# USDA National Nutrient Database for Standard ReferenceRelease 28

## Nutrients: Copper, Cu (mg)

Food Subset: All Foods
Ordered by: Food Name
Measured by: Household
Report Run at: September 16, 2016 05:43 EDT

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09427 | Abiyuch, raw | 114.0 | 0.5 cup | 0.065 |
| 09002 | Acerola juice, raw | 242.0 | 1.0 cup | 0.208 |
| 09001 | Acerola, (west indian cherry), raw | 98.0 | 1.0 cup | 0.084 |
| 14006 | Alcoholic beverage, beer, light | 29.5 | 1.0 fl oz | 0.002 |
| 14007 | Alcoholic beverage, beer, light, BUD LIGHT | 29.5 | 1.0 fl oz | 0.001 |
| 14005 | Alcoholic beverage, beer, light, BUDWEISER SELECT | 29.5 | 1.0 fl oz | 0.000 |
| 14248 | Alcoholic beverage, beer, light, higher alcohol | 356.0 | 12.0 fl oz | 0.021 |
| 14013 | Alcoholic beverage, beer, light, low carb | 29.5 | 1.0 fl oz | 0.001 |
| 14003 | Alcoholic beverage, beer, regular, all | 29.7 | 1.0 fl oz | 0.001 |
| 14004 | Alcoholic beverage, beer, regular, BUDWEISER | 29.8 | 1.0 fl oz | 0.001 |
| 14034 | Alcoholic beverage, creme de menthe, 72 proof | 33.6 | 1.0 fl oz | 0.027 |
| 14009 | Alcoholic beverage, daiquiri, canned | 30.5 | 1.0 fl oz | 0.005 |
| 14010 | Alcoholic beverage, daiquiri, prepared-from-recipe | 30.2 | 1.0 fl oz | 0.007 |
| 14533 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 100 proof | 27.8 | 1.0 fl oz | 0.006 |
| 14037 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 80 proof | 27.8 | 1.0 fl oz | 0.006 |
| 14550 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 86 proof | 27.8 | 1.0 fl oz | 0.006 |
| 14551 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 90 proof | 27.8 | 1.0 fl oz | 0.006 |
| 14532 | Alcoholic beverage, distilled, all (gin, rum, vodka, whiskey) 94 proof | 27.8 | 1.0 fl oz | 0.006 |
| 14049 | Alcoholic beverage, distilled, gin, 90 proof | 27.8 | 1.0 fl oz | 0.001 |
| 14050 | Alcoholic beverage, distilled, rum, 80 proof | 27.8 | 1.0 fl oz | 0.014 |
| 14051 | Alcoholic beverage, distilled, vodka, 80 proof | 27.8 | 1.0 fl oz | 0.003 |
| 14052 | Alcoholic beverage, distilled, whiskey, 86 proof | 27.8 | 1.0 fl oz | 0.004 |
| 14415 | Alcoholic beverage, liqueur, coffee with cream, 34 proof | 31.1 | 1.0 fl oz | 0.012 |
| 14414 | Alcoholic beverage, liqueur, coffee, 53 proof | 34.8 | 1.0 fl oz | 0.014 |
| 14534 | Alcoholic beverage, liqueur, coffee, 63 proof | 34.8 | 1.0 fl oz | 0.014 |
| 14239 | Alcoholic beverage, malt beer, hard lemonade | 335.0 | 11.2 fl oz | 0.027 |
| 14015 | Alcoholic beverage, pina colada, canned | 32.6 | 1.0 fl oz | 0.028 |
| 14017 | Alcoholic beverage, pina colada, prepared-from-recipe | 31.4 | 1.0 fl oz | 0.025 |
| 43479 | Alcoholic beverage, rice (sake) | 29.1 | 1.0 fl oz | 0.003 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14019 | Alcoholic beverage, tequila sunrise, canned | 31.1 | 1.0 fl oz | 0.013 |
| 14531 | Alcoholic beverage, whiskey sour | 30.4 | 1.0 fl oz | 0.003 |
| 14027 | Alcoholic beverage, whiskey sour, canned | 30.8 | 1.0 fl oz | 0.003 |
| 14029 | Alcoholic beverage, whiskey sour, prepared from item 14028 | 30.4 | 1.0 fl oz | 0.002 |
| 14025 | Alcoholic beverage, whiskey sour, prepared with water, whiskey and powder mix | 29.4 | 1.0 fl oz | 0.010 |
| 43154 | Alcoholic beverage, wine, cooking | 4.9 | 1.0 tsp | 0.001 |
| 14536 | Alcoholic beverage, wine, dessert, dry | 29.5 | 1.0 fl oz | 0.013 |
| 14057 | Alcoholic beverage, wine, dessert, sweet | 29.5 | 1.0 fl oz | 0.013 |
| 43155 | Alcoholic beverage, wine, light | 29.5 | 1.0 fl oz | 0.003 |
| 14084 | Alcoholic beverage, wine, table, all | 148.0 | 1.0 serving (5 fl oz) | 0.010 |
| 14096 | Alcoholic beverage, wine, table, red | 29.4 | 1.0 fl oz | 0.003 |
| 14602 | Alcoholic Beverage, wine, table, red, Merlot | 29.4 | 1.0 fl oz | 0.003 |
| 14106 | Alcoholic beverage, wine, table, white | 29.4 | 1.0 fl oz | 0.001 |
| 14160 | Alcoholic beverage, wine, table, white, Chardonnay | 29.3 | 1.0 fl oz | 0.001 |
| 14251 | Alcoholic beverages, beer, higher alcohol | 30.6 | 1.0 fl oz | 0.002 |
| 14253 | Alcoholic beverages, wine, rose | 30.3 | 1.0 fl oz | 0.002 |
| 11001 | Alfalfa seeds, sprouted, raw | 33.0 | 1.0 cup | 0.052 |
| 20002 | Amaranth grain, cooked | 246.0 | 1.0 cup | 0.367 |
| 20001 | Amaranth grain, uncooked | 193.0 | 1.0 cup | 1.013 |
| 11700 | Amaranth leaves, cooked, boiled, drained, with salt | 132.0 | 1.0 cup | 0.209 |
| 11004 | Amaranth leaves, cooked, boiled, drained, without salt | 132.0 | 1.0 cup | 0.209 |
| 11003 | Amaranth leaves, raw | 28.0 | 1.0 cup | 0.045 |
| 28354 | ANDREA'S, Gluten Free Soft Dinner Roll | 69.0 | 1.0 roll | 0.077 |
| 04609 | Animal fat, bacon grease | 4.3 | 1.0 tsp | 0.000 |
| 09400 | Apple juice, canned or bottled, unsweetened, with added ascorbic acid | 248.0 | 1.0 cup | 0.030 |
| 09517 | Apple juice, canned or bottled, unsweetened, with added ascorbic acid, calcium, and potassium | 177.0 | 6.0 fl oz | 0.018 |
| 09016 | Apple juice, canned or bottled, unsweetened, without added ascorbic acid | 248.0 | 1.0 cup | 0.030 |
| 09018 | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water without added ascorbic acid | 239.0 | 1.0 cup | 0.033 |
| 09411 | Apple juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added ascorbic acid | 239.0 | 1.0 cup | 0.033 |
| 09410 | Apple juice, frozen concentrate, unsweetened, undiluted, with added ascorbic acid | 211.0 | 1.0 can (6 fl oz) | 0.106 |
