04	0.04
03278	Babyfood, dinner, mixed vegetable, strained	0.04	0.16
05033	Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed	0.04	1.14
05042	Chicken, broilers or fryers, light meat, meat only, cooked, stewed	0.04	1.19
05061	Chicken, broilers or fryers, breast, meat and skin, cooked, stewed	0.04	0.97
05152	Guinea hen, meat only, raw	0.04	1.20
05746	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised	0.04	0.96
07022	Frankfurter, beef, unheated	0.04	2.01
08578	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt	0.04	0.25
09012	Apples, dried, sulfured, stewed, without added sugar	0.04	0.05
09114	Grapefruit, raw, pink and red, Florida	0.04	0.07
09206	Orange juice, raw	0.04	0.05
09220	Tangerines, (mandarin oranges), canned, light syrup pack	0.04	0.24
10166	Pork, cured, separable fat (from ham and arm picnic), unheated	0.04	0.80
10220	Pork, fresh, ground, cooked	0.04	3.21
11825	Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt	0.04	0.05
11918	Peppers, sweet, red, frozen, chopped, boiled, drained, without salt	0.04	0.05
11919	Peppers, sweet, red, frozen, chopped, boiled, drained, with salt	0.04	0.05
13417	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted	0.04	4.25
14048	Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6	0.04	0.05
14310	Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk	0.04	0.41
15202	Fish, milkfish, cooked, dry heat	0.04	1.05
17093	Veal, composite of trimmed retail cuts, separable fat, cooked	0.04	0.87
19387	Frozen novelties, ice type, pineapple-coconut	0.04	0.11
21338	McDONALD'S, McFLURRY with M&M'S CANDIES	0.04	0.54
21412	Light Ice Cream, soft serve, blended with milk chocolate candies	0.04	0.54
21430	KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed	0.04	0.89

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
23341	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw	0.04	3.52
23369	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw	0.04	3.72
23386	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw	0.04	3.72
23459	Beef, New Zealand, imported, flank, separable lean and fat, raw	0.04	4.19
36033	Restaurant, family style, fish fillet, battered or breaded, fried	0.04	0.39
36626	Restaurant, Chinese, chicken and vegetables	0.04	0.43
42267	Babyfood, juice, orange-carrot	0.04	0.07
21456	POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading	0.04	0.76
23339	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	3.57
01260	Cheese, cheddar, reduced fat	0.04	4.44
03268	Babyfood, juice, apple and cherry	0.04	0.03
05065	Chicken, broilers or fryers, breast, meat only, cooked, stewed	0.04	0.97
05151	Guinea hen, meat and skin, raw	0.04	1.13
05342	Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning	0.04	0.86
05348	Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning	0.04	0.92
05356	Chicken, broiler, rotisserie, BBQ, skin	0.04	0.76
05708	Turkey, retail parts, breast, meat only, with added solution, raw	0.04	1.10
05727	Turkey, retail parts, breast, meat and skin, with added solution, raw	0.04	1.07
07964	Frankfurter, meat and poultry, cooked, grilled	0.04	1.27
08107	Cereals, CREAM OF WHEAT, instant, prepared with water, without salt	0.04	0.17
09402	Applesauce, canned, sweetened, with salt	0.04	0.04
09433	Clementines, raw	0.04	0.06
11082	Beets, canned, regular pack, solids and liquids	0.04	0.34
11095	Broccoli, frozen, spears, cooked, boiled, drained, without salt	0.04	0.30
11142	Celeriac, cooked, boiled, drained, without salt	0.04	0.20
11656	Corn pudding, home prepared	0.04	0.48
11744	Broccoli, frozen, spears, cooked, boiled, drained, with salt	0.04	0.30
11763	Celeriac, cooked, boiled, drained, with salt	0.04	0.20
13338	Beef, variety meats and by-products, thymus, cooked, braised	0.04	2.20
15221	Fish, tuna, yellowfin, fresh, cooked, dry heat	0.04	0.45
15267	Fish, pollock, Alaska, cooked (not previously frozen)	0.04	0.44
16123	Soy sauce made from soy and wheat (shoyu)	0.04	0.87
18303	Pie, banana cream, prepared from mix, no-bake type	0.04	0.33
18365	Waffles, plain, frozen, ready-to-heat	0.04	0.59
01010	Cheese, cheshire	0.04	2.79
01011	Cheese, colby	0.04	3.07

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
03170	Babyfood, juice, apple and plum	0.04	0.03
03176	Babyfood, juice, orange and banana	0.04	0.09
03712	Babyfood, cereal, rice, with bananas, prepared with whole milk	0.04	0.46
05118	Chicken, roasting, light meat, meat only, cooked, roasted	0.04	0.78
05747	Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled	0.04	0.90
07962	Frankfurter, meat and poultry, unheated	0.04	1.14
08577	Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt	0.04	0.26
09013	Apples, dried, sulfured, stewed, with added sugar	0.04	0.04
09209	Orange juice, chilled, includes from concentrate	0.04	0.07
09210	Orange juice, chilled, includes from concentrate, with added calcium and vitamin D	0.04	0.07
09211	Orange juice, chilled, includes from concentrate, with added calcium	0.04	0.07
09218	Tangerines, (mandarin oranges), raw	0.04	0.07
09326	Watermelon, raw	0.04	0.10
09506	Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E	0.04	0.07
10123	Pork, cured, bacon, unprepared	0.04	1.18
11096	Broccoli raab, raw	0.04	0.77
11540	Tomato juice, canned, with salt added	0.04	0.11
11886	Tomato juice, canned, without salt added	0.04	0.11
14019	Alcoholic beverage, tequila sunrise, canned	0.04	0.60
15020	Fish, croaker, Atlantic, raw	0.04	0.42
15035	Fish, haddock, smoked	0.04	0.50
15096	Fish, shark, mixed species, cooked, batter-dipped and fried	0.04	0.48
17270	Veal, breast, separable fat, cooked	0.04	0.76
18090	Cake, boston cream pie, commercially prepared	0.04	0.16
18120	Cake, pound, commercially prepared, butter (includes fresh and frozen)	0.04	0.43
18321	Pie, lemon meringue, prepared from recipe	0.04	0.28
22906	Chicken pot pie, frozen entree, prepared	0.04	0.42
23330	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	3.40
23333	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw	0.04	3.39
23360	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	3.42
23363	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw	0.04	3.42
23370	Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw	0.04	3.79
23385	Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw	0.04	3.79
36629	Restaurant, Chinese, orange chicken	0.04	1.13
20029	Couscous, cooked	0.04	0.26
21381	McDONALD'S, Fruit 'n Yogurt Parfait (without granola)	0.04	0.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
22971	Potato salad with egg	0.04	0.33
23340	Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw	0.04	3.62
23387	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw	0.04	3.24
35195	Cattail, Narrow Leaf Shoots (Northern Plains Indians)	0.04	0.24
36416	Restaurant, Latino, bunuelos (fried yeast bread)	0.04	0.91
01091	Milk, dry, nonfat, regular, without added vitamin A and vitamin D	0.04	4.08
01092	Milk, dry, nonfat, instant, with added vitamin A and vitamin D	0.04	4.41
01154	Milk, dry, nonfat, regular, with added vitamin A and vitamin D	0.04	4.08
01155	Milk, dry, nonfat, instant, without added vitamin A and vitamin D	0.04	4.41
03048	Babyfood, macaroni and cheese, toddler	0.04	0.43
03099	Babyfood, vegetables, carrots, strained	0.04	0.15
03142	Babyfood, fruit, applesauce and apricots, strained	0.04	0.04
03282	Babyfood, vegetables, mix vegetables junior	0.04	0.27
05000	Chicken, broiler, rotisserie, BBQ, breast meat only	0.04	0.87
05015	Chicken, broilers or fryers, skin only, raw	0.04	0.93
05103	Chicken, broilers or fryers, wing, meat and skin, cooked, roasted	0.04	1.64
05105	Chicken, broilers or fryers, wing, meat only, raw	0.04	1.63
05293	Turkey breast, pre-basted, meat and skin, cooked, roasted	0.04	1.53
05358	Chicken, broiler, rotisserie, BBQ, breast meat and skin	0.04	0.86
05714	Turkey, skin, from retail parts, from dark meat, raw	0.04	0.88
07938	Ham, honey, smoked, cooked	0.04	0.91
08105	Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt	0.04	0.23
08113	Cereals, farina, enriched, cooked with water, without salt	0.04	0.23
08169	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt	0.04	0.13
08173	Cereals, farina, enriched, cooked with water, with salt	0.04	0.23
09181	Melons, cantaloupe, raw	0.04	0.18
09383	Tangerines, (mandarin oranges), canned, juice pack, drained	0.04	0.53
09449	Nance, frozen, unsweetened	0.04	0.09
10976	Pork, ground, 96% lean / 4% fat, cooked, crumbles	0.04	2.56
11205	Cucumber, with peel, raw	0.04	0.20
11965	Cauliflower, green, raw	0.04	0.64
14341	Beverages, pineapple and orange juice drink, canned	0.04	0.06
15023	Fish, mahimahi, raw	0.04	0.46
15071	Fish, rockfish, Pacific, mixed species, cooked, dry heat	0.04	0.43
15078	Fish, salmon, chinook, raw	0.04	0.44
15104	Fish, sturgeon, mixed species, raw	0.04	0.42

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15112	Fish, tilefish, raw	0.04	0.37
15206	Fish, pout, ocean, cooked, dry heat	0.04	1.32
15266	Fish, pollock, Alaska, raw (not previously frozen)	0.04	0.40
16125	Soy sauce made from hydrolyzed vegetable protein	0.04	0.23
18206	Cookies, sugar, refrigerated dough, baked	0.04	0.27
19008	Snacks, corn-based, extruded, puffs or twists, cheese-flavor	0.04	0.37
01004	Cheese, blue	0.04	2.66
01013	Cheese, cottage, creamed, with fruit	0.04	0.33
01032	Cheese, parmesan, grated	0.04	4.20
03046	Babyfood, ravioli, cheese filled, with tomato sauce	0.04	0.35
03059	Babyfood, dinner, vegetables and bacon, strained	0.04	0.30
03096	Babyfood, vegetable, green beans and potatoes	0.04	0.30
03129	Babyfood, fruit, bananas with tapioca, strained	0.04	0.06
03141	Babyfood, pears, dices, toddler	0.04	0.09
03147	Babyfood, fruit, applesauce with banana, junior	0.04	0.05
03156	Babyfood, fruit, bananas and pineapple with tapioca, junior	0.04	0.03
03166	Babyfood, juice, apple	0.04	0.03
03173	Babyfood, juice, orange and apple	0.04	0.03
03179	Babyfood, juice, mixed fruit	0.04	0.03
03206	Babyfood, cookie, baby, fruit	0.04	0.80
03286	Babyfood, vegetables, mix vegetables strained	0.04	0.15
03289	Babyfood, apples with ham, strained	0.04	0.40
03297	Babyfood, dinner, apples and chicken, strained	0.04	0.36
04706	Dressing, honey mustard, fat-free	0.04	0.29
05029	Chicken, broilers or fryers, light meat, meat and skin, raw	0.04	0.93
05039	Chicken, broilers or fryers, light meat, meat only, raw	0.04	0.97
05673	Chicken, skin (drumsticks and thighs), cooked, braised	0.04	0.74
06067	Soup, chunky vegetable, canned, ready-to-serve	0.04	0.23
06149	Soup, chicken mushroom, canned, condensed	0.04	0.80
06208	Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve	0.04	0.16
07005	Blood sausage	0.04	1.30
07018	Chicken spread	0.04	1.15
07065	Pork and beef sausage, fresh, cooked	0.04	1.87
07914	Sausage, Italian, sweet, links	0.04	1.52
07963	Frankfurter, meat and poultry, cooked, boiled	0.04	1.25
08103	Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt	0.04	0.13