| 09017 | Apple juice, frozen concentrate, unsweetened, undiluted, without added ascorbic acid | 211.0 | 1.0 can (6 fl oz) | 0.106 |
| 36000 | APPLEBEE'S, 9 oz house sirloin steak | 157.0 | 1.0 serving | 0.119 |
| 36023 | APPLEBEE'S, chicken tenders platter | 209.0 | 1.0 serving | 0.144 |
| 36005 | APPLEBEE'S, chicken tenders, from kids' menu | 35.0 | 1.0 piece | 0.025 |
| 36019 | APPLEBEE'S, chili | 136.0 | 1.0 cup | 0.117 |
| 36021 | APPLEBEE'S, coleslaw | 76.0 | 1.0 serving | 0.013 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 36022 | APPLEBEE'S, crunchy onion rings | 350.0 | 1.0 serving | 0.304 |
| 36001 | APPLEBEE'S, Double Crunch Shrimp | 206.0 | 1.0 serving | 0.288 |
| 36018 | APPLEBEE'S, fish, hand battered | 250.0 | 1.0 serving | 0.098 |
| 36002 | APPLEBEE'S, french fries | 164.0 | 1.0 serving | 0.179 |
| 36003 | APPLEBEE'S, KRAFT, Macaroni & Cheese, from kid's menu | 124.0 | 1.0 cup | 0.076 |
| 36004 | APPLEBEE'S, mozzarella sticks | 32.0 | 1.0 piece | 0.019 |
| 09008 | Apples, canned, sweetened, sliced, drained, heated | 204.0 | 1.0 cup slices | 0.104 |
| 09007 | Apples, canned, sweetened, sliced, drained, unheated | 204.0 | 1.0 cup slices | 0.108 |
| 09010 | Apples, dehydrated (low moisture), sulfured, stewed | 193.0 | 1.0 cup | 0.112 |
| 09009 | Apples, dehydrated (low moisture), sulfured, uncooked | 60.0 | 1.0 cup | 0.163 |
| 09013 | Apples, dried, sulfured, stewed, with added sugar | 280.0 | 1.0 cup | 0.118 |
| 09012 | Apples, dried, sulfured, stewed, without added sugar | 255.0 | 1.0 cup | 0.112 |
| 09011 | Apples, dried, sulfured, uncooked | 86.0 | 1.0 cup | 0.164 |
| 09015 | Apples, frozen, unsweetened, heated | 206.0 | 1.0 cup slices | 0.134 |
| 09014 | Apples, frozen, unsweetened, unheated | 173.0 | 1.0 cup slices | 0.100 |
| 09504 | Apples, raw, fuji, with skin | 109.0 | 1.0 cup, sliced | 0.027 |
| 09503 | Apples, raw, gala, with skin | 109.0 | 1.0 cup, sliced | 0.023 |
| 09501 | Apples, raw, golden delicious, with skin | 109.0 | 1.0 cup, sliced | 0.033 |
| 09502 | Apples, raw, granny smith, with skin | 109.0 | 1.0 cup, sliced | 0.034 |
| 09500 | Apples, raw, red delicious, with skin | 109.0 | 1.0 cup, sliced | 0.029 |
| 09003 | Apples, raw, with skin | 125.0 | 1.0 cup, quartered or chopped | 0.034 |
| 09004 | Apples, raw, without skin | 110.0 | 1.0 cup slices | 0.034 |
| 09005 | Apples, raw, without skin, cooked, boiled | 171.0 | 1.0 cup slices | 0.060 |
| 09006 | Apples, raw, without skin, cooked, microwave | 170.0 | 1.0 cup slices | 0.078 |
| 09402 | Applesauce, canned, sweetened, with salt | 255.0 | 1.0 cup | 0.110 |
| 09020 | Applesauce, canned, sweetened, without salt (includes USDA commodity) | 246.0 | 1.0 cup | 0.079 |
| 09401 | Applesauce, canned, unsweetened, with added ascorbic acid | 244.0 | 1.0 cup | 0.066 |
| 09019 | Applesauce, canned, unsweetened, without added ascorbic acid (includes USDA commodity) | 244.0 | 1.0 cup | 0.066 |
| 09403 | Apricot nectar, canned, with added ascorbic acid | 251.0 | 1.0 cup | 0.183 |
| 09036 | Apricot nectar, canned, without added ascorbic acid | 251.0 | 1.0 cup | 0.183 |
| 09029 | Apricots, canned, extra heavy syrup pack, without skin, solids and liquids | 246.0 | 1.0 cup, whole, without pits | 0.157 |
| 09025 | Apricots, canned, extra light syrup pack, with skin, solids and liquids | 247.0 | 1.0 cup, halves | 0.099 |
| 09027 | Apricots, canned, heavy syrup pack, with skin, solids and liquids | 258.0 | 1.0 cup, halves | 0.201 |
| 09028 | Apricots, canned, heavy syrup pack, without skin, solids and liquids | 258.0 | 1.0 cup, whole, without pits | 0.168 |
| 09357 | Apricots, canned, heavy syrup, drained | 219.0 | 1.0 cup, halves | 0.212 |
| 09024 | Apricots, canned, juice pack, with skin, solids and liquids | 244.0 | 1.0 cup, halves | 0.132 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09026 | Apricots, canned, light syrup pack, with skin, solids and liquids | 253.0 | 1.0 cup, halves | 0.200 |
| 09022 | Apricots, canned, water pack, with skin, solids and liquids | 243.0 | 1.0 cup, halves | 0.199 |
| 09023 | Apricots, canned, water pack, without skin, solids and liquids | 227.0 | 1.0 cup, whole, without pits | 0.154 |
| 09031 | Apricots, dehydrated (low-moisture), sulfured, stewed | 249.0 | 1.0 cup | 0.565 |
| 09030 | Apricots, dehydrated (low-moisture), sulfured, uncooked | 119.0 | 1.0 cup | 0.685 |
| 09034 | Apricots, dried, sulfured, stewed, with added sugar | 270.0 | 1.0 cup, halves | 0.373 |
| 09033 | Apricots, dried, sulfured, stewed, without added sugar | 250.0 | 1.0 cup, halves | 0.302 |
| 09032 | Apricots, dried, sulfured, uncooked | 130.0 | 1.0 cup, halves | 0.446 |
| 09035 | Apricots, frozen, sweetened | 242.0 | 1.0 cup | 0.155 |
| 09021 | Apricots, raw | 155.0 | 1.0 cup, halves | 0.121 |
| 21527 | ARBY'S, roast beef sandwich, classic | 149.0 | 1.0 sandwich | 0.162 |
| 11701 | Arrowhead, cooked, boiled, drained, with salt | 12.0 | 1.0 corm, medium | 0.016 |
| 11006 | Arrowhead, cooked, boiled, drained, without salt | 12.0 | 1.0 medium | 0.016 |
| 11005 | Arrowhead, raw | 25.0 | 1.0 large | 0.043 |
| 20003 | Arrowroot flour | 128.0 | 1.0 cup | 0.051 |
| 11697 | Arrowroot, raw | 120.0 | 1.0 cup, sliced | 0.145 |
| 11702 | Artichokes, (globe or french), cooked, boiled, drained, with salt | 120.0 | 1.0 artichoke, medium | 0.152 |
| 11008 | Artichokes, (globe or french), cooked, boiled, drained, without salt | 120.0 | 1.0 artichoke, medium | 0.152 |
| 11703 | Artichokes, (globe or french), frozen, cooked, boiled, drained, with salt | 168.0 | 1.0 cup | 0.102 |
| 11010 | Artichokes, (globe or french), frozen, cooked, boiled, drained, without salt | 168.0 | 1.0 cup | 0.102 |
| 11009 | Artichokes, (globe or french), frozen, unprepared | 84.0 | 0.33 package | 0.045 |
| 11007 | Artichokes, (globe or french), raw | 128.0 | 1.0 artichoke, medium | 0.296 |
| 11959 | Arugula, raw | 2.0 | 1.0 leaf | 0.002 |
| 11015 | Asparagus, canned, drained solids | 242.0 | 1.0 cup | 0.232 |
| 11707 | Asparagus, canned, no salt added, solids and liquids | 122.0 | 0.5 cup | 0.131 |
| 11013 | Asparagus, canned, regular pack, solids and liquids | 122.0 | 0.5 cup | 0.131 |
| 11012 | Asparagus, cooked, boiled, drained | 90.0 | 0.5 cup | 0.149 |
| 11705 | Asparagus, cooked, boiled, drained, with salt | 90.0 | 0.5 cup | 0.149 |
| 11709 | Asparagus, frozen, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 0.189 |
| 11019 | Asparagus, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.189 |
| 11018 | Asparagus, frozen, unprepared | 58.0 | 4.0 spears | 0.079 |
| 11011 | Asparagus, raw | 134.0 | 1.0 cup | 0.253 |
| 09037 | Avocados, raw, all commercial varieties | 150.0 | 1.0 cup, cubes | 0.285 |
| 09038 | Avocados, raw, California | 230.0 | 1.0 cup, pureed | 0.391 |
| 09039 | Avocados, raw, Florida | 230.0 | 1.0 cup, pureed | 0.715 |
| 42150 | Babyfood, apple yogurt dessert, strained | 15.0 | 1.0 tbsp | 0.008 |

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|---|---|---|---|---|
| 03167 | Babyfood, apple-banana juice | 31.2 | 1.0 fl oz | 0.006 |
| 03169 | Babyfood, apple-cranberry juice | 31.2 | 1.0 fl oz | 0.003 |
| 03289 | Babyfood, apples with ham, strained | 15.0 | 1.0 tbsp | 0.006 |
| 03115 | Babyfood, apples, dices, toddler | 28.35 | 1.0 oz | 0.006 |
| 03997 | Babyfood, Baby MUM MUM Rice Biscuits | 8.0 | 4.0 biscuit | 0.012 |
| 42284 | Babyfood, baked product, finger snacks cereal fortified | 1.7 | 1.0 cookie | 0.004 |
| 43550 | Babyfood, banana apple dessert, strained | 15.0 | 1.0 tbsp | 0.004 |
| 42119 | Babyfood, banana juice with low fat yogurt | 31.5 | 1.0 fl oz | 0.009 |
| 43546 | Babyfood, banana no tapioca, strained | 15.0 | 1.0 tbsp | 0.006 |
| 03995 | Babyfood, banana with mixed berries, strained | 99.0 | 1.0 packet | 0.093 |
| 03301 | Babyfood, beverage, GERBER GRADUATE FRUIT SPLASHERS | 113.0 | 4.0 oz | 0.016 |
| 03290 | Babyfood, carrots and beef, strained | 15.0 | 1.0 tbsp | 0.008 |
| 42316 | Babyfood, carrots, toddler | 28.35 | 1.0 oz | 0.023 |
| 03181 | Babyfood, cereal, barley, dry fortified | 2.4 | 1.0 tbsp | 0.011 |
| 03681 | Babyfood, cereal, barley, prepared with whole milk | 28.35 | 1.0 oz | 0.016 |
| 42285 | Babyfood, cereal, brown rice, dry, instant | 3.7 | 1.0 tbsp | 0.014 |
| 03201 | Babyfood, cereal, egg yolks and bacon, junior | 28.35 | 1.0 oz | 0.006 |
| 03682 | Babyfood, cereal, high protein, prepared with whole milk | 28.35 | 1.0 oz | 0.062 |
| 03211 | Babyfood, cereal, high protein, with apple and orange, dry | 2.4 | 1.0 tbsp | 0.023 |
| 03711 | Babyfood, cereal, high protein, with apple and orange, prepared with whole milk | 28.35 | 1.0 oz | 0.047 |
| 03185 | Babyfood, cereal, mixed, dry fortified | 2.5 | 1.0 tbsp | 0.008 |
| 03685 | Babyfood, cereal, mixed, prepared with whole milk | 28.35 | 1.0 oz | 0.017 |
| 03188 | Babyfood, cereal, mixed, with applesauce and bananas, junior, fortified | 28.35 | 1.0 oz | 0.016 |
| 03187 | Babyfood, cereal, mixed, with applesauce and bananas, strained | 28.35 | 1.0 oz | 0.016 |
| 03186 | Babyfood, cereal, mixed, with bananas, dry | 2.5 | 1.0 tbsp | 0.006 |
| 03686 | Babyfood, cereal, mixed, with bananas, prepared with whole milk | 28.35 | 1.0 oz | 0.015 |
| 03704 | Babyfood, cereal, mixed, with honey, prepared with whole milk | 28.35 | 1.0 oz | 0.018 |
| 03189 | Babyfood, cereal, oatmeal, dry fortified | 3.2 | 1.0 tbsp | 0.013 |
| 03689 | Babyfood, cereal, oatmeal, prepared with whole milk | 28.35 | 1.0 oz | 0.027 |
| 03192 | Babyfood, cereal, oatmeal, with applesauce and bananas, junior, fortified | 28.35 | 1.0 oz | 0.021 |
| 03191 | Babyfood, cereal, oatmeal, with applesauce and bananas, strained | 28.35 | 1.0 oz | 0.021 |
| 03190 | Babyfood, cereal, oatmeal, with bananas, dry | 15.0 | 1.0 serving | 0.059 |
| 03690 | Babyfood, cereal, oatmeal, with bananas, prepared with whole milk | 28.35 | 1.0 oz | 0.015 |
| 03193 | Babyfood, cereal, oatmeal, with honey, dry | 2.4 | 1.0 tbsp | 0.013 |
| 03693 | Babyfood, cereal, oatmeal, with honey, prepared with whole milk | 28.35 | 1.0 oz | 0.027 |
| 43544 | Babyfood, cereal, rice with pears and apple, dry, instant fortified | 15.0 | 1.0 serving | 0.057 |

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| 03194 | Babyfood, cereal, Rice, dry, fortified | 2.5 | 1.0 tbsp | 0.006 |
| 03694 | Babyfood, cereal, rice, prepared with whole milk | 28.35 | 1.0 oz | 0.014 |
| 03195 | Babyfood, cereal, rice, with applesauce and bananas, strained | 16.0 | 1.0 tbsp | 0.008 |
| 03212 | Babyfood, cereal, rice, with bananas, dry | 2.5 | 1.0 tbsp | 0.006 |
| 03712 | Babyfood, cereal, rice, with bananas, prepared with whole milk | 28.35 | 1.0 oz | 0.012 |
| 03696 | Babyfood, cereal, rice, with honey, prepared with whole milk | 28.35 | 1.0 oz | 0.018 |
| 03184 | Babyfood, cereal, whole wheat, with apples, dry fortified | 15.0 | 0.5 oz | 0.093 |