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09025	Apricots, canned, extra light syrup pack, with skin, solids and liquids	0.04	0.08
09082	Cranberry-orange relish, canned	0.04	--
09131	Grapes, american type (slip skin), raw	--	0.04
09174	Loquats, raw	0.04	0.05
09513	Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD	0.04	0.06
09530	Fruit juice smoothie, ODWALLA, strawberry banana	0.04	0.08
09531	Fruit juice smoothie, NAKED JUICE, strawberry banana	0.04	0.08
10105	Pork, fresh, variety meats and by-products, jowl, raw	0.04	0.84
10975	Pork, ground, 84% lean / 16% fat, cooked, crumbles	0.04	2.57
11145	Celtuce, raw	0.04	0.27
11409	Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt	0.04	0.41
11967	Cauliflower, green, cooked, no salt added	0.04	0.63
11968	Cauliflower, green, cooked, with salt	0.04	0.63
12119	Nuts, coconut water (liquid from coconuts)	0.04	0.10
13020	Beef, retail cuts, separable fat, cooked	0.04	1.24
14414	Alcoholic beverage, liqueur, coffee, 53 proof	0.04	0.03
14415	Alcoholic beverage, liqueur, coffee with cream, 34 proof	0.04	0.16
14534	Alcoholic beverage, liqueur, coffee, 63 proof	0.04	0.03
15133	Fish, whiting, mixed species, cooked, dry heat	0.04	0.53
15188	Fish, bass, striped, cooked, dry heat	0.04	0.51
18240	Croissants, apple	0.04	1.03
18308	Pie, cherry, commercially prepared	0.04	0.18
18932	Waffles, buttermilk, frozen, ready-to-heat	0.04	0.48
19005	Snacks, corn-based, extruded, cones, plain	0.04	0.21
19136	Candies, HERSHEY'S SKOR Toffee Bar	0.04	0.17
19293	Frozen yogurts, vanilla, soft-serve	0.04	0.42
20003	Arrowroot flour	0.04	0.07
23388	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw	0.04	3.29
36617	Restaurant, Chinese, lemon chicken	0.04	0.51
43004	Babyfood, dessert, banana pudding, strained	0.04	0.12
43536	Babyfood, dessert, peach yogurt	0.04	0.18
43546	Babyfood, banana no tapioca, strained	0.04	0.05
44259	Puddings, all flavors except chocolate, low calorie, regular, dry mix	0.04	0.19
28336	Bread, gluten-free, white, made with potato extract, rice starch, and rice flour	0.04	0.26
28366	RUDI'S, Gluten-Free Bakery, Original Sandwich Bread	0.04	0.26
36018	APPLEBEE'S, fish, hand battered	0.04	0.34

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
36621	Restaurant, Chinese, sweet and sour chicken	0.04	0.42
03045	Babyfood, dinner, macaroni and tomato and beef, junior	0.04	0.36
03157	Babyfood, fruit, bananas and pineapple with tapioca, strained	0.04	0.04
05057	Chicken, broilers or fryers, breast, meat and skin, raw	0.04	0.80
05312	Chicken, wing, frozen, glazed, barbecue flavored	0.04	1.14
07944	Turkey, white, rotisserie, deli cut	0.04	2.10
07960	Bologna, chicken, pork	0.04	1.04
08069	Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES	0.04	0.15
09055	Blueberries, frozen, sweetened	0.04	0.06
09202	Oranges, raw, navels	0.04	0.08
09203	Oranges, raw, Florida	0.04	0.08
09281	Plums, canned, purple, water pack, solids and liquids	0.04	0.08
10979	Pork, ground, 96% lean / 4% fat, cooked, pan-broiled	0.04	2.59
11056	Beans, snap, green, canned, regular pack, drained solids	0.04	0.19
11135	Cauliflower, raw	0.04	0.27
11282	Onions, raw	0.04	0.17
14424	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore.	0.04	0.06
15110	Fish, swordfish, raw	0.04	0.66
15126	Fish, tuna, white, canned in water, drained solids	0.04	0.48
15186	Fish, tuna, white, canned in water, without salt, drained solids	0.04	0.48
15233	Fish, catfish, channel, wild, cooked, dry heat	0.04	0.61
15235	Fish, catfish, channel, farmed, cooked, dry heat	0.04	0.58
17092	Veal, composite of trimmed retail cuts, separable fat, raw	0.04	0.54
18328	Pie, vanilla cream, prepared from recipe	0.04	0.53
03116	Babyfood, fruit, applesauce, strained	0.04	0.02
03120	Babyfood, vegetables, corn, creamed, junior	0.04	0.23
03135	Babyfood, fruit, plums with tapioca, without ascorbic acid, junior	0.04	0.08
05117	Chicken, roasting, light meat, meat only, raw	0.04	0.66
05674	Chicken, skin (drumsticks and thighs), raw	0.04	0.65
09283	Plums, canned, purple, light syrup pack, solids and liquids	0.04	0.08
09516	Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana	0.04	0.07
10974	Pork, ground, 72% lean / 28% fat, cooked, crumbles	0.04	2.58
10977	Pork, ground, 72% lean / 28% fat, cooked, pan-broiled	0.04	2.48
10978	Pork, ground, 84% lean / 16% fat, cooked, pan-broiled	0.04	2.54
11092	Broccoli, frozen, chopped, unprepared	0.04	0.48
11932	Beans, snap, yellow, canned, regular pack, drained solids	0.04	0.29

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11933	Beans, snap, yellow, canned, no salt added, drained solids	0.04	0.29
15068	Fish, pompano, florida, raw	0.04	0.72
15196	Fish, halibut, greenland, cooked, dry heat	0.04	0.51
15214	Fish, seatrout, mixed species, cooked, dry heat	0.04	0.58
18202	Cookies, sugar wafer, with creme filling, sugar free	0.04	0.20
18935	Waffle, plain, frozen, ready-to-heat, microwave	0.04	0.45
20051	Rice, white, medium-grain, enriched, cooked	0.04	0.42
20134	Rice noodles, cooked	0.04	0.25
20451	Rice, white, medium-grain, cooked, unenriched	0.04	0.42
21521	Fast foods, strawberry banana smoothie made with ice and low-fat yogurt	0.04	0.09
23395	Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw	0.04	3.35
35201	Prairie Turnips, boiled (Northern Plains Indians)	0.04	0.28
44260	Puddings, all flavors except chocolate, low calorie, instant, dry mix	0.04	0.10
19246	Frostings, white, fluffy, dry mix	0.04	0.01
19271	Ice creams, strawberry	0.04	0.34
20049	Rice, white, long-grain, precooked or instant, enriched, prepared	0.04	0.49
21310	McDONALD'S, Barbeque Sauce	0.04	0.17
21311	McDONALD'S, Creamy Ranch Sauce	0.04	0.13
21313	McDONALD'S, Hot Mustard Sauce	0.04	0.36
21314	McDONALD'S, Spicy Buffalo Sauce	0.04	0.06
21315	McDONALD'S, Sweet 'N Sour Sauce	0.04	0.08
21316	McDONALD'S, Tangy Honey Mustard Sauce	0.04	0.26
23449	Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw	0.04	2.66
27046	Sauce, duck, ready-to-serve	0.04	0.21
36409	Restaurant, Latino, pupusas con queso (pupusas, cheese)	0.04	1.87
43340	Cheese, parmesan, low sodium	0.04	3.19
44018	Sweeteners, tabletop, fructose, liquid	0.04	0.09
01146	Cheese, parmesan, shredded	0.04	3.19
03001	Babyfood, juice treats, fruit medley, toddler	0.04	0.03
03134	Babyfood, fruit, plums with tapioca, without ascorbic acid, strained	0.04	0.08
03168	Babyfood, juice, apple and peach	0.04	0.03
05062	Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw	0.04	0.68
07045	Luncheon meat, pork, canned	0.04	1.48
09120	Grapefruit, sections, canned, juice pack, solids and liquids	0.04	0.08
09150	Lemons, raw, without peel	0.04	0.06
09201	Oranges, raw, California, valencias	0.04	0.06

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09284	Plums, canned, purple, heavy syrup pack, solids and liquids	0.04	0.07
10132	Pork, cured, feet, pickled	0.04	0.20
11054	Beans, snap, green, canned, regular pack, solids and liquids	0.04	0.36
11108	Butterbur, canned	0.04	0.06
11492	Squash, winter, spaghetti, raw	0.04	0.19
11596	Winged beans, immature seeds, cooked, boiled, drained, without salt	0.04	0.28
11896	Winged bean, immature seeds, cooked, boiled, drained, with salt	0.04	0.28
11911	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt	0.04	0.40
11912	Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt	0.04	0.40
14312	Beverages, Malted drink mix, natural, powder, prepared with whole milk	0.04	0.43
14318	Beverages, Malted drink mix, chocolate, powder, prepared with whole milk	0.04	0.41
14639	Beverages, rice milk, unsweetened	0.04	0.13
15017	Fish, cod, Atlantic, canned, solids and liquid	0.04	0.58
15129	Fish, turbot, european, raw	0.04	0.22
15224	Fish, wolffish, Atlantic, cooked, dry heat	0.04	1.00
18205	Cookies, sugar, refrigerated dough	0.04	0.24
18933	Waffle, buttermilk, frozen, ready-to-heat, toasted	0.04	0.48
01018	Cheese, edam	0.04	3.75
01022	Cheese, gouda	0.04	3.90
01169	Cheese, low-sodium, cheddar or colby	0.04	3.09
01186	Cheese, cream, fat free	0.04	1.50
03055	Babyfood, dinner, beef with vegetables	0.04	0.35
03128	Babyfood, fruit, apricot with tapioca, junior	0.04	0.04
03151	Babyfood, fruit, applesauce and pineapple, junior	0.04	0.03
03279	Babyfood, dinner, mixed vegetable, junior	0.04	0.24
08574	Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt	0.04	0.22
09285	Plums, canned, purple, extra heavy syrup pack, solids and liquids	0.04	0.07
09334	Feijoa, raw	0.04	0.06
11094	Broccoli, frozen, spears, unprepared	0.04	0.34
11119	Cabbage, chinese (pe-tsai), raw	0.04	0.23
11144	Celery, cooked, boiled, drained, without salt	0.04	0.14
11178	Corn, sweet, yellow, frozen, kernels cut off cob, unprepared	0.04	0.38
11488	Squash, winter, butternut, frozen, cooked, boiled, without salt	0.04	0.12
11764	Celery, cooked, boiled, drained, with salt	0.04	0.14
11867	Squash, winter, butternut, frozen, cooked, boiled, with salt	0.04	0.12
11910	Corn, sweet, white, frozen, kernels cut off cob, unprepared	0.04	0.37

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15016	Fish, cod, Atlantic, cooked, dry heat	0.04	0.58
15075	Fish, sablefish, smoked	0.04	0.43
15127	Fish, tuna, fresh, yellowfin, raw	0.04	0.37
15203	Fish, monkfish, cooked, dry heat	0.04	0.53
19296	Honey	0.04	0.22
19370	Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies	0.04	0.02
35236	Stew, pinto bean and hominy, badufsuki (Hopi)	0.04	0.18
19244	Frostings, vanilla, creamy, dry mix	0.04	0.01
21139	Fast foods, potato, mashed	0.04	0.22
23332	Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	3.36
23335	Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw	0.04	3.36
23362	Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	3.38
23365	Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw	0.04	3.38
35206	Plums, wild (Northern Plains Indians)	0.04	0.09
43585	Babyfood, fruit supreme dessert	0.04	0.08
01270	Cheese, cheddar, sharp, sliced	0.04	3.74
03117	Babyfood, fruit, applesauce, junior	0.04	0.04
03150	Babyfood, fruit, applesauce and pineapple, strained	0.04	0.02
04704	Salad dressing, poppyseed, creamy	0.04	0.25
06183	Soup, chicken broth, less/reduced sodium, ready to serve	0.04	0.08
07971	Bologna, meat and poultry	0.04	1.06
09005	Apples, raw, without skin, cooked, boiled	0.04	0.04
09526	Cranberry sauce, jellied, canned, OCEAN SPRAY	0.04	0.03
11143	Celery, raw	0.04	0.13
11220	Gourd, dishcloth (towelgourd), raw	0.04	0.07
11493	Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt	0.04	0.20
11870	Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt	0.04	0.20
14263	Beverages, citrus fruit juice drink, frozen concentrate, prepared with water	0.04	0.04
15199	Fish, lingcod, cooked, dry heat	0.04	0.58
18936	Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk)	0.04	0.44
01037	Cheese, ricotta, part skim milk	0.03	1.34
01039	Cheese, roquefort	0.03	2.08
01046	Cheese food, pasteurized process, American, vitamin D fortified	0.03	2.31
01254	Cheese food, pasteurized process, American, without added vitamin D	0.03	2.31
01271	Cheese, mozzarella, low moisture, part-skim, shredded	0.03	3.61
03118	Babyfood, fruit, apricot with tapioca, strained	0.03	0.05

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
03119	Babyfood, vegetables, corn, creamed, strained	0.03	0.19
05100	Chicken, broilers or fryers, wing, meat and skin, raw	0.03	1.21
05748	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised	0.03	0.80
05749	Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled	0.03	0.82
06498	Soup, tomato, dry, mix, prepared with water	0.03	0.13
06955	Soup, cream of chicken, canned, condensed, reduced sodium	0.03	0.13
07933	Chicken breast, oven-roasted, fat-free, sliced	0.03	0.30
08101	Cereals, CREAM OF RICE, cooked with water, without salt	0.03	0.16
08168	Cereals, CREAM OF RICE, cooked with water, with salt	0.03	0.16
09452	Orange Pineapple Juice Blend	0.03	0.06
11024	Balsam-pear (bitter gourd), pods, raw	0.03	0.80
11093	Broccoli, frozen, chopped, cooked, boiled, drained, without salt	0.03	0.28
11101	Brussels sprouts, frozen, cooked, boiled, drained, without salt	0.03	0.24
11729	Beans, snap, green, canned, no salt added, drained solids	0.03	0.20
11743	Broccoli, frozen, chopped, cooked, boiled, drained, with salt	0.03	0.28
11746	Brussels sprouts, frozen, cooked, boiled, drained, with salt	0.03	0.24
14025	Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix	0.03	0.04
15010	Fish, catfish, channel, wild, raw	0.03	0.51
15053	Fish, milkfish, raw	0.03	0.82
15070	Fish, rockfish, Pacific, mixed species, raw	0.03	0.36
18141	Cake, yellow, commercially prepared, with vanilla frosting	0.03	0.25
32013	Potsticker or wonton, pork and vegetable, frozen, unprepared	0.03	1.67
42304	Cheese, mozzarella, nonfat	0.03	3.92
43144	Cabbage, mustard, salted	0.03	0.30
23419	Beef, New Zealand, imported, intermuscular fat, cooked	0.03	1.88
27042	Soup, clam chowder, new england, canned, ready-to-serve	0.03	0.23
31032	Vegetable smoothie, NAKED JUICE, KALE BLAZER	0.03	0.08
43275	Cheese, pasteurized process, American, low fat	0.03	3.32
43278	Cheese, american cheddar, imitation	0.03	2.59
43379	Cheese, pasteurized process, swiss, low fat	0.03	3.32
90240	Mollusks, scallop, (bay and sea), cooked, steamed	0.03	1.55
01015	Cheese, cottage, lowfat, 2% milkfat	0.03	0.51
01029	Cheese, mozzarella, low moisture, part-skim	0.03	3.62
01043	Cheese, pasteurized process, pimento	0.03	2.98
01048	Cheese spread, pasteurized process, American	0.03	2.59
01228	Cheese, fresh, queso fresco	0.03	2.58

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
06431	CAMPBELL'S CHUNKY, New England Clam Chowder	0.03	0.27
09054	Blueberries, frozen, unsweetened	0.03	0.07
09126	Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water	0.03	0.05
09127	Grapefruit juice, pink or red, with added calcium	0.03	0.05
09128	Grapefruit juice, white, raw	0.03	0.05
09219	Tangerines, (mandarin oranges), canned, juice pack	0.03	0.51
09404	Grapefruit juice, pink, raw	0.03	0.05
10973	Pork, ground, 96% lean / 4% fat, raw	0.03	1.93
11025	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt	0.03	0.77
11100	Brussels sprouts, frozen, unprepared	0.03	0.31
11172	Corn, sweet, yellow, canned, whole kernel, drained solids	0.03	0.32
11506	Sweet potato leaves, cooked, steamed, without salt	0.03	0.26
11711	Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt	0.03	0.77
11874	Sweet potato leaves, cooked, steamed, with salt	0.03	0.26
15095	Fish, shark, mixed species, raw	0.03	0.43
15200	Fish, mackerel, king, cooked, dry heat	0.03	0.72
01019	Cheese, feta	0.03	2.88
01023	Cheese, gruyere	0.03	3.90
01025	Cheese, monterey	0.03	3.00
01033	Cheese, parmesan, hard	0.03	2.75
01172	Egg, white, raw, frozen, pasteurized	0.03	0.07
01259	Cheese spread, American or Cheddar cheese base, reduced fat	0.03	1.81
03287	Babyfood, dinner, beef noodle, junior	0.03	0.40
09020	Applesauce, canned, sweetened, without salt (includes USDA commodity)	0.03	0.03
09112	Grapefruit, raw, pink and red, all areas	0.03	0.07
09113	Grapefruit, raw, pink and red, California and Arizona	0.03	0.07
09117	Grapefruit, raw, white, California	0.03	0.07
10972	Pork, ground, 84% lean / 16% fat, raw	0.03	1.91
11408	Potatoes, frozen, french fried, par fried, extruded, unprepared	0.03	0.33
11435	Rutabagas, raw	0.03	0.24
14269	Beverages, Fruit punch drink, frozen concentrate, prepared with water	0.03	0.02
14327	Beverages, orange and apricot juice drink, canned	0.03	0.04
15059	Fish, pout, ocean, raw	0.03	1.03
15109	Fish, surimi	0.03	0.33
15138	Crustaceans, crab, alaska king, imitation, made from surimi	0.03	0.33
15153	Crustaceans, shrimp, mixed species, imitation, made from surimi	0.03	0.33

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
15174	Mollusks, scallop, mixed species, imitation, made from surimi	0.03	0.33
15234	Fish, catfish, channel, farmed, raw	0.03	0.48
19137	Toppings, strawberry	0.03	0.06
21008	Fast foods, biscuit, with ham	0.03	1.46
36624	Restaurant, Chinese, vegetable chow mein, without meat or noodles	0.03	0.19
42155	Cheese, monterey, low fat	0.03	3.00
42266	Babyfood, juice, apple-sweet potato	0.03	0.08
43027	Jellies, no sugar (with sodium saccharin), any flavors	0.03	0.07
43274	Cheese, cream, low fat	0.03	0.57
43405	Cheese, swiss, low sodium	0.03	3.90
27063	Sauce, enchilada, red, mild, ready to serve	0.03	0.09
36404	Restaurant, Latino, arroz con leche (rice pudding)	0.03	0.50
42303	Cheese, muenster, low fat	0.03	2.81
01030	Cheese, muenster	0.03	2.81
01264	Ice cream bar, stick or nugget, with crunch coating	0.03	0.32
03965	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified	0.03	0.54
08094	Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry	0.03	0.42
09004	Apples, raw, without skin	0.03	0.05
09123	Grapefruit juice, white, canned or bottled, unsweetened	0.03	0.08
09416	Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY	0.03	0.08
09502	Apples, raw, granny smith, with skin	0.03	0.04
11137	Cauliflower, frozen, unprepared	0.03	0.17
11177	Corn, sweet, yellow, canned, drained solids, rinsed with tap water	0.03	0.28
11292	Onions, young green, tops only	0.03	0.20
11379	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	0.03	0.18
11905	Corn, sweet, white, canned, whole kernel, drained solids	0.03	0.31
15004	Fish, bass, striped, raw	0.03	0.40
15066	Fish, pollock, Alaska, raw (may have been previously frozen)	0.03	0.31
15097	Fish, sheepshead, raw	0.03	0.39
15132	Fish, whiting, mixed species, raw	0.03	0.88
18403	Waffles, plain, frozen, ready -to-heat, toasted	0.03	0.53
01009	Cheese, cheddar	0.03	3.64
01014	Cheese, cottage, nonfat, uncreamed, dry, large or small curd	0.03	0.47
01038	Cheese, romano	0.03	2.58
01045	Cheese food, cold pack, American	0.03	3.01
01047	Cheese food, pasteurized process, swiss	0.03	3.55

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
01073	Dessert topping, semi solid, frozen	--	0.03
01215	Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D	0.03	2.36
01236	Ice cream, soft serve, chocolate	0.03	0.52
01243	Fat free ice cream, no sugar added, flavors other than chocolate	0.03	0.31
02047	Salt, table	0.03	0.10
03042	Babyfood, dinner, vegetables and dumplings and beef, junior	0.03	0.33
03050	Babyfood, dinner, spaghetti and tomato and meat, junior	0.03	0.53
03053	Babyfood, dinner, vegetables and beef, strained	0.03	0.38
03054	Babyfood, dinner, vegetables and beef, junior	0.03	0.38
03062	Babyfood, dinner, vegetables and ham, junior	0.03	0.30
03069	Babyfood, dinner, chicken noodle, junior	0.03	0.40
03082	Babyfood, dinner, turkey and rice, strained	0.03	0.40
03083	Babyfood, dinner, turkey and rice, junior	0.03	0.47
03091	Babyfood, vegetables, green beans, strained	0.03	0.22
03093	Babyfood, green beans, dices, toddler	0.03	0.10
03104	Babyfood, vegetables, squash, strained	0.03	0.19
03105	Babyfood, vegetables, squash, junior	0.03	0.19
03130	Babyfood, fruit, peaches, strained	0.03	0.11
03131	Babyfood, fruit, peaches, junior	0.03	0.11
03140	Babyfood, fruit dessert, mango with tapioca	--	0.03
03161	Babyfood, peaches, dices, toddler	0.03	0.12
03221	Babyfood, dessert, dutch apple, junior	--	0.03
03235	Babyfood, dessert, fruit dessert, without ascorbic acid, strained	0.03	0.04
03236	Babyfood, dessert, fruit dessert, without ascorbic acid, junior	0.03	0.05
03298	Babyfood, dinner, broccoli and chicken, junior	0.03	0.39
05353	USDA Commodity, chicken fajita strips, frozen	0.03	1.37
05354	USDA Commodity, turkey taco meat, frozen, cooked	0.03	2.52
05685	Chicken, skin (drumsticks and thighs), with added solution, raw	0.03	0.62
06584	Soup, broccoli cheese, canned, condensed, commercial	0.03	0.26
07044	USDA Commodity, luncheon meat, canned	0.03	2.15
07067	Poultry salad sandwich spread	0.03	1.04
07083	Sausage, Vienna, canned, chicken, beef, pork	0.03	1.60
08090	Cereals, corn grits, white, regular and quick, enriched, dry	0.03	0.72
08092	Cereals, QUAKER, corn grits, instant, plain, dry	0.03	0.41
08159	Cereals, corn grits, yellow, regular and quick, enriched, dry	0.03	0.60
09154	Lemon juice, frozen, unsweetened, single strength	0.03	0.05

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09161	Lime juice, canned or bottled, unsweetened	0.03	0.06
09501	Apples, raw, golden delicious, with skin	0.03	0.04
10158	USDA Commodity, pork, canned	0.03	2.77
13166	USDA Commodity, beef, canned	0.03	4.87
14632	Beverages, Meal supplement drink, canned, peanut flavor	0.03	0.42
15038	Fish, halibut, Greenland, raw	0.03	0.40
15093	Fish, seatrout, mixed species, raw	0.03	0.45
18106	Coffeecake, fruit	0.03	0.65
18354	Strudel, apple	0.03	0.19
18617	NABISCO, NABISCO GRAHAMS Crackers	0.03	1.94
18953	Bread, salvadoran sweet cheese (quesadilla salvadorena)	0.03	0.80
18954	Bread, pound cake type, pan de torta salvadoran	0.03	0.62
19090	Ice creams, french vanilla, soft-serve	0.03	0.52
19170	Egg custards, dry mix, prepared with whole milk	0.03	0.51
19243	Candies, HEATH BITES	0.03	0.11
19260	Ice creams, vanilla, light, no sugar added	0.03	0.31
20030	Hominy, canned, white	0.03	1.05
20330	Hominy, canned, yellow	0.03	1.05
21339	McDONALD'S, McFLURRY with OREO cookies	0.03	0.50
21413	Light Ice Cream, soft serve, blended with cookie pieces	0.03	0.50
22529	Beef Pot Pie, frozen entree, prepared	0.03	1.10
22958	Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties)	0.03	0.38
36415	Restaurant, Latino, arepa (unleavened cornmeal bread)	0.03	0.80
42117	Imitation cheese, american or cheddar, low cholesterol	0.03	3.00
42119	Babyfood, banana juice with low fat yogurt	0.03	0.14
42120	Babyfood, mixed fruit juice with low fat yogurt	0.03	0.14
42161	Bologna, beef, low fat	0.03	1.83
42258	Cheese product, pasteurized process, cheddar, reduced fat	0.03	2.36
43285	Eggs, scrambled, frozen mixture	0.03	0.14
43331	Salad dressing, bacon and tomato	0.03	0.20
43384	Beef, bologna, reduced sodium	0.03	2.00
43398	Cheese, pasteurized process, cheddar or American, low sodium	0.03	2.99
43537	Babyfood, dessert, blueberry yogurt, strained	0.03	0.14
43550	Babyfood, banana apple dessert, strained	0.03	0.05
19198	Puddings, tapioca, dry mix	0.03	0.08
19351	Syrups, corn, high-fructose	0.03	0.02