| 03198 | Babyfood, cereal, with egg yolks, junior | 28.35 | 1.0 oz | 0.006 |
| 03197 | Babyfood, cereal, with egg yolks, strained | 28.35 | 1.0 oz | 0.006 |
| 03199 | Babyfood, cereal, with eggs, strained | 28.35 | 1.0 oz | 0.007 |
| 03222 | Babyfood, cherry cobbler, junior | 28.35 | 1.0 oz | 0.003 |
| 03206 | Babyfood, cookie, baby, fruit | 8.0 | 1.0 cookie | 0.003 |
| 03213 | Babyfood, cookies | 28.35 | 1.0 oz | 0.021 |
| 03214 | Babyfood, cookies, arrowroot | 28.35 | 1.0 oz | 0.021 |
| 03934 | Babyfood, corn and sweet potatoes, strained | 28.35 | 1.0 oz | 0.014 |
| 03209 | Babyfood, crackers, vegetable | 0.7 | 1.0 cracker | 0.001 |
| 43004 | Babyfood, dessert, banana pudding, strained | 15.0 | 1.0 tbsp | 0.006 |
| 43539 | Babyfood, dessert, banana yogurt, strained | 15.0 | 1.0 tbsp | 0.003 |
| 43537 | Babyfood, dessert, blueberry yogurt, strained | 15.0 | 1.0 tbsp | 0.004 |
| 03225 | Babyfood, dessert, cherry vanilla pudding, junior | 28.35 | 1.0 oz | 0.014 |
| 03224 | Babyfood, dessert, cherry vanilla pudding, strained | 28.35 | 1.0 oz | 0.014 |
| 03246 | Babyfood, dessert, custard pudding, vanilla, junior | 229.0 | 1.0 cup | 0.023 |
| 03245 | Babyfood, dessert, custard pudding, vanilla, strained | 229.0 | 1.0 cup | 0.114 |
| 03221 | Babyfood, dessert, dutch apple, junior | 28.35 | 1.0 oz | 0.009 |
| 03220 | Babyfood, dessert, dutch apple, strained | 28.35 | 1.0 oz | 0.017 |
| 03236 | Babyfood, dessert, fruit dessert, without ascorbic acid, junior | 15.0 | 1.0 tbsp | 0.004 |
| 03235 | Babyfood, dessert, fruit dessert, without ascorbic acid, strained | 15.0 | 1.0 tbsp | 0.004 |
| 03226 | Babyfood, dessert, fruit pudding, orange, strained | 28.35 | 1.0 oz | 0.014 |
| 03233 | Babyfood, dessert, fruit pudding, pineapple, strained | 15.0 | 1.0 tbsp | 0.003 |
| 03228 | Babyfood, dessert, peach cobbler, junior | 15.0 | 1.0 tbsp | 0.029 |
| 03227 | Babyfood, dessert, peach cobbler, strained | 15.0 | 1.0 tbsp | 0.028 |
| 03230 | Babyfood, dessert, peach melba, junior | 28.35 | 1.0 oz | 0.050 |
| 03229 | Babyfood, dessert, peach melba, strained | 28.35 | 1.0 oz | 0.050 |
| 43536 | Babyfood, dessert, peach yogurt | 15.0 | 1.0 tbsp | 0.006 |
| 03238 | Babyfood, dessert, tropical fruit, junior | 28.35 | 1.0 oz | 0.008 |
| 03297 | Babyfood, dinner, apples and chicken, strained | 28.35 | 1.0 oz | 0.011 |

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|---|---|---|---|---|
| 03049 | Babyfood, dinner, beef and rice, toddler | 28.35 | 1.0 oz | 0.015 |
| 03043 | Babyfood, dinner, beef lasagna, toddler | 28.35 | 1.0 oz | 0.027 |
| 03287 | Babyfood, dinner, beef noodle, junior | 16.0 | 1.0 tbsp | 0.005 |
| 03047 | Babyfood, dinner, beef noodle, strained | 16.0 | 1.0 tbsp | 0.008 |
| 03052 | Babyfood, dinner, beef stew, toddler | 28.35 | 1.0 oz | 0.020 |
| 03055 | Babyfood, dinner, beef with vegetables | 113.0 | 1.0 jar Beech-Nut Stage 2 (4 oz) | 0.041 |
| 03298 | Babyfood, dinner, broccoli and chicken, junior | 29.0 | 1.0 tbsp | 0.009 |
| 43373 | Babyfood, dinner, chicken and noodle with vegetables, toddler | 16.0 | 1.0 tbsp | 0.003 |
| 43008 | Babyfood, dinner, chicken and rice | 16.0 | 1.0 tbsp | 0.004 |
| 03069 | Babyfood, dinner, chicken noodle, junior | 16.0 | 1.0 tbsp | 0.005 |
| 03068 | Babyfood, dinner, chicken noodle, strained | 16.0 | 1.0 tbsp | 0.011 |
| 03070 | Babyfood, dinner, chicken soup, strained | 113.0 | 1.0 jar Beech-Nut Stage 2 (4 oz) | 0.315 |
| 03072 | Babyfood, dinner, chicken stew, toddler | 16.0 | 1.0 tbsp | 0.003 |
| 03090 | Babyfood, dinner, macaroni and cheese, junior | 28.35 | 1.0 oz | 0.006 |
| 03089 | Babyfood, dinner, macaroni and cheese, strained | 28.35 | 1.0 oz | 0.006 |
| 03045 | Babyfood, dinner, macaroni and tomato and beef, junior | 16.0 | 1.0 tbsp | 0.006 |
| 03044 | Babyfood, dinner, macaroni and tomato and beef, strained | 16.0 | 1.0 tbsp | 0.008 |
| 43432 | Babyfood, dinner, macaroni, beef and tomato sauce, toddler | 16.0 | 1.0 tbsp | 0.003 |
| 03279 | Babyfood, dinner, mixed vegetable, junior | 99.0 | 1.0 serving | 0.036 |
| 03278 | Babyfood, dinner, mixed vegetable, strained | 28.35 | 1.0 oz | 0.012 |
| 03077 | Babyfood, dinner, pasta with vegetables | 113.0 | 1.0 jar, Gerber (4 oz) | 0.124 |
| 03304 | Babyfood, dinner, potatoes with cheese and ham, toddler | 28.35 | 1.0 oz | 0.017 |
| 03050 | Babyfood, dinner, spaghetti and tomato and meat, junior | 16.0 | 1.0 tbsp | 0.005 |
| 03051 | Babyfood, dinner, spaghetti and tomato and meat, toddler | 28.35 | 1.0 oz | 0.006 |
| 03303 | Babyfood, dinner, sweet potatoes and chicken, strained | 16.0 | 1.0 tbsp | 0.013 |
| 03083 | Babyfood, dinner, turkey and rice, junior | 16.0 | 1.0 tbsp | 0.005 |
| 03082 | Babyfood, dinner, turkey and rice, strained | 16.0 | 1.0 tbsp | 0.005 |
| 03296 | Babyfood, dinner, turkey, rice, and vegetables, toddler | 28.35 | 1.0 oz | 0.028 |
| 03059 | Babyfood, dinner, vegetables and bacon, strained | 256.0 | 1.0 cup | 0.102 |
| 03054 | Babyfood, dinner, vegetables and beef, junior | 256.0 | 1.0 cup | 0.077 |
| 03053 | Babyfood, dinner, vegetables and beef, strained | 256.0 | 1.0 cup | 0.077 |
| 03274 | Babyfood, dinner, vegetables and chicken, junior | 256.0 | 1.0 cup | 0.051 |
| 03042 | Babyfood, dinner, vegetables and dumplings and beef, junior | 28.35 | 1.0 oz | 0.009 |
| 03041 | Babyfood, dinner, vegetables and dumplings and beef, strained | 28.35 | 1.0 oz | 0.008 |
| 03062 | Babyfood, dinner, vegetables and ham, junior | 256.0 | 1.0 cup | 0.077 |