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19709	Puddings, tapioca, dry mix, with no added salt	0.03	0.08
27067	Sauce, OLD EL PASO, enchilada, red, mild, ready to serve	0.03	0.08
36623	Restaurant, Chinese, chicken chow mein	0.03	0.32
01012	Cheese, cottage, creamed, large or small curd	0.03	0.40
03041	Babyfood, dinner, vegetables and dumplings and beef, strained	0.03	0.40
03066	Babyfood, dinner, vegetables and lamb, strained	0.03	0.22
03067	Babyfood, dinner, vegetables and lamb, junior	0.03	0.22
05047	Chicken, broilers or fryers, separable fat, raw	0.03	0.45
05314	Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw	0.03	0.63
05684	Chicken, skin (drumsticks and thighs), with added solution, cooked, braised	0.03	0.63
06559	Soup, tomato, canned, prepared with equal volume water, commercial	0.03	0.09
11120	Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt	0.03	0.18
11253	Lettuce, green leaf, raw	0.03	0.18
11383	Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added	0.03	0.24
11436	Rutabagas, cooked, boiled, drained, without salt	0.03	0.12
11755	Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt	0.03	0.18
11851	Rutabagas, cooked, boiled, drained, with salt	0.03	0.12
14091	Beverages, almond milk, unsweetened, shelf stable	0.03	0.07
14092	Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E	0.03	0.07
14187	Beverages, Clam and tomato juice, canned	0.03	0.08
15026	Fish, eel, mixed species, cooked, dry heat	0.03	2.08
15134	Fish, wolffish, Atlantic, raw	0.03	0.78
16004	Yokan, prepared from adzuki beans and sugar	0.03	0.07
18148	Cheesecake prepared from mix, no-bake type	0.03	0.46
19107	Candies, hard	0.03	0.01
01016	Cheese, cottage, lowfat, 1% milkfat	0.03	0.38
01104	Milk, chocolate, lowfat, with added vitamin A and vitamin D	0.03	0.43
03238	Babyfood, dessert, tropical fruit, junior	0.03	0.05
06018	Soup, chunky chicken noodle, canned, ready-to-serve	0.03	0.17
06168	Sauce, ready-to-serve, pepper or hot	0.03	0.11
09450	Naranjilla (lulo) pulp, frozen, unsweetened	0.03	0.10
09510	Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E	0.03	0.11
11170	Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids	0.03	0.39
11257	Lettuce, red leaf, raw	0.03	0.20
11771	Corn, sweet, yellow, canned, no salt added, solids and liquids	0.03	0.39
11937	Pickles, cucumber, dill or kosher dill	0.03	0.10

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11940	Pickles, cucumber, sweet (includes bread and butter pickles)	0.03	0.12
11947	Pickles, cucumber, dill, reduced sodium	0.03	0.10
13019	Beef, retail cuts, separable fat, raw	0.03	0.82
15015	Fish, cod, Atlantic, raw	0.03	0.45
15037	Fish, halibut, Atlantic and Pacific, cooked, dry heat	0.03	0.43
15054	Fish, monkfish, raw	0.03	0.41
15101	Fish, snapper, mixed species, raw	0.03	0.36
15208	Fish, sablefish, cooked, dry heat	0.03	0.41
19094	Desserts, flan, caramel custard, prepared-from-recipe	0.03	0.47
19097	Sherbet, orange	0.03	0.48
19108	Candies, jellybeans	0.03	0.05
19168	Desserts, egg custard, baked, prepared-from-recipe	0.03	0.54
19371	Frostings, vanilla, creamy, dry mix, prepared with margarine	0.03	0.01
19867	Ice creams, vanilla, fat free	0.03	1.06
28357	GLUTINO, Gluten Free Cookies, Vanilla Creme	0.03	0.18
36411	Restaurant, Latino, tamale, corn	0.03	0.62
42235	Cheese, cottage, lowfat, 1% milkfat, lactose reduced	0.03	0.38
43273	Cheese, cottage, with vegetables	0.03	0.29
43352	Cheese, cottage, lowfat, 1% milkfat, no sodium added	0.03	0.38
43396	Cheese, cottage, lowfat, 1% milkfat, with vegetables	0.03	0.29
19247	Frostings, white, fluffy, dry mix, prepared with water	0.03	0.02
19325	Puddings, coconut cream, dry mix, regular, prepared with whole milk	0.03	0.36
43589	Cheese, swiss, low fat	0.03	3.90
43597	Cheese, mozzarella, low sodium	0.03	3.13
01031	Cheese, neufchatel	0.03	0.82
01044	Cheese, pasteurized process, swiss	0.03	3.61
01227	Cheese, dry white, queso seco	0.03	3.28
01252	Cheese product, pasteurized process, American, vitamin D fortified	0.03	2.21
01266	Cheese, Swiss, nonfat or fat free	0.03	3.90
06019	Soup, chicken noodle, canned, condensed	0.03	0.28
06062	CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed	0.03	0.28
06359	Soup, tomato, canned, prepared with equal volume low fat (2%) milk	0.03	0.34
06434	CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup	0.03	0.59
09003	Apples, raw, with skin	0.03	0.04
09019	Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity)	0.03	0.03
09160	Lime juice, raw	0.03	0.08

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09310	Rhubarb, frozen, cooked, with sugar	0.03	0.08
09401	Applesauce, canned, unsweetened, with added ascorbic acid	0.03	0.03
09500	Apples, raw, red delicious, with skin	0.03	0.04
14436	Beverages, orange breakfast drink, ready-to-drink, with added nutrients	0.03	0.05
15045	Fish, lingcod, raw	0.03	0.45
19096	Ice creams, vanilla, light, soft-serve	0.03	0.53
01035	Cheese, provolone	0.03	3.23
01041	Cheese, tilsit	0.03	3.50
01166	Cheese, mexican, queso asadero	0.03	3.02
01208	Cheese, provolone, reduced fat	0.03	3.23
02069	Vinegar, balsamic	0.03	0.08
03081	Babyfood, dinner, vegetables and noodles and turkey, junior	0.03	0.30
06749	Soup, beef and vegetables, canned, ready-to-serve	0.03	0.56
09081	Cranberry sauce, canned, sweetened	0.03	0.03
11218	Gourd, white-flowered (calabash), raw	0.03	0.70
11219	Gourd, white-flowered (calabash), cooked, boiled, drained, without salt	0.03	0.70
11784	Gourd, white-flowered (calabash), cooked, boiled, drained, with salt	0.03	0.70
13358	Beef, cured, smoked, chopped beef	0.03	3.93
15034	Fish, haddock, cooked, dry heat	0.03	0.40
15049	Fish, mackerel, king, raw	0.03	0.56
15058	Fish, ocean perch, Atlantic, cooked, dry heat	0.03	0.35
18196	Cookies, brownies, dry mix, sugar free	0.03	0.14
19068	Candies, NESTLE, BIT-O'-HONEY Candy Chews	0.03	0.49
19323	Puddings, coconut cream, dry mix, instant, prepared with whole milk	0.03	0.33
27001	Soup, hot and sour, Chinese restaurant	0.03	0.22
27045	Soup, beef and vegetables, reduced sodium, canned, ready-to-serve	0.03	0.41
42040	Syrups, grenadine	0.03	0.13
44048	Cheese food, pasteurized process, American, imitation, without added vitamin D	0.03	0.21
19191	Puddings, coconut cream, dry mix, instant, prepared with 2% milk	0.02	0.33
19207	Puddings, vanilla, dry mix, regular, prepared with whole milk	0.02	0.33
19219	Puddings, coconut cream, dry mix, regular, prepared with 2% milk	0.02	0.37
19321	Puddings, banana, dry mix, regular, prepared with whole milk	0.02	0.34
20117	Noodles, japanese, somen, cooked	0.02	0.22
27021	CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup	0.02	0.20
27043	Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve	0.02	0.27
27044	Soup, chicken noodle, reduced sodium, canned, ready-to-serve	0.02	0.18

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
43008	Babyfood, dinner, chicken and rice	0.02	0.25
43143	Cabbage, japanese style, fresh, pickled	0.02	0.20
01020	Cheese, fontina	0.02	3.50
01028	Cheese, mozzarella, part skim milk	0.02	2.76
01068	Cream substitute, liquid, with lauric acid oil and sodium caseinate	0.02	0.02
01077	Milk, whole, 3.25% milkfat, with added vitamin D	0.02	0.37
01211	Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D	0.02	0.37
01229	Cheese, white, queso blanco	0.02	3.06
01230	Milk, buttermilk, fluid, whole	0.02	0.38
01251	Cheese, Mexican blend	0.02	3.01
03199	Babyfood, cereal, with eggs, strained	0.02	0.33
04686	Salad dressing, honey mustard dressing, reduced calorie	0.02	0.17
06395	CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup	0.02	0.18
06494	Soup, onion, dry, mix, prepared with water	0.02	0.05
06545	CAMPBELL'S Homestyle New England Clam Chowder	0.02	0.27
09221	Tangerine juice, raw	0.02	0.03
09223	Tangerine juice, canned, sweetened	0.02	0.03
09504	Apples, raw, fuji, with skin	0.02	0.04
09519	Guava nectar, with sucralose, canned	0.02	0.02
11252	Lettuce, iceberg (includes crisphead types), raw	0.02	0.15
14143	Beverages, carbonated, low calorie, other than cola or pepper, without caffeine	0.02	0.00
14151	Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine	0.02	0.00
14169	Beverages, Carob-flavor beverage mix, powder, prepared with whole milk	0.02	0.37
14296	Beverages, lemonade-flavor drink, powder	0.02	0.03
14537	Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine	0.02	0.05
14548	Beverages, tea, instant, lemon, with added ascorbic acid	0.02	0.10
01005	Cheese, brick	0.02	2.60
01008	Cheese, caraway	0.02	2.94
01072	Dessert topping, pressurized	0.02	0.01
01167	Cheese, mexican, queso chihuahua	0.02	3.50
06338	CAMPBELL'S, Cream of Mushroom Soup, condensed	0.02	0.11
07081	Turkey breast, sliced, prepackaged	0.02	0.94
09076	Cherries, sweet, frozen, sweetened	0.02	0.04
09184	Melons, honeydew, raw	0.02	0.09
09250	Peaches, frozen, sliced, sweetened	0.02	0.05
11118	Cabbage, kimchi	0.02	0.22

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11138	Cauliflower, frozen, cooked, boiled, drained, without salt	0.02	0.13
11290	Onions, frozen, whole, cooked, boiled, drained, without salt	0.02	0.09
11762	Cauliflower, frozen, cooked, boiled, drained, with salt	0.02	0.13
11807	Onions, frozen, whole, cooked, boiled, drained, with salt	0.02	0.09
14406	Beverages, fruit punch juice drink, frozen concentrate, prepared with water	0.02	0.17
15092	Fish, sea bass, mixed species, cooked, dry heat	0.02	0.52
15192	Fish, cod, Pacific, cooked, dry heat (may have been previously frozen)	0.02	0.39
18317	Pie, egg custard, commercially prepared	0.02	0.52
19173	Gelatin desserts, dry mix, prepared with water	0.02	0.01
19203	Puddings, vanilla, dry mix, instant, prepared with whole milk	0.02	0.33
19319	Puddings, banana, dry mix, instant, prepared with whole milk	0.02	0.32
19332	Puddings, lemon, dry mix, regular	0.02	0.02
19708	Puddings, lemon, dry mix, regular, with added oil, potassium, sodium	0.02	0.02
27002	Soup, wonton, Chinese restaurant	0.02	0.12
43028	Jams and preserves, no sugar (with sodium saccharin), any flavor	0.02	0.06
19193	Puddings, rice, ready-to-eat	0.02	0.43
19898	Ice creams, regular, low carbohydrate, vanilla	0.02	0.69
21028	Fast foods, vanilla, light, soft-serve ice cream, with cone	0.02	0.50
21333	McDONALD'S, Vanilla Reduced Fat Ice Cream Cone	0.02	0.50
27049	Sauce, tartar, ready-to-serve	0.02	0.12
44110	Jellies, reduced sugar, home preserved	0.02	0.03
01124	Egg, white, raw, fresh	0.02	0.03
02051	Vanilla extract, imitation, alcohol	0.02	0.06
03233	Babyfood, dessert, fruit pudding, pineapple, strained	0.02	0.20
03956	Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified	0.02	0.59
06024	Soup, chicken and vegetable, canned, ready-to-serve	0.02	0.22
09309	Rhubarb, frozen, uncooked	0.02	0.10
11503	Swamp cabbage, (skunk cabbage), raw	0.02	0.18
11593	Waxgourd, (chinese preserving melon), raw	0.02	0.61
11749	Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw	0.02	0.18
11750	Cabbage, common (danish, domestic, and pointed types), stored, raw	0.02	0.18
15025	Fish, eel, mixed species, raw	0.02	1.62
15029	Fish, flatfish (flounder and sole species), cooked, dry heat	0.02	0.39
15036	Fish, halibut, Atlantic and Pacific, raw	0.02	0.36
15172	Mollusks, scallop, mixed species, raw	0.02	0.91
15193	Fish, cusk, cooked, dry heat	0.02	0.49