| 03061 | Babyfood, dinner, vegetables and ham, strained | 256.0 | 1.0 cup | 0.179 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03067 | Babyfood, dinner, vegetables and lamb, junior | 28.35 | 1.0 oz | 0.008 |
| 03066 | Babyfood, dinner, vegetables and lamb, strained | 256.0 | 1.0 cup | 0.074 |
| 03081 | Babyfood, dinner, vegetables and noodles and turkey, junior | 28.35 | 1.0 oz | 0.007 |
| 03079 | Babyfood, dinner, vegetables and noodles and turkey, strained | 28.35 | 1.0 oz | 0.006 |
| 03085 | Babyfood, dinner, vegetables and turkey, junior | 256.0 | 1.0 cup | 0.051 |
| 03084 | Babyfood, dinner, vegetables and turkey, strained | 256.0 | 1.0 cup | 0.230 |
| 03073 | Babyfood, dinner, vegetables chicken, strained | 256.0 | 1.0 cup | 0.179 |
| 03076 | Babyfood, dinner, vegetables, noodles and chicken, junior | 28.35 | 1.0 oz | 0.016 |
| 03075 | Babyfood, dinner, vegetables, noodles and chicken, strained | 28.35 | 1.0 oz | 0.015 |
| 33879 | Babyfood, finger snacks, GERBER, GRADUATES, LIL CRUNCHIES - MILD CHEDDAR | 8.9 | 0.5 cup | 0.011 |
| 03964 | Babyfood, fortified cereal bar, fruit filling | 19.0 | 1.0 bar | 0.016 |
| 03154 | Babyfood, fruit and vegetable, apple and sweet potato | 113.0 | 1.0 jar, Gerber (4 oz) | 0.102 |
| 03140 | Babyfood, fruit dessert, mango with tapioca | 15.0 | 1.0 tbsp | 0.004 |
| 43585 | Babyfood, fruit supreme dessert | 15.0 | 1.0 tbsp | 0.005 |
| 03165 | Babyfood, fruit, apple and blueberry, junior | 28.35 | 1.0 oz | 0.016 |
| 03164 | Babyfood, fruit, apple and blueberry, strained | 28.35 | 1.0 oz | 0.016 |
| 03153 | Babyfood, fruit, apple and raspberry, junior | 28.35 | 1.0 oz | 0.015 |
| 03152 | Babyfood, fruit, apple and raspberry, strained | 28.35 | 1.0 oz | 0.015 |
| 03143 | Babyfood, fruit, applesauce and apricots, junior | 16.0 | 1.0 tbsp | 0.007 |
| 03142 | Babyfood, fruit, applesauce and apricots, strained | 16.0 | 1.0 tbsp | 0.007 |
| 03145 | Babyfood, fruit, applesauce and cherries, junior | 28.35 | 1.0 oz | 0.013 |
| 03144 | Babyfood, fruit, applesauce and cherries, strained | 28.35 | 1.0 oz | 0.013 |
| 03151 | Babyfood, fruit, applesauce and pineapple, junior | 28.35 | 1.0 oz | 0.010 |
| 03150 | Babyfood, fruit, applesauce and pineapple, strained | 28.35 | 1.0 oz | 0.010 |
| 03147 | Babyfood, fruit, applesauce with banana, junior | 16.0 | 1.0 tbsp | 0.006 |
| 03117 | Babyfood, fruit, applesauce, junior | 16.0 | 1.0 tbsp | 0.006 |
| 03116 | Babyfood, fruit, applesauce, strained | 16.0 | 1.0 tbsp | 0.006 |
| 03128 | Babyfood, fruit, apricot with tapioca, junior | 15.0 | 1.0 tbsp | 0.005 |
| 03118 | Babyfood, fruit, apricot with tapioca, strained | 15.0 | 1.0 tbsp | 0.005 |
| 03994 | Babyfood, fruit, banana and strawberry, junior | 140.0 | 1.0 bottle | 0.122 |
| 03156 | Babyfood, fruit, bananas and pineapple with tapioca, junior | 15.0 | 1.0 tbsp | 0.006 |
| 03157 | Babyfood, fruit, bananas and pineapple with tapioca, strained | 15.0 | 1.0 tbsp | 0.006 |
| 03163 | Babyfood, fruit, bananas with apples and pears, strained | 15.0 | 1.0 tbsp | 0.012 |
| 03280 | Babyfood, fruit, bananas with tapioca, junior | 15.0 | 1.0 tbsp | 0.007 |
| 03129 | Babyfood, fruit, bananas with tapioca, strained | 15.0 | 1.0 tbsp | 0.006 |
| 03162 | Babyfood, fruit, papaya and applesauce with tapioca, strained | 28.35 | 1.0 oz | 0.012 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03131 | Babyfood, fruit, peaches, junior | 17.0 | 1.0 tbsp | 0.005 |
| 03130 | Babyfood, fruit, peaches, strained | 17.0 | 1.0 tbsp | 0.005 |
| 03159 | Babyfood, fruit, pears and pineapple, junior | 16.0 | 1.0 tbsp | 0.017 |
| 03158 | Babyfood, fruit, pears and pineapple, strained | 16.0 | 1.0 tbsp | 0.022 |
| 03133 | Babyfood, fruit, pears, junior | 16.0 | 1.0 tbsp | 0.013 |
| 03132 | Babyfood, fruit, pears, strained | 16.0 | 1.0 tbsp | 0.010 |
| 03135 | Babyfood, fruit, plums with tapioca, without ascorbic acid, junior | 15.0 | 1.0 tbsp | 0.006 |
| 03134 | Babyfood, fruit, plums with tapioca, without ascorbic acid, strained | 15.0 | 1.0 tbsp | 0.006 |
| 03137 | Babyfood, fruit, prunes with tapioca, without ascorbic acid, junior | 28.35 | 1.0 oz | 0.018 |
| 03136 | Babyfood, fruit, prunes with tapioca, without ascorbic acid, strained | 15.0 | 1.0 tbsp | 0.009 |
| 43007 | Babyfood, fruit, tutti frutti, junior | 15.0 | 1.0 tbsp | 0.030 |
| 43006 | Babyfood, fruit, tutti frutti, strained | 15.0 | 1.0 tbsp | 0.003 |
| 42286 | Babyfood, green beans and turkey, strained | 14.0 | 1.0 tbsp | 0.007 |
| 03093 | Babyfood, green beans, dices, toddler | 28.35 | 1.0 oz | 0.009 |
| 03001 | Babyfood, juice treats, fruit medley, toddler | 28.0 | 1.0 packet | 0.010 |
| 03166 | Babyfood, juice, apple | 31.7 | 1.0 fl oz | 0.013 |
| 43535 | Babyfood, juice, apple - cherry | 31.2 | 1.0 fl oz | 0.006 |
| 03268 | Babyfood, juice, apple and cherry | 31.2 | 1.0 fl oz | 0.013 |
| 03265 | Babyfood, juice, apple and grape | 31.2 | 1.0 fl oz | 0.024 |
| 03168 | Babyfood, juice, apple and peach | 31.2 | 1.0 fl oz | 0.012 |
| 03170 | Babyfood, juice, apple and plum | 31.2 | 1.0 fl oz | 0.013 |
| 03171 | Babyfood, juice, apple and prune | 31.2 | 1.0 fl oz | 0.019 |
| 03269 | Babyfood, juice, apple, with calcium | 189.0 | 1.0 serving | 0.019 |
| 42266 | Babyfood, juice, apple-sweet potato | 30.8 | 1.0 fl oz | 0.010 |
| 03267 | Babyfood, juice, fruit punch, with calcium | 31.2 | 1.0 fl oz | 0.006 |
| 03179 | Babyfood, juice, mixed fruit | 31.2 | 1.0 fl oz | 0.012 |
| 03172 | Babyfood, juice, orange | 31.2 | 1.0 fl oz | 0.014 |
| 03173 | Babyfood, juice, orange and apple | 31.2 | 1.0 fl oz | 0.012 |
| 03174 | Babyfood, juice, orange and apple and banana | 31.2 | 1.0 fl oz | 0.014 |
| 03175 | Babyfood, juice, orange and apricot | 31.2 | 1.0 fl oz | 0.026 |
| 03176 | Babyfood, juice, orange and banana | 31.2 | 1.0 fl oz | 0.013 |
| 03177 | Babyfood, juice, orange and pineapple | 31.2 | 1.0 fl oz | 0.014 |
| 42267 | Babyfood, juice, orange-carrot | 30.8 | 1.0 fl oz | 0.014 |
| 43408 | Babyfood, juice, pear | 31.2 | 1.0 fl oz | 0.020 |
| 03178 | Babyfood, juice, prune and orange | 31.2 | 1.0 fl oz | 0.014 |
| 03048 | Babyfood, macaroni and cheese, toddler | 113.0 | 1.0 container | 0.046 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03959 | Babyfood, mashed cheddar potatoes and broccoli, toddlers | 170.0 | 1.0 container | 0.102 |
| 43417 | Babyfood, meat, beef with vegetables, toddler | 179.0 | 1.0 jar NFS | 0.143 |
| 03003 | Babyfood, meat, beef, junior | 28.35 | 1.0 oz | 0.042 |
| 03002 | Babyfood, meat, beef, strained | 14.7 | 1.0 tbsp | 0.022 |
| 03014 | Babyfood, meat, chicken sticks, junior | 10.0 | 1.0 stick | 0.004 |
| 03013 | Babyfood, meat, chicken, junior | 15.0 | 1.0 tbsp | 0.007 |
| 03012 | Babyfood, meat, chicken, strained | 15.0 | 1.0 tbsp | 0.007 |
| 03009 | Babyfood, meat, ham, junior | 28.35 | 1.0 oz | 0.019 |
| 03008 | Babyfood, meat, ham, strained | 15.0 | 1.0 tbsp | 0.010 |
| 03011 | Babyfood, meat, lamb, junior | 28.35 | 1.0 oz | 0.016 |
| 03010 | Babyfood, meat, lamb, strained | 22.0 | 1.0 tbsp | 0.033 |
| 03021 | Babyfood, meat, meat sticks, junior | 10.0 | 1.0 stick | 0.007 |
| 03007 | Babyfood, meat, pork, strained | 28.35 | 1.0 oz | 0.020 |
| 03017 | Babyfood, meat, turkey sticks, junior | 10.0 | 1.0 stick | 0.015 |
| 03016 | Babyfood, meat, turkey, junior | 19.0 | 1.0 tbsp | 0.028 |
| 03015 | Babyfood, meat, turkey, strained | 15.0 | 1.0 tbsp | 0.022 |
| 03005 | Babyfood, meat, veal, strained | 16.0 | 1.0 tbsp | 0.024 |
| 42120 | Babyfood, mixed fruit juice with low fat yogurt | 31.5 | 1.0 fl oz | 0.009 |
| 43523 | Babyfood, mixed fruit yogurt, strained | 15.0 | 1.0 tbsp | 0.003 |
| 03205 | Babyfood, oatmeal cereal with fruit, dry, instant, toddler fortified | 5.3 | 1.0 tbsp | 0.018 |
| 03161 | Babyfood, peaches, dices, toddler | 28.35 | 1.0 oz | 0.009 |
| 03141 | Babyfood, pears, dices, toddler | 28.35 | 1.0 oz | 0.011 |
| 42279 | Babyfood, peas and brown rice | 230.0 | 1.0 cup | 0.184 |
| 03122 | Babyfood, peas, dices, toddler | 28.35 | 1.0 oz | 0.023 |
| 03293 | Babyfood, plums, bananas and rice, strained | 28.35 | 1.0 oz | 0.015 |
| 03112 | Babyfood, potatoes, toddler | 163.0 | 1.0 cup | 0.114 |
| 03215 | Babyfood, pretzels | 28.35 | 1.0 oz | 0.041 |
| 03139 | Babyfood, prunes, without vitamin c, strained | 15.0 | 1.0 tbsp | 0.025 |
| 03046 | Babyfood, ravioli, cheese filled, with tomato sauce | 16.0 | 1.0 tbsp | 0.006 |
| 43529 | Babyfood, rice and apples, dry | 2.5 | 1.0 tbsp | 0.009 |
| 03019 | Babyfood, snack, GERBER GRADUATE FRUIT STRIPS, Real Fruit Bars | 9.9 | 1.0 bar | 0.024 |
| 03998 | Babyfood, Snack, GERBER, GRADUATES, LIL CRUNCHIES, baked whole grain corn snack | 7.0 | 18.0 piece | 0.011 |
| 03302 | Babyfood, snack, GERBER, GRADUATES, YOGURT MELTS | 7.0 | 1.0 serving | 0.006 |
| 42278 | Babyfood, vegetable and brown rice, strained | 230.0 | 1.0 cup | 0.184 |
| 03114 | Babyfood, vegetable, butternut squash and corn | 113.0 | 1.0 jar, Gerber (4 oz) | 0.113 |
| 03096 | Babyfood, vegetable, green beans and potatoes | 113.0 | 1.0 jar, Gerber (4 oz) | 0.045 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03098 | Babyfood, vegetables, beets, strained | 224.0 | 1.0 cup | 0.157 |
| 03100 | Babyfood, vegetables, carrots, junior | 224.0 | 1.0 cup | 0.105 |
| 03099 | Babyfood, vegetables, carrots, strained | 224.0 | 1.0 cup | 0.092 |
| 03120 | Babyfood, vegetables, corn, creamed, junior | 240.0 | 1.0 cup | 0.091 |
| 03119 | Babyfood, vegetables, corn, creamed, strained | 113.0 | 1.0 jar | 0.038 |
| 03283 | Babyfood, vegetables, garden vegetable, strained | 28.35 | 1.0 oz | 0.020 |
| 03092 | Babyfood, vegetables, green beans, junior | 240.0 | 1.0 cup | 0.118 |
| 03091 | Babyfood, vegetables, green beans, strained | 240.0 | 1.0 cup | 0.072 |
| 03282 | Babyfood, vegetables, mix vegetables junior | 99.0 | 1.0 serving 3.5 oz serving | 0.041 |
| 03286 | Babyfood, vegetables, mix vegetables strained | 28.35 | 1.0 oz | 0.011 |
| 03121 | Babyfood, vegetables, peas, strained | 16.0 | 1.0 tbsp | 0.010 |
| 03127 | Babyfood, vegetables, spinach, creamed, strained | 240.0 | 1.0 cup | 0.144 |
| 03105 | Babyfood, vegetables, squash, junior | 16.0 | 1.0 tbsp | 0.005 |
| 03104 | Babyfood, vegetables, squash, strained | 16.0 | 1.0 tbsp | 0.005 |
| 03108 | Babyfood, vegetables, sweet potatoes strained | 224.0 | 1.0 cup | 0.181 |
| 03109 | Babyfood, vegetables, sweet potatoes, junior | 224.0 | 1.0 cup | 0.224 |
| 03024 | Babyfood, water, bottled, GERBER, without added fluoride. | 113.0 | 1.0 serving | 0.000 |
| 03956 | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added DHA fortified | 31.0 | 1.0 oz | 0.007 |
| 03965 | Babyfood, yogurt, whole milk, with fruit, multigrain cereal and added iron fortified | 16.0 | 1.0 tbsp | 0.005 |
| 07921 | Bacon and beef sticks | 28.0 | 1.0 oz | 0.022 |