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19095	Ice creams, vanilla	0.02	0.69
01027	Cheese, mozzarella, whole milk, low moisture	0.02	2.46
01034	Cheese, port de salut	0.02	2.60
01226	Egg substitute, liquid or frozen, fat free	0.02	0.98
03079	Babyfood, dinner, vegetables and noodles and turkey, strained	0.02	0.27
03197	Babyfood, cereal, with egg yolks, strained	0.02	0.29
03198	Babyfood, cereal, with egg yolks, junior	0.02	0.29
05286	Turkey and gravy, frozen	0.02	0.70
06043	Soup, cream of mushroom, canned, condensed	0.02	0.11
09207	Orange juice, canned, unsweetened	0.02	0.04
10864	Pork, bacon, rendered fat, cooked	0.02	0.06
11381	Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added	0.02	0.25
11594	Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt	0.02	0.59
11895	Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt	0.02	0.59
11906	Corn, sweet, white, canned, cream style, regular pack	0.02	0.56
11929	Potatoes, mashed, prepared from granules, without milk, whole milk and margarine	0.02	0.24
14010	Alcoholic beverage, daiquiri, prepared-from-recipe	0.02	0.04
14142	Beverages, carbonated, grape soda	0.02	0.07
14245	Beverages, Eggnog-flavor mix, powder, prepared with whole milk	0.02	0.35
14282	Beverages, grape juice drink, canned	0.02	0.03
14428	Beverages, shake, fast food, strawberry	0.02	0.36
15074	Fish, sablefish, raw	0.02	0.32
15268	Fish, cod, Pacific, raw (not previously frozen)	0.02	0.35
31035	Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS	0.02	3.47
36414	Restaurant, Latino, tripe soup	0.02	1.06
43268	Whipped cream substitute, dietetic, made from powdered mix	0.02	0.01
43346	Frozen novelties, juice type, orange	0.02	0.02
19206	Puddings, vanilla, dry mix, regular	0.02	0.02
19318	Puddings, banana, dry mix, instant	0.02	0.04
19705	Puddings, banana, dry mix, instant, with added oil	0.02	0.04
25043	Snacks, candy bits, yogurt covered with vitamin C	0.02	0.86
01007	Cheese, camembert	0.02	2.38
01024	Cheese, limburger	0.02	2.10
01036	Cheese, ricotta, whole milk	0.02	1.16
01168	Cheese, low fat, cheddar or colby	0.02	1.82
01182	USDA Commodity, cheese, cheddar, reduced fat	0.02	4.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
01209	Cheese, Mexican, blend, reduced fat	0.02	4.30
01265	Cheese, cheddar, nonfat or fat free	0.02	1.82
01287	Yogurt, Greek, plain, lowfat	0.02	0.60
03090	Babyfood, dinner, macaroni and cheese, junior	0.02	0.32
06167	Sauce, homemade, white, thick	0.02	0.40
09212	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium	0.02	0.04
09215	Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water	0.02	0.04
09307	Rhubarb, raw	0.02	0.10
09442	Pomegranate juice, bottled	0.02	0.09
09503	Apples, raw, gala, with skin	0.02	0.05
11116	Cabbage, chinese (pak-choi), raw	0.02	0.19
11504	Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt	0.02	0.16
11873	Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt	0.02	0.16
14037	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof	0.02	0.04
14293	Lemonade, frozen concentrate, white, prepared with water	0.02	0.02
14532	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof	0.02	0.04
14533	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof	0.02	0.04
14541	Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water	0.02	0.02
14550	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof	0.02	0.04
14551	Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof	0.02	0.04
15033	Fish, haddock, raw	0.02	0.32
15057	Fish, ocean perch, Atlantic, raw	0.02	0.29
01185	Parmesan cheese topping, fat free	0.02	3.00
03051	Babyfood, dinner, spaghetti and tomato and meat, toddler	0.02	0.48
03072	Babyfood, dinner, chicken stew, toddler	0.02	0.41
03085	Babyfood, dinner, vegetables and turkey, junior	0.02	0.30
03089	Babyfood, dinner, macaroni and cheese, strained	0.02	0.40
03115	Babyfood, apples, dices, toddler	0.02	0.04
03167	Babyfood, apple-banana juice	0.02	0.04
03201	Babyfood, cereal, egg yolks and bacon, junior	0.02	0.27
03267	Babyfood, juice, fruit punch, with calcium	0.02	0.04
03274	Babyfood, dinner, vegetables and chicken, junior	0.02	0.30
07961	Chicken breast, deli, rotisserie seasoned, sliced, prepackaged	0.02	0.51
09320	Strawberries, frozen, sweetened, sliced	0.02	0.06
09451	Horned melon (Kiwano)	0.02	0.48
09523	Lemon juice from concentrate, bottled, CONCORD	0.02	0.09

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14430	Cranberry juice cocktail, frozen concentrate	0.02	0.07
15031	Fish, grouper, mixed species, raw	0.02	0.48
18147	Cheesecake commercially prepared	0.02	0.51
19110	Candies, KRACKEL Chocolate Bar	0.02	0.49
19164	Candies, SPECIAL DARK Chocolate Bar	0.02	0.01
19195	Puddings, rice, dry mix, prepared with whole milk	0.02	0.38
19228	Frostings, cream cheese-flavor, ready-to-eat	--	0.02
19320	Puddings, banana, dry mix, regular	0.02	0.09
19706	Puddings, banana, dry mix, regular, with added oil	0.02	0.09
19710	Puddings, vanilla, dry mix, regular, with added oil	0.02	0.09
20068	Tapioca, pearl, dry	0.02	0.12
20657	Pasta, gluten-free, corn and rice flour, cooked	0.02	0.27
42193	Salad Dressing, mayonnaise-like, fat-free	0.02	0.05
43006	Babyfood, fruit, tutti frutti, strained	0.02	0.80
43373	Babyfood, dinner, chicken and noodle with vegetables, toddler	0.02	0.41
43432	Babyfood, dinner, macaroni, beef and tomato sauce, toddler	0.02	0.48
43523	Babyfood, mixed fruit yogurt, strained	0.02	0.11
43535	Babyfood, juice, apple - cherry	0.02	0.03
43539	Babyfood, dessert, banana yogurt, strained	0.02	0.26
43543	Milk, imitation, non-soy	0.02	0.10
44203	Beverages, Cocktail mix, non-alcoholic, concentrated, frozen	--	0.02
90480	Syrup, Cane	0.02	0.19
23420	Beef, New Zealand, imported, intermuscular fat, raw	0.02	1.09
27000	Soup, egg drop, Chinese restaurant	0.02	0.09
27061	Gravy, HEINZ Home Style, classic chicken	0.02	0.08
35198	Prickly pears, raw (Northern Plains Indians)	0.02	0.14
36025	CRACKER BARREL, coleslaw	0.02	0.16
36028	DENNY'S, coleslaw	0.02	0.20
42205	Cheese, pasteurized process, cheddar or American, fat-free	0.02	3.42
01006	Cheese, brie	0.02	2.38
01164	Cheese sauce, prepared from recipe	0.02	1.26
01200	Reddi Wip Fat Free Whipped Topping	0.02	0.31
01275	Yogurt, Greek, nonfat, vanilla, CHOBANI	0.02	0.49
01281	Yogurt, Greek, nonfat, strawberry, CHOBANI	0.02	0.44
01284	Yogurt, Greek, strawberry, lowfat	0.02	0.41
01285	Yogurt, Greek, strawberry, nonfat	0.02	0.45

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
04013	Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing	0.02	0.07
04021	Salad dressing, italian dressing, commercial, reduced fat	0.02	0.06
04025	Salad dressing, mayonnaise, regular	0.02	0.15
04114	Salad dressing, italian dressing, commercial, regular	0.02	0.07
04639	Salad dressing, ranch dressing, regular	0.02	0.17
04641	Salad dressing, mayonnaise, light	0.02	0.07
04705	Salad dressing, caesar, fat-free	0.02	0.30
04708	Mayonnaise, reduced fat, with olive oil	0.02	0.07
06119	Gravy, chicken, canned or bottled, ready-to-serve	0.02	0.08
06984	Soup, SWANSON Chicken Broth 99% Fat Free	0.02	0.02
06985	Gravy, HEINZ Home Style, savory beef	0.02	0.15
09319	Strawberries, frozen, sweetened, whole	0.02	0.05
11109	Cabbage, raw	0.02	0.18
11117	Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt	0.02	0.17
11287	Onions, frozen, chopped, unprepared	0.02	0.07
11288	Onions, frozen, chopped, cooked, boiled, drained, without salt	0.02	0.07
11754	Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt	0.02	0.17
11806	Onions, frozen, chopped, cooked, boiled, drained, with salt	0.02	0.07
15019	Fish, cod, Pacific, raw (may have been previously frozen)	0.02	0.31
15028	Fish, flatfish (flounder and sole species), raw	0.02	0.32
15091	Fish, sea bass, mixed species, raw	0.02	0.40
15269	Fish, cod, Pacific, cooked (not previously frozen)	0.02	0.43
18371	Leavening agents, baking powder, low-sodium	0.02	0.72
01017	Cheese, cream	0.02	0.50
01056	Cream, sour, cultured	0.02	0.33
01069	Cream substitute, powdered	0.02	0.07
01276	Yogurt, Greek, strawberry, DANNON OIKOS	0.02	0.39
01286	Yogurt, Greek, vanilla, nonfat	0.02	0.46
04703	Salad dressing, honey mustard, regular	0.02	0.14
06419	Soup, chicken noodle, canned, prepared with equal volume water	0.02	0.14
06930	Sauce, cheese, ready-to-serve	0.02	0.98
06999	Gravy, CAMPBELL'S, chicken	0.02	0.09
09130	Grape juice, canned or bottled, unsweetened, with added ascorbic acid	0.02	0.07
09135	Grape juice, canned or bottled, unsweetened, without added ascorbic acid	0.02	0.07
09153	Lemon juice from concentrate, canned or bottled	0.02	0.19
09512	Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium	0.02	0.07

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
09524	Lemon juice from concentrate, bottled, REAL LEMON	0.02	0.23
10004	Pork, fresh, backfat, raw	0.02	0.37
11136	Cauliflower, cooked, boiled, drained, without salt	0.02	0.17
11761	Cauliflower, cooked, boiled, drained, with salt	0.02	0.17
14064	Beverages, Orange juice, light, No pulp	0.02	0.02
14136	Beverages, carbonated, ginger ale	0.02	0.05
14250	Beverages, AMBER, hard cider	0.02	0.02
14425	Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water	0.02	0.02
15022	Fish, cusk, raw	0.02	0.38
19018	Fruit syrup	0.02	0.26
19074	Candies, caramels	0.02	0.44
19128	Syrups, table blends, pancake, reduced-calorie	0.02	0.20
19201	Puddings, vanilla, ready-to-eat	0.02	0.16
19208	Puddings, rice, dry mix, prepared with 2% milk	0.02	0.38
19218	Puddings, tapioca, ready-to-eat	0.02	0.22
19234	Puddings, tapioca, ready-to-eat, fat free	0.02	0.17
19265	Ice creams, chocolate, light, no sugar added	0.02	0.40
19353	Syrups, maple	0.02	1.47
21343	McDONALD'S, Low Fat Caramel Sauce	0.02	0.28
27066	Sauce, horseradish	0.02	0.17
31033	Ginger root, pickled, canned, with artificial sweetener	0.02	0.04
36035	Restaurant, family style, coleslaw	0.02	0.18
42270	Beverages, Orange juice drink	0.02	0.02
19217	Frozen novelties, ice type, fruit, no sugar added	0.02	0.04
19361	Syrups, table blends, cane and 15% maple	0.02	0.63
36021	APPLEBEE'S, coleslaw	0.02	0.19
01256	Yogurt, Greek, plain, nonfat	0.02	0.52
01278	Yogurt, Greek, nonfat, vanilla, DANNON OIKOS	0.02	0.40
01280	Yogurt, Greek, nonfat, strawberry, DANNON OIKOS	0.02	0.45
09435	Guava nectar, canned, with added ascorbic acid	0.02	0.03
09525	Cranberry sauce, whole, canned, OCEAN SPRAY	0.02	0.02
11110	Cabbage, cooked, boiled, drained, without salt	0.02	0.20
11112	Cabbage, red, raw	0.02	0.22
11125	Carrots, cooked, boiled, drained, without salt	0.02	0.20
11286	Onions, yellow, sauteed	0.02	0.21
11339	Peppers, sweet, green, sauteed	0.02	0.06

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
11751	Cabbage, common, cooked, boiled, drained, with salt	0.02	0.20
11757	Carrots, cooked, boiled, drained, with salt	0.02	0.20
11821	Peppers, sweet, red, raw	0.02	0.25
11921	Peppers, sweet, red, sauteed	0.02	0.15
14016	Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink	0.02	0.63
19088	Ice creams, vanilla, light	0.02	0.73
01055	Cream, sour, reduced fat, cultured	0.02	0.50
01093	Milk, dry, nonfat, calcium reduced	0.02	4.03
01096	Milk, canned, evaporated, with added vitamin D and without added vitamin A	0.02	0.77
01097	Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D	0.02	0.90
01145	Butter, without salt	0.02	0.09
01153	Milk, canned, evaporated, with added vitamin A	0.02	0.77
01179	Sour cream, light	0.02	0.50
01180	Sour cream, fat free	0.02	0.50
01199	Cream, half and half, fat free	0.02	0.81
01214	Milk, canned, evaporated, without added vitamin A and vitamin D	0.02	0.77
01291	Milk, evaporated, 2% fat, with added vitamin A and vitamin D	0.02	0.77
04689	Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light	0.02	0.20
06166	Sauce, homemade, white, medium	0.02	0.41
06443	Soup, cream of mushroom, canned, prepared with equal volume water	0.02	0.06
09152	Lemon juice, raw	0.02	0.05
09522	Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium	0.02	0.05
10198	Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted	0.02	2.64
11250	Lettuce, butterhead (includes boston and bibb types), raw	0.02	0.20
11930	Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added	0.02	0.18
14009	Alcoholic beverage, daiquiri, canned	0.02	0.03
14095	Beverages, MINUTE MAID, Lemonada, Limeade	0.02	0.01
14174	Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C	0.02	0.01
14189	Beverages, The COCA-COLA company, Minute Maid, Lemonade	0.02	0.01
14303	Limeade, frozen concentrate, prepared with water	0.02	0.01
14412	Beverages, water, tap, well	0.02	0.01
21420	KFC, Coleslaw	0.02	0.15
19187	Flan, caramel custard, dry mix	0.02	0.04
19330	Puddings, lemon, dry mix, instant	0.02	0.05
19919	Candies, fruit snacks, with high vitamin C	0.02	0.19
21127	Fast foods, coleslaw	0.02	0.14

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
21334	McDONALD'S, Strawberry Sundae	0.02	0.39
21335	McDONALD'S, Hot Caramel Sundae	0.02	0.45
23435	Beef, New Zealand, imported, subcutaneous fat, cooked	0.02	0.43
27058	Sauce, barbecue, OPEN PIT, original	0.02	0.12
42192	Salad dressing, blue or roquefort cheese dressing, fat-free	0.02	0.21
43276	Cheese spread, cream cheese base	0.02	0.51
01095	Milk, canned, condensed, sweetened	0.02	0.94
01118	Yogurt, plain, skim milk, 13 grams protein per 8 ounce	0.02	0.97
04018	Salad dressing, mayonnaise type, regular, with salt	0.02	0.07
06194	Soup, chicken broth, ready-to-serve	0.02	0.07
09436	Mango nectar, canned	0.02	0.02
14150	Beverages, carbonated, orange	0.02	0.10
14240	Beverages, cranberry-apricot juice drink, bottled	0.02	0.04
14257	Beverages, OCEAN SPRAY, Light Cranberry	0.02	0.02
14259	Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape	0.02	0.02
14284	Beverages, Cranberry juice cocktail	0.02	0.02
14381	Beverages, tea, herb, other than chamomile, brewed	0.02	0.04
14545	Beverages, tea, herb, brewed, chamomile	0.02	0.04
03301	Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS	0.01	0.71
06528	Soup, chicken noodle, dry, mix, prepared with water	0.01	0.08
09018	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid	0.01	0.04
09411	Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid	0.01	0.04
09437	Tamarind nectar, canned	0.01	0.02
11559	Tomato products, canned, sauce, with tomato tidbits	0.01	0.19
14044	Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan	0.01	0.85
14052	Alcoholic beverage, distilled, whiskey, 86 proof	0.01	0.02
19113	Syrups, table blends, pancake, with butter	0.01	0.22
21416	POPEYES, Coleslaw	0.01	0.12
19199	Puddings, tapioca, dry mix, prepared with whole milk	0.01	0.34
19212	Puddings, vanilla, dry mix, regular, prepared with 2% milk	0.01	0.34
19233	Puddings, vanilla, ready-to-eat, fat free	0.01	0.23
19280	Frozen novelties, ice type, lime	0.01	0.02
19333	Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water	0.01	0.10
21252	BURGER KING, WHOPPER, no cheese	0.01	2.83
23436	Beef, New Zealand, imported, subcutaneous fat, raw	0.01	0.36
42153	Salad dressing, blue or roquefort cheese dressing, light	0.01	0.30

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
43450	Frozen novelties, juice type, juice with cream	0.01	0.27
01057	Eggnog	0.01	0.46
01085	Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim)	0.01	0.42
01117	Yogurt, plain, low fat, 12 grams protein per 8 ounce	0.01	0.89
01119	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce	0.01	0.83
01129	Egg, whole, cooked, hard-boiled	0.01	1.05
01151	Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim)	0.01	0.42
01220	Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D	0.01	0.83
01231	Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener	0.01	0.83
01295	Yogurt, vanilla, non-fat	0.01	0.83
06165	Sauce, homemade, white, thin	0.01	0.42
06243	Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk	0.01	0.31
09229	Papaya nectar, canned	0.01	0.15
09444	Juice, apple, grape and pear blend, with added ascorbic acid and calcium	0.01	0.06
14166	Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine	0.01	0.03
14237	Beverages, coffee substitute, cereal grain beverage, prepared with water	0.01	0.01
14277	Beverages, grape drink, canned	0.01	0.12
14292	Lemonade, frozen concentrate, white	0.01	0.04
14407	Beverages, orange-flavor drink, breakfast type, powder	0.01	0.01
14552	Carbonated beverage, chocolate-flavored soda	0.01	0.16
14648	Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin	0.01	0.04
14651	Beverages, fruit juice drink, greater than 3% juice, high vitamin C	0.01	0.04
18370	Leavening agents, baking powder, double-acting, straight phosphate	0.01	0.02
01050	Cream, fluid, light (coffee cream or table cream)	0.01	0.32
01071	Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk	0.01	0.27
01127	Egg, yolk, raw, frozen, sugared, pasteurized	0.01	3.06
09016	Apple juice, canned or bottled, unsweetened, without added ascorbic acid	0.01	0.02
09400	Apple juice, canned or bottled, unsweetened, with added ascorbic acid	0.01	0.02
10203	Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted	0.01	2.83
14045	Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan	0.01	0.72
14421	Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk	0.01	0.38
14431	Cranberry juice cocktail, frozen concentrate, prepared with water	0.01	0.02
14633	Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C	0.01	0.01
14635	Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E	0.01	0.01
19106	Candies, gumdrops, starch jelly pieces	0.01	0.00
19156	Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits	0.01	0.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19205	Egg custards, dry mix, prepared with 2% milk	0.01	0.61
19209	Puddings, tapioca, dry mix, prepared with 2% milk	0.01	0.35
19300	Jellies	0.01	0.03
19331	Puddings, lemon, dry mix, instant, prepared with whole milk	0.01	0.32
31036	Potatoes, mashed, ready-to-eat	0.01	0.30
42290	Milk, fluid, nonfat, calcium fortified (fat free or skim)	0.01	0.40
43016	Salad dressing, coleslaw	0.01	0.18
43154	Alcoholic beverage, wine, cooking	0.01	0.08
43155	Alcoholic beverage, wine, light	0.01	0.08
43261	Yogurt, fruit variety, nonfat	0.01	0.74
43345	Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie	0.01	0.01
43401	Beverages, coffee, instant, with whitener, reduced calorie	0.01	0.02
01026	Cheese, mozzarella, whole milk	0.01	2.92
01053	Cream, fluid, heavy whipping	0.01	0.24
01086	Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim)	0.01	0.41
01087	Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim)	0.01	0.45
01088	Milk, buttermilk, fluid, cultured, lowfat	0.01	0.42
01152	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A	0.01	0.41
01218	Yogurt, fruit variety, nonfat, fortified with vitamin D	0.01	0.74
14096	Alcoholic beverage, wine, table, red	0.01	0.14
14215	Beverages, coffee, instant, regular, prepared with water	0.01	0.01
14288	Lemonade, powder, prepared with water	0.01	0.01
14297	Beverages, lemonade-flavor drink, powder, prepared with water	0.01	0.01
14367	Beverages, tea, instant, unsweetened, prepared with water	0.01	0.01
14542	Lemonade, frozen concentrate, pink	0.01	0.03
14553	Beverages, Wine, non-alcoholic	0.01	0.08
14602	Alcoholic Beverage, wine, table, red, Merlot	0.01	0.14
01002	Butter, whipped, with salt	0.01	0.05
01054	Cream, whipped, cream topping, pressurized	0.01	0.37
01058	Sour dressing, non-butterfat, cultured, filled cream-type	0.01	0.37
01059	Milk, filled, fluid, with blend of hydrogenated vegetable oils	0.01	0.36
01060	Milk, filled, fluid, with lauric acid oil	0.01	0.36
01078	Milk, producer, fluid, 3.7% milkfat	0.01	0.38
01082	Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D	0.01	0.42
01083	Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D	0.01	0.40
01084	Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D	0.01	0.45

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
01089	Milk, low sodium, fluid	0.01	0.38
01175	Milk, fluid, 1% fat, without added vitamin A and vitamin D	0.01	0.42
01178	Sour cream, reduced fat	0.01	0.27
02068	Vinegar, red wine	0.01	0.03
03169	Babyfood, apple-cranberry juice	0.01	0.05
03222	Babyfood, cherry cobbler, junior	0.01	0.05
03246	Babyfood, dessert, custard pudding, vanilla, junior	0.01	0.30
03269	Babyfood, juice, apple, with calcium	0.01	0.03
04022	Salad dressing, russian dressing, low calorie	0.01	0.10
04027	Salad dressing, mayonnaise, imitation, soybean	0.01	0.11
04028	Salad dressing, mayonnaise, imitation, milk cream	0.01	0.25
04030	Sandwich spread, with chopped pickle, regular, unspecified oils	0.01	0.81
04585	Margarine-like, margarine-butter blend, soybean oil and butter	0.01	0.03
06475	Soup, beef broth or bouillon, powder, prepared with water	--	0.01
06476	Soup, beef broth, cubed, prepared with water	--	0.01
06480	Soup, chicken broth or bouillon, dry, prepared with water	--	0.01
09228	Papaya, canned, heavy syrup, drained	0.01	0.05
09434	Guanabana nectar, canned	0.01	0.02
09443	Juice, apple and grape blend, with added ascorbic acid	0.01	0.05
09517	Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium	0.01	0.04
14038	Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink	--	0.01
14051	Alcoholic beverage, distilled, vodka, 80 proof	0.01	0.00
14162	Beverages, Apple juice drink, light, fortified with vitamin C	0.01	0.04
14219	Beverages, coffee, instant, decaffeinated, prepared with water	--	0.01
14223	Beverages, coffee, instant, chicory	--	0.01
14238	Beverages, cranberry-apple juice drink, bottled	0.01	0.02
14242	Cranberry juice cocktail, bottled	0.01	0.03
14243	Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener	0.01	0.02
14246	Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C	0.01	0.03
14264	Beverages, fruit punch drink, without added nutrients, canned	--	0.01
14267	Beverages, Fruit punch drink, with added nutrients, canned	--	0.01
14352	Beverages, tea, black, brewed, prepared with tap water, decaffeinated	0.01	0.02
14355	Beverages, tea, black, brewed, prepared with tap water	0.01	0.02
14357	Beverages, tea, instant, decaffeinated, lemon, sweetened	0.01	0.03
14370	Beverages, tea, instant, lemon, sweetened, powder	0.01	0.03
14376	Beverages, tea, instant, lemon, diet	--	0.01