| 43212 | Bacon bits, meatless | 7.0 | 1.0 tbsp | 0.038 |
| 16104 | Bacon, meatless | 144.0 | 1.0 cup | 0.151 |
| 10994 | Bacon, pre-sliced, reduced/low sodium, unprepared | 26.0 | 1.0 slice | 0.012 |
| 07974 | Bacon, turkey, low sodium | 15.0 | 1.0 serving | 0.009 |
| 18005 | Bagels, cinnamon-raisin | 26.0 | 1.0 mini bagel (2-1/2" dia) | 0.042 |
| 18006 | Bagels, cinnamon-raisin, toasted | 24.0 | 1.0 mini bagel (2-1/2" dia) | 0.038 |
| 18003 | Bagels, egg | 28.35 | 1.0 oz | 0.026 |
| 28322 | Bagels, multigrain | 81.0 | 1.0 piece bagel | 0.191 |
| 18007 | Bagels, oat bran | 26.0 | 1.0 mini bagel (2-1/2" dia) | 0.039 |
| 18001 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame) | 99.0 | 1.0 bagel | 0.127 |
| 18002 | Bagels, plain, enriched, with calcium propionate (includes onion, poppy, sesame), toasted | 24.0 | 1.0 mini bagel (2-1/2" dia) | 0.036 |
| 18406 | Bagels, plain, enriched, without calcium propionate (includes onion, poppy, sesame) | 28.35 | 1.0 oz | 0.046 |
| 18407 | Bagels, plain, unenriched, with calcium propionate (includes onion, poppy, sesame) | 28.35 | 1.0 oz | 0.046 |
| 18408 | Bagels, plain, unenriched, without calcium propionate(includes onion, poppy, sesame) | 28.35 | 1.0 oz | 0.046 |
| 18968 | Bagels, wheat | 98.0 | 1.0 bagel | 0.171 |
| 28319 | Bagels, whole grain white | 43.0 | 0.5 piece bagel 1 serving | 0.068 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19124 | Baking chocolate, mexican, squares | 20.0 | 1.0 tablet | 0.134 |
| 19077 | Baking chocolate, unsweetened, liquid | 28.35 | 1.0 oz | 0.541 |
| 19078 | Baking chocolate, unsweetened, squares | 29.0 | 1.0 oz square Bakers | 0.938 |
| 11710 | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, with salt | 58.0 | 1.0 cup | 0.117 |
| 11023 | Balsam-pear (bitter gourd), leafy tips, cooked, boiled, drained, without salt | 58.0 | 1.0 cup | 0.117 |
| 11022 | Balsam-pear (bitter gourd), leafy tips, raw | 4.0 | 1.0 leaf | 0.008 |
| 11711 | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, with salt | 124.0 | 1.0 cup (1/2" pieces) | 0.041 |
| 11025 | Balsam-pear (bitter gourd), pods, cooked, boiled, drained, without salt | 124.0 | 1.0 cup (1/2" pieces) | 0.041 |
| 11024 | Balsam-pear (bitter gourd), pods, raw | 93.0 | 1.0 cup (1/2" pieces) | 0.032 |
| 11028 | Bamboo shoots, canned, drained solids | 131.0 | 1.0 cup (1/8" slices) | 0.149 |
| 11712 | Bamboo shoots, cooked, boiled, drained, with salt | 120.0 | 1.0 cup (1/2" slices) | 0.098 |
| 11027 | Bamboo shoots, cooked, boiled, drained, without salt | 120.0 | 1.0 cup (1/2" slices) | 0.098 |
| 11026 | Bamboo shoots, raw | 151.0 | 1.0 cup (1/2" slices) | 0.287 |
| 09041 | Bananas, dehydrated, or banana powder | 100.0 | 1.0 cup | 0.391 |
| 09040 | Bananas, raw | 225.0 | 1.0 cup, mashed | 0.176 |
| 32035 | BANQUET, Salisbury Steak With Gravy, family size, frozen, unprepared | 72.0 | 1.0 patty | 0.060 |
| 07001 | Barbecue loaf, pork, beef | 28.35 | 1.0 oz | 0.020 |
| 20130 | Barley flour or meal | 148.0 | 1.0 cup | 0.508 |
| 20131 | Barley malt flour | 162.0 | 1.0 cup | 0.437 |
| 20004 | Barley, hulled | 184.0 | 1.0 cup | 0.916 |
| 20006 | Barley, pearled, cooked | 157.0 | 1.0 cup | 0.165 |
| 20005 | Barley, pearled, raw | 200.0 | 1.0 cup | 0.840 |
| 02044 | Basil, fresh | 2.5 | 5.0 leaves | 0.010 |
| 16302 | Beans, adzuki, mature seed, cooked, boiled, with salt | 230.0 | 1.0 cup | 0.685 |
| 16003 | Beans, adzuki, mature seeds, canned, sweetened | 296.0 | 1.0 cup | 0.784 |
| 16002 | Beans, adzuki, mature seeds, cooked, boiled, without salt | 230.0 | 1.0 cup | 0.685 |
| 16001 | Beans, adzuki, mature seeds, raw | 197.0 | 1.0 cup | 2.155 |
| 43449 | Beans, baked, canned, no salt added | 253.0 | 1.0 cup | 0.521 |
| 16006 | Beans, baked, canned, plain or vegetarian | 254.0 | 1.0 cup | 0.368 |
| 16007 | Beans, baked, canned, with beef | 266.0 | 1.0 cup | 0.798 |
| 16008 | Beans, baked, canned, with franks | 259.0 | 1.0 cup | 0.552 |
| 16009 | Beans, baked, canned, with pork | 253.0 | 1.0 cup | 0.544 |
| 16010 | Beans, baked, canned, with pork and sweet sauce | 249.0 | 1.0 cup | 0.426 |
| 16011 | Beans, baked, canned, with pork and tomato sauce | 246.0 | 1.0 cup | 0.524 |
| 16005 | Beans, baked, home prepared | 253.0 | 1.0 cup | 0.402 |
| 16018 | Beans, black turtle, mature seeds, canned | 240.0 | 1.0 cup | 0.461 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 16317 | Beans, black turtle, mature seeds, cooked, boiled, with salt | 185.0 | 1.0 cup | 0.498 |
| 16017 | Beans, black turtle, mature seeds, cooked, boiled, without salt | 185.0 | 1.0 cup | 0.498 |
| 16016 | Beans, black turtle, mature seeds, raw | 184.0 | 1.0 cup | 1.840 |
| 16316 | Beans, black, mature seeds, canned, low sodium | 240.0 | 1.0 cup | 0.461 |
| 16315 | Beans, black, mature seeds, cooked, boiled, with salt | 172.0 | 1.0 cup | 0.359 |
| 16015 | Beans, black, mature seeds, cooked, boiled, without salt | 172.0 | 1.0 cup | 0.359 |
| 16014 | Beans, black, mature seeds, raw | 194.0 | 1.0 cup | 1.632 |
| 43112 | Beans, chili, barbecue, ranch style, cooked | 253.0 | 1.0 cup | 0.638 |
| 16021 | Beans, cranberry (roman), mature seeds, canned | 260.0 | 1.0 cup | 0.369 |
| 16320 | Beans, cranberry (roman), mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.409 |
| 16020 | Beans, cranberry (roman), mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.409 |