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14408	Beverages, orange-flavor drink, breakfast type, powder, prepared with water	--	0.01
14411	Beverages, water, tap, drinking	--	0.01
14543	Beverages, lemonade, frozen concentrate, pink, prepared with water	--	0.01
18369	Leavening agents, baking powder, double-acting, sodium aluminum sulfate	--	0.01
19121	Puddings, banana, dry mix, instant, prepared with 2% milk	0.01	0.33
19122	Puddings, banana, dry mix, regular, prepared with 2% milk	0.01	0.35
19250	Candies, HERSHEY, KIT KAT BIG KAT Bar	0.01	0.07
19281	Frozen novelties, ice type, italian, restaurant-prepared	0.01	0.03
21348	McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette	0.01	0.03
21349	McDONALD'S, NEWMAN'S OWN Ranch Dressing	0.01	0.06
42135	Whipped topping, frozen, low fat	0.01	0.10
42136	Cream substitute, powdered, light	0.01	0.02
42137	Salad dressing, peppercorn dressing, commercial, regular	0.01	0.18
42171	Salad dressing, french dressing, reduced calorie	0.01	0.18
43015	Salad dressing, caesar dressing, regular	0.01	0.11
43017	Salad dressing, green goddess, regular	0.01	0.25
43019	Salad dressing, sweet and sour	0.01	0.02
43020	Salad dressing, blue or roquefort cheese, low calorie	0.01	0.25
43021	Salad dressing, caesar, low calorie	0.01	0.11
43075	Fluid replacement, electrolyte solution (include PEDIALYTE)	0.01	0.02
19204	Puddings, lemon, dry mix, instant, prepared with 2% milk	0.01	0.33
19908	Sugar, turbinado	0.01	0.03
19912	Sweetener, syrup, agave	0.01	0.01
20650	Sorghum flour, refined, unenriched	0.01	0.47
42187	Frozen yogurts, flavors other than chocolate	0.01	0.28
43479	Alcoholic beverage, rice (sake)	0.01	0.02
01049	Cream, fluid, half and half	0.01	0.39
01116	Yogurt, plain, whole milk, 8 grams protein per 8 ounce	0.01	0.59
04539	Salad dressing, blue or roquefort cheese dressing, commercial, regular	0.01	0.21
06188	Soup, beef broth, less/reduced sodium, ready to serve	0.01	0.24
06611	Soup, SWANSON, beef broth, lower sodium	0.01	0.32
06615	Soup, SWANSON, vegetable broth	0.01	0.03
06700	Soup, vegetable broth, ready to serve	0.01	0.03
10109	Pork, fresh, variety meats and by-products, leaf fat, raw	0.01	0.18
14027	Alcoholic beverage, whiskey sour, canned	0.01	0.06
14119	Beverages, Mixed vegetable and fruit juice drink, with added nutrients	0.01	0.01

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14217	Beverages, OCEAN SPRAY, Cran Grape	0.01	0.03
14220	Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled	0.01	0.02
14221	Beverages, OCEAN SPRAY, Diet Cranberry Juice	0.01	0.03
14226	Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice	0.01	0.02
14227	Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink	0.01	0.04
14233	Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink	0.01	0.02
14235	Beverages, OCEAN SPRAY, Diet Cran Cherry	0.01	0.01
14255	Beverages, OCEAN SPRAY, Cran Pomegranate	0.01	0.02
14256	Beverages, OCEAN SPRAY, Cran Cherry	0.01	0.03
14258	Beverages, OCEAN SPRAY, White Cranberry Peach	0.01	0.03
14285	Beverages, OCEAN SPRAY, Ruby Red cranberry	0.01	0.02
14351	Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk	0.01	0.35
14429	Beverages, water, tap, municipal	0.01	0.00
14531	Alcoholic beverage, whiskey sour	0.01	0.06
14645	Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C	0.01	0.00
14646	Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C	0.01	0.00
01080	Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D	0.01	0.40
01081	Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D	0.01	0.45
01165	Cheese, mexican, queso anejo	0.01	2.94
02048	Vinegar, cider	0.01	0.04
04612	Margarine-like, vegetable oil spread, 60% fat, stick, with salt	0.01	0.00
04624	Margarine-like, vegetable oil spread, fat free, liquid, with salt	0.01	0.14
04630	Margarine Spread, approximately 48% fat, tub	0.01	0.06
04693	Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D	0.01	0.00
14029	Alcoholic beverage, whiskey sour, prepared from item 14028	0.01	0.06
14090	Beverages, Coconut water, ready-to-drink, unsweetened	0.01	0.02
14130	Carbonated beverage, cream soda	0.01	0.07
14137	Beverages, NESTEA, tea, black, ready-to-drink, lemon	0.01	0.06
14239	Alcoholic beverage, malt beer, hard lemonade	0.01	0.01
14251	Alcoholic beverages, beer, higher alcohol	0.01	0.01
14280	Beverages, tea, black, ready to drink, decaffeinated, diet	0.01	0.01
14281	Beverages, tea, black, ready to drink, decaffeinated	0.01	0.01
14305	Malt beverage, includes non-alcoholic beer	0.01	0.02
14544	Beverages, tea, black, brewed, prepared with distilled water	0.01	0.01
14601	Beverages, WENDY'S, tea, ready-to-drink, unsweetened	0.01	0.01
19079	Candies, confectioner's coating, yogurt	0.01	0.70

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
19089	Ice creams, vanilla, rich	0.01	0.47
19907	Sweeteners, for baking, contains sugar and sucralose	0.01	0.01
20115	Noodles, japanese, soba, cooked	0.01	0.12
42131	Milk dessert, frozen, milk-fat free, chocolate	0.01	0.47
42189	Milk, buttermilk, fluid, cultured, reduced fat	0.01	0.24
19176	Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water	0.01	0.00
19335	Sugars, granulated	0.01	0.01
19336	Sugars, powdered	0.01	0.01
19909	Sweeteners, sugar substitute, granulated, brown	0.01	0.04
43404	Beverages, cranberry-apple juice drink, low calorie, with vitamin C added	0.01	0.02
01052	Cream, fluid, light whipping	0.01	0.25
13335	Beef, variety meats and by-products, suet, raw	0.01	0.22
14084	Alcoholic beverage, wine, table, all	0.01	0.13
14148	Beverages, carbonated, cola, regular	0.01	0.09
14157	Beverages, carbonated, root beer	0.01	0.07
14201	Beverages, coffee, brewed, prepared with tap water, decaffeinated	0.01	0.02
14241	Beverages, cranberry-grape juice drink, bottled	0.01	0.04
14371	Beverages, tea, instant, lemon, sweetened, prepared with water	0.01	0.01
14555	Water, bottled, generic	0.01	0.00
14605	Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors	0.01	0.32
14637	Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored	0.01	0.32
19030	Syrup, fruit flavored	0.01	0.06
01079	Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D	0.01	0.48
01174	Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D	0.01	0.48
02053	Vinegar, distilled	0.01	0.01
10100	Pork, fresh, variety meats and by-products, ears, frozen, raw	0.01	0.19
10101	Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered	0.01	0.20
14006	Alcoholic beverage, beer, light	0.01	0.01
14121	Beverages, carbonated, club soda	0.01	0.10
14153	Beverages, carbonated, pepper-type, contains caffeine	0.01	0.04
14155	Beverages, carbonated, tonic water	0.01	0.10
14165	Beverages, carbonated, limeade, high caffeine	0.01	0.01
14199	Beverages, tea, black, ready-to-drink, lemon, sweetened	0.01	0.01
14248	Alcoholic beverage, beer, light, higher alcohol	0.01	0.01
14460	Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink.	0.01	0.01
14599	Beverages, Powerade Zero Ion4, calorie-free, assorted flavors	0.01	0.01

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14634	Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D	0.01	0.45
19375	Frostings, glaze, prepared-from-recipe	0.01	0.06
19384	Candies, divinity, prepared-from-recipe	0.00	0.09
42140	Salad dressing, italian dressing, reduced calorie	0.00	0.04
42307	Margarine-like, butter-margarine blend, 80% fat, stick, without salt	0.00	0.02
42309	Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt	0.00	0.02
14003	Alcoholic beverage, beer, regular, all	0.00	0.01
14079	Beverages, yellow green colored citrus soft drink with caffeine	0.00	0.00
14156	Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12	0.00	0.00
14180	Beverages, coffee, brewed, breakfast blend	0.00	0.02
14188	Beverages, tea, green, ready to drink, ginseng and honey, sweetened	0.00	0.01
14190	Beverages, tea, green, ready-to-drink, diet	0.00	0.01
14191	Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C	0.00	0.00
14206	Beverages, tea, green, ready-to-drink, sweetened	0.00	0.01
14207	Beverages, tea, ready-to-drink, lemon, diet	0.00	0.01
14211	Beverages, tea, black, ready-to-drink, lemon, diet	0.00	0.00
14234	Beverages, OCEAN SPRAY, Cran Lemonade	0.00	0.01
14252	Beverages, Malt liquor beverage	0.00	0.08
14253	Alcoholic beverages, wine, rose	0.00	0.11
14260	Beverages, tea, green, brewed, decaffeinated	0.00	0.01
14261	Beverages, tea, green, ready to drink, unsweetened	0.00	0.01
14279	Beverages, tea, black, ready-to-drink, peach, diet	0.00	0.00
14475	Beverages, ARIZONA, tea, ready-to-drink, lemon	0.00	0.01
14476	Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon	0.00	0.01
14625	Beverages, Energy drink, AMP	0.00	0.00
14626	Beverages, Energy drink, FULL THROTTLE	0.00	0.00
14628	Beverages, Energy drink, AMP, sugar free	0.00	0.00
14630	Beverages, Energy drink, ROCKSTAR, sugar free	0.00	0.00
14640	Beverages, Energy drink, VAULT, citrus flavor	0.00	0.00
14641	Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor	0.00	0.00
01114	Whey, sweet, fluid	0.00	0.13
01225	Dulce de Leche	0.00	0.79
04627	Margarine-like spread with yogurt, approximately 40% fat, tub, with salt	0.00	0.24
14049	Alcoholic beverage, distilled, gin, 90 proof	0.00	0.00
14106	Alcoholic beverage, wine, table, white	0.00	0.12
14160	Alcoholic beverage, wine, table, white, Chardonnay	0.00	0.12

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14278	Beverages, tea, green, brewed, regular	0.00	0.01
19103	Candies, fudge, vanilla, prepared-from-recipe	0.00	0.15
27052	Dip, salsa con queso, cheese and salsa- medium	0.00	0.41
27053	Dip, OLD EL PASO, Cheese 'n Salsa, medium	0.00	0.30
27054	Dip, TOSTITOS, salsa con queso, medium	0.00	0.44
35235	Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath)	0.00	0.30
19383	Candies, toffee, prepared-from-recipe	0.00	0.12
01112	Whey, acid, fluid	0.00	0.43
02052	Vanilla extract, imitation, no alcohol	0.00	0.01
14004	Alcoholic beverage, beer, regular, BUDWEISER	0.00	0.00
14409	Beverages, Orange-flavor drink, breakfast type, low calorie, powder	0.00	0.00
19085	Candies, confectioner's coating, butterscotch	0.00	0.11
19099	Candies, fondant, prepared-from-recipe	0.00	0.04
04600	Margarine-like, vegetable oil-butter spread, tub, with salt	0.00	0.01
04626	Margarine-like spread with yogurt, 70% fat, stick, with salt	0.00	0.10
06032	Soup, beef broth bouillon and consomme, canned, condensed	0.00	0.01
11565	Turnips, cooked, boiled, drained, without salt	0.00	0.12
14007	Alcoholic beverage, beer, light, BUD LIGHT	0.00	0.00
14013	Alcoholic beverage, beer, light, low carb	0.00	0.01
14146	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine	0.00	0.01
14154	Beverages, Energy drink, RED BULL	0.00	0.01
14173	Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened	0.00	0.26
14179	Beverages, coffee, ready to drink, milk based, sweetened	0.00	0.26
14183	Beverages, coffee, ready to drink, iced, mocha, milk based	0.00	0.15
14209	Beverages, coffee, brewed, prepared with tap water	0.00	0.02
14416	Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine	0.00	0.01
14627	Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12	0.00	0.01
14638	Beverages, Horchata, as served in restaurant	0.00	0.06
01003	Butter oil, anhydrous	0.00	0.01
04029	Salad dressing, mayonnaise, imitation, soybean without cholesterol	0.00	0.11
12011	Seeds, cottonseed meal, partially defatted (glandless)	0.00	12.32
14005	Alcoholic beverage, beer, light, BUDWEISER SELECT	0.00	0.01
14145	Beverages, carbonated, SPRITE, lemon-lime, without caffeine	0.00	0.04
14400	Beverages, carbonated, cola, fast-food cola	0.00	0.02
18320	Pie, lemon meringue, commercially prepared	0.00	0.49
19070	Candies, butterscotch	0.00	0.09

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
42151	Vegetable oil-butter spread, reduced calorie	0.00	0.01
43329	Salad dressing, mayonnaise and mayonnaise-type, low calorie	0.00	0.18
19129	Syrups, table blends, pancake	0.00	0.08
19152	Candies, ROLO Caramels in Milk Chocolate	--	0.00
19163	Chewing gum	--	0.00
19175	Gelatin desserts, dry mix, reduced calorie, with aspartame	--	0.00
19181	Candies, YORK BITES	0.00	0.01
19230	Frostings, vanilla, creamy, ready-to-eat	0.00	0.07
19263	Frozen novelties, fruit and juice bars	0.00	0.05
19283	Frozen novelties, ice type, pop	0.00	0.15
19337	Sweeteners, tabletop, aspartame, EQUAL, packets	0.00	0.01
19350	Syrups, corn, light	0.00	0.44
19364	Toppings, butterscotch or caramel	--	0.00
19382	Candies, taffy, prepared-from-recipe	0.00	0.21
19856	Frozen novelties, juice type, POPSICLE SCRIBBLERS	0.00	0.07
19868	Sweeteners, tabletop, sucralose, SPLENDA packets	--	0.00
19873	Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops	0.00	0.47
19918	Sweetener, herbal extract powder from Stevia leaf	--	0.00
21346	McDONALD'S, NEWMAN'S OWN Cobb Dressing	0.00	0.30
22908	Beef, corned beef hash, with potato, canned	0.00	1.40
23640	Beef, variety meats and by-products, tripe, cooked, simmered	0.00	1.71
28334	Cookies, gluten-free, lemon wafer	0.00	0.03
28358	GLUTINO, Gluten Free Wafers, Lemon Flavored	0.00	0.03
42055	Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame	--	0.00
42116	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie	0.00	0.04
42138	Mayonnaise, reduced-calorie or diet, cholesterol-free	--	0.00
42141	Cream substitute, liquid, light	0.00	0.05
42157	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free	0.00	0.18
42158	Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free	0.00	0.18
42230	Salad Dressing, coleslaw dressing, reduced fat	0.00	0.18
42231	Oil, flaxseed, cold pressed	0.00	0.07
42256	Margarine-like, vegetable oil spread, stick or tub, sweetened	--	0.00
42281	Gums, seed gums (includes locust bean, guar)	--	0.00
42289	Oil, corn and canola	--	0.00
43026	Syrups, sugar free	--	0.00
43057	Candies, gum drops, no sugar or low calorie (sorbitol)	--	0.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
43058	Candies, hard, dietetic or low calorie (sorbitol)	--	0.00
43060	Chewing gum, sugarless	--	0.00
43158	Sweeteners, tabletop, saccharin (sodium saccharin)	0.00	0.01
43214	Butter replacement, without fat, powder	--	0.00
43355	Mayonnaise, low sodium, low calorie or diet	0.00	0.11
43393	Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size	0.00	3.13
43514	Frozen novelties, ice type, pop, with low calorie sweetener	0.00	0.47
43598	Mayonnaise dressing, no cholesterol	0.00	0.13
44005	Oil, corn, peanut, and olive	0.00	0.02
01001	Butter, salted	0.00	0.09
01067	Cream substitute, liquid, with hydrogenated vegetable oil and soy protein	0.00	0.02
01126	Egg, yolk, raw, frozen, pasteurized	0.00	3.17
01137	Egg, yolk, dried	0.00	7.73
03024	Babyfood, water, bottled, GERBER, without added fluoride.	--	0.00
04001	Fat, beef tallow	--	0.00
04002	Lard	0.00	0.11
04016	Salad dressing, sesame seed dressing, regular	0.00	0.10
04017	Salad dressing, thousand island, commercial, regular	0.00	0.26
04023	Salad dressing, thousand island dressing, reduced fat	0.00	0.19
04031	Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated)	--	0.00
04034	Oil, soybean, salad or cooking, (partially hydrogenated)	--	0.00
04038	Oil, wheat germ	--	0.00
04042	Oil, peanut, salad or cooking	0.00	0.01
04044	Oil, soybean, salad or cooking	0.00	0.01
04047	Oil, coconut	0.00	0.02
04053	Oil, olive, salad or cooking	--	0.00
04055	Oil, palm	--	0.00
04058	Oil, sesame, salad or cooking	--	0.00
04120	Salad dressing, french dressing, commercial, regular	0.00	0.29
04128	Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt	0.00	0.02
04135	Salad dressing, home recipe, vinegar and oil	--	0.00
04141	Salad dressing, french dressing, commercial, regular, without salt	0.00	0.29
04143	Salad dressing, italian dressing, commercial, regular, without salt	0.00	0.13
04144	Salad dressing, italian dressing, reduced fat, without salt	0.00	0.19
04501	Oil, cocoa butter	--	0.00
04502	Oil, cottonseed, salad or cooking	--	0.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
04506	Oil, sunflower, linoleic, (approx. 65%)	--	0.00
04510	Oil, safflower, salad or cooking, linoleic, (over 70%)	--	0.00
04511	Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce)	--	0.00
04513	Vegetable oil, palm kernel	--	0.00
04518	Oil, corn, industrial and retail, all purpose salad or cooking	--	0.00
04520	Fat, mutton tallow	--	0.00
04528	Oil, walnut	--	0.00
04529	Oil, almond	--	0.00
04531	Oil, soybean lecithin	--	0.00
04542	Fat, chicken	--	0.00
04543	Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed	--	0.00
04544	Shortening, household, lard and vegetable oil	--	0.00
04545	Oil, sunflower, linoleic, (partially hydrogenated)	--	0.00
04546	Shortening bread, soybean (hydrogenated) and cottonseed	--	0.00
04548	Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated)	--	0.00
04551	Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated)	--	0.00
04554	Shortening industrial, soybean (hydrogenated) and cottonseed	--	0.00
04559	Shortening household soybean (hydrogenated) and palm	--	0.00
04574	Fat, duck	--	0.00
04575	Fat, turkey	--	0.00
04581	Oil, avocado	--	0.00
04582	Oil, canola	--	0.00
04583	Oil, mustard	--	0.00
04584	Oil, sunflower, high oleic (70% and over)	--	0.00
04586	Shortening, special purpose for cakes and frostings, soybean (hydrogenated)	--	0.00
04587	Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed	--	0.00
04588	Oil, oat	--	0.00
04589	Fish oil, cod liver	--	0.00
04590	Fish oil, herring	--	0.00
04591	Fish oil, menhaden	--	0.00
04592	Fish oil, menhaden, fully hydrogenated	--	0.00
04593	Fish oil, salmon	--	0.00
04594	Fish oil, sardine	--	0.00
04595	Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated)	--	0.00
04601	Butter, light, stick, with salt	0.00	0.26
04602	Butter, light, stick, without salt	0.00	0.26

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
04606	Meat drippings (lard, beef tallow, mutton tallow)	--	0.00
04609	Animal fat, bacon grease	0.00	0.11
04610	Margarine, regular, 80% fat, composite, stick, with salt	--	0.00
04611	Margarine, regular, 80% fat, composite, tub, with salt	--	0.00
04613	Margarine-like, vegetable oil spread, 60% fat, tub, with salt	--	0.00
04614	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt	--	0.00
04615	Shortening, vegetable, household, composite	--	0.00
04617	Margarine, regular, 80% fat, composite, stick, without salt	--	0.00
04618	Margarine, regular, 80% fat, composite, tub, without salt	--	0.00
04620	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt	--	0.00
04631	Margarine-like, vegetable oil spread, fat-free, tub	0.00	0.07
04633	Margarine-like, vegetable oil spread, 20% fat, with salt	--	0.00
04634	Margarine-like, vegetable oil spread, 20% fat, without salt	--	0.00
04643	Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying	--	0.00
04644	Oil, industrial, canola for salads, woks and light frying	--	0.00
04645	Oil, industrial, canola (partially hydrogenated) oil for deep fat frying	--	0.00
04646	Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts	--	0.00
04648	Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables	--	0.00
04649	Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening	--	0.00
04650	Oil, industrial, soy, refined, for woks and light frying	--	0.00
04651	Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor	--	0.00
04652	Oil, industrial, soy (partially hydrogenated), all purpose	--	0.00
04653	Oil, industrial, soy (partially hydrogenated) and soy (winterized), pourable clear fry	--	0.00
04654	Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening	--	0.00
04655	Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries	--	0.00
04656	Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter	0.00	0.04
04657	Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter	0.00	0.08
04658	Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product	0.00	0.04
04659	Oil, industrial, coconut, confection fat, typical basis for ice cream coatings	0.00	0.04
04660	Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy	0.00	0.04
04661	Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners	0.00	0.04
04662	Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated)	0.00	0.04
04663	Oil, industrial, palm kernel (hydrogenated), filling fat	0.00	0.04
04664	Oil, industrial, soy (partially hydrogenated), palm, principal uses icings and fillings	--	0.00
04665	Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated), for flaky pastries	--	0.00
04666	Shortening, industrial, soy (partially hydrogenated) and corn for frying	--	0.00

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
04667	Shortening, industrial, soy (partially hydrogenated) for baking and confections	--	0.00
04669	USDA Commodity Food, oil, vegetable, soybean, refined	--	0.00
04670	USDA Commodity Food, oil, vegetable, low saturated fat	--	0.00
04674	Margarine-like spread, SMART BALANCE Light Buttery Spread	--	0.00
04679	Oil, PAM cooking spray, original	--	0.00
04687	Margarine-like spread, BENECOL Light Spread	--	0.00
04690	Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D	0.00	0.02
04691	Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D	--	0.00
04692	Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D	--	0.00
04694	Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D	--	0.00
04695	Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D	--	0.00
04696	Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D	--	0.00
04697	Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D	--	0.00
04698	Oil, industrial, canola, high oleic	--	0.00
04699	Oil, industrial, soy, low linolenic	0.00	0.01
04700	Oil, industrial, soy, ultra low linolenic	0.00	0.01
04701	Oil, industrial, soy, fully hydrogenated	0.00	0.01
04702	Oil, industrial, cottonseed, fully hydrogenated	--	0.00
05320	Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven)	0.00	1.30
06008	Soup, beef broth or bouillon canned, ready-to-serve	--	0.00
06075	Soup, beef broth or bouillon, powder, dry	--	0.00
06076	Soup, beef broth, cubed, dry	0.00	0.21
06080	Soup, chicken broth or bouillon, dry	0.00	0.09
06081	Soup, chicken broth cubes, dry	0.00	0.20
06481	Soup, chicken broth cubes, dry, prepared with water	0.00	0.01
06981	Soup, bouillon cubes and granules, low sodium, dry	0.00	0.09
08091	Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt	0.00	0.18
08093	Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt	0.00	0.09
08161	Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt	0.00	0.18
08164	Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt	0.00	0.14
08165	Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt	0.00	0.14
10854	HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored	0.00	1.30
14021	Beverages, Energy drink, Citrus	--	0.00
14022	Beverages, MONSTER energy drink, low carb	--	0.00
14026	Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12	--	0.00
14028	Beverages, Whiskey sour mix, bottled	0.00	0.07

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14030	Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12	--	0.00
14031	Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories	--	0.00
14059	Beverages, KELLOGG'S, SPECIAL K Protein Shake	0.00	0.70
14060	Beverages, Energy Drink with carbonated water and high fructose corn syrup	0.00	0.63
14061	Beverages, Energy Drink, sugar free	--	0.00
14065	Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch	--	0.00
14068	Beverages, KELLOGG'S SPECIAL K20 protein powder	--	0.00
14073	Beverages, ZEVIA, cola	--	0.00
14074	Beverages, ZEVIA, cola, caffeine free	--	0.00
14075	Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water,	--	0.00
14076	Beverages, ICELANDIC, Glacial Natural spring water	--	0.00
14093	Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified	--	0.00
14144	Beverages, carbonated, lemon-lime soda, no caffeine	0.00	0.01
14147	Beverages, carbonated, cola, without caffeine	0.00	0.01
14149	Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners	0.00	0.01
14161	Beverages, Kiwi Strawberry Juice Drink	--	0.00
14167	Beverages, POWERADE, Zero, Mixed Berry	--	0.00
14171	Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2	--	0.00
14216	Beverages, aloe vera juice drink, fortified with Vitamin C	--	0.00
14247	Beverages, tea, black, ready to drink	--	0.00
14270	Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer	--	0.00
14276	Beverages, Tropical Punch, ready-to-drink	--	0.00
14323	Beverages, orange drink, canned, with added vitamin C	0.00	0.02
14350	Strawberry-flavor beverage mix, powder	--	0.00
14384	Beverages, water, bottled, PERRIER	--	0.00
14385	Beverages, water, bottled, POLAND SPRING	--	0.00
14432	Beverages, water, bottled, non-carbonated, DANNON	--	0.00
14433	Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA	--	0.00
14434	Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated	--	0.00
14440	Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go	--	0.00
14461	Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink	0.00	0.01
14462	Beverages, Propel Zero, fruit-flavored, non-carbonated	--	0.00
14530	Whiskey sour mix, bottled, with added potassium and sodium	0.00	0.07
14559	Beverages, water, bottled, non-carbonated, EVIAN	--	0.00
14604	Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener	--	0.00
14629	Beverages, Energy drink, ROCKSTAR	0.00	0.05

NDB_No	Description	Copper, Cu(mg) Value Per	Zinc, Zn(mg) Value Per
14636	Beverages, fruit juice drink, reduced sugar, with vitamin E added	0.00	0.02
14644	Beverages, PEPSICO QUAKER, Gatorade G2, low calorie	--	0.00
14647	Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium	0.00	0.04
14649	Beverages, tea, hibiscus, brewed	0.00	0.04
18372	Leavening agents, baking soda	--	0.00
18488	Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry	0.00	0.30
18499	KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake	0.00	0.10