| 16019 | Beans, cranberry (roman), mature seeds, raw | 195.0 | 1.0 cup | 1.548 |
| 11973 | Beans, fava, in pod, raw | 126.0 | 1.0 cup | 0.507 |
| 16323 | Beans, french, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.204 |
| 16023 | Beans, french, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.204 |
| 16022 | Beans, french, mature seeds, raw | 184.0 | 1.0 cup | 0.810 |
| 16026 | Beans, great northern, mature seeds, canned | 262.0 | 1.0 cup | 0.419 |
| 16326 | Beans, great northern, mature seeds, canned, low sodium | 262.0 | 1.0 cup | 0.419 |
| 16325 | Beans, great northern, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.437 |
| 16025 | Beans, great northern, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.437 |
| 16024 | Beans, great northern, mature seeds, raw | 183.0 | 1.0 cup | 1.532 |
| 16029 | Beans, kidney, all types, mature seeds, canned | 256.0 | 1.0 cup | 0.346 |
| 16328 | Beans, kidney, all types, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.428 |
| 16028 | Beans, kidney, all types, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.382 |
| 16027 | Beans, kidney, all types, mature seeds, raw | 184.0 | 1.0 cup | 1.763 |
| 16331 | Beans, kidney, california red, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.512 |
| 16031 | Beans, kidney, california red, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.512 |
| 16030 | Beans, kidney, california red, mature seeds, raw | 184.0 | 1.0 cup | 2.024 |
| 11029 | Beans, kidney, mature seeds, sprouted, raw | 184.0 | 1.0 cup | 0.293 |
| 16145 | Beans, kidney, red, mature seeds, canned, drained solids | 266.0 | 1.0 can drained solids | 0.724 |
| 16335 | Beans, kidney, red, mature seeds, canned, drained solids, rinsed in tap water | 158.0 | 1.0 cup cup rinsed solids | 0.447 |
| 16337 | Beans, kidney, red, mature seeds, canned, solids and liquid, low sodium | 256.0 | 1.0 cup | 0.376 |
| 16034 | Beans, kidney, red, mature seeds, canned, solids and liquids | 256.0 | 1.0 cup | 0.376 |
| 16333 | Beans, kidney, red, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.428 |
| 16033 | Beans, kidney, red, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.428 |
| 16032 | Beans, kidney, red, mature seeds, raw | 184.0 | 1.0 cup | 1.286 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 16336 | Beans, kidney, royal red, mature seeds, cooked, boiled with salt | 177.0 | 1.0 cup | 0.464 |
| 16036 | Beans, kidney, royal red, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.464 |
| 16035 | Beans, kidney, royal red, mature seeds, raw | 184.0 | 1.0 cup | 1.840 |
| 43125 | Beans, liquid from stewed kidney beans | 240.0 | 1.0 cup | 0.235 |
| 11626 | Beans, mung, mature seeds, sprouted, canned, drained solids | 125.0 | 1.0 cup | 0.196 |
| 16039 | Beans, navy, mature seeds, canned | 262.0 | 1.0 cup | 0.545 |
| 16338 | Beans, navy, mature seeds, cooked, boiled, with salt | 182.0 | 1.0 cup | 0.382 |
| 16038 | Beans, navy, mature seeds, cooked, boiled, without salt | 182.0 | 1.0 cup | 0.382 |
| 16037 | Beans, navy, mature seeds, raw | 208.0 | 1.0 cup | 1.735 |
| 11046 | Beans, navy, mature seeds, sprouted, raw | 104.0 | 1.0 cup | 0.370 |
| 16341 | Beans, pink, mature seeds, cooked, boiled, with salt | 169.0 | 1.0 cup | 0.458 |
| 16041 | Beans, pink, mature seeds, cooked, boiled, without salt | 169.0 | 1.0 cup | 0.458 |
| 16040 | Beans, pink, mature seeds, raw | 210.0 | 1.0 cup | 1.701 |
| 16146 | Beans, pinto, canned, drained solids | 277.0 | 1.0 can drained solids | 0.717 |
| 11720 | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, with salt | 94.0 | 0.333 package (10 oz) yields | 0.083 |
| 11049 | Beans, pinto, immature seeds, frozen, cooked, boiled, drained, without salt | 94.0 | 0.333 package (10 oz) yields | 0.083 |
| 11048 | Beans, pinto, immature seeds, frozen, unprepared | 94.0 | 0.333 package (10 oz) | 0.092 |
| 16345 | Beans, pinto, mature seeds, canned, drained solids, rinsed in tap water | 169.0 | 1.0 cup | 0.439 |
| 16044 | Beans, pinto, mature seeds, canned, solids and liquids | 240.0 | 1.0 cup | 0.389 |
| 16347 | Beans, pinto, mature seeds, canned, solids and liquids, low sodium | 240.0 | 1.0 cup | 0.389 |
| 16343 | Beans, pinto, mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 0.374 |
| 16043 | Beans, pinto, mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 0.374 |
| 16042 | Beans, pinto, mature seeds, raw | 193.0 | 1.0 cup | 1.723 |
| 11050 | Beans, shellie, canned, solids and liquids | 245.0 | 1.0 cup | 0.196 |
| 16346 | Beans, small white, mature seeds, cooked, boiled, with salt | 179.0 | 1.0 cup | 0.267 |
| 16046 | Beans, small white, mature seeds, cooked, boiled, without salt | 179.0 | 1.0 cup | 0.267 |
| 16045 | Beans, small white, mature seeds, raw | 215.0 | 1.0 cup | 1.365 |
| 11058 | Beans, snap, canned, all styles, seasoned, solids and liquids | 114.0 | 0.5 cup | 0.068 |
| 11729 | Beans, snap, green, canned, no salt added, drained solids | 153.0 | 1.0 cup | 0.052 |
| 11726 | Beans, snap, green, canned, no salt added, solids and liquids | 120.0 | 0.5 cup | 0.084 |
| 11056 | Beans, snap, green, canned, regular pack, drained solids | 135.0 | 1.0 cup | 0.053 |
| 11054 | Beans, snap, green, canned, regular pack, solids and liquids | 240.0 | 1.0 cup | 0.089 |
| 11723 | Beans, snap, green, cooked, boiled, drained, with salt | 125.0 | 1.0 cup | 0.071 |
| 11053 | Beans, snap, green, cooked, boiled, drained, without salt | 125.0 | 1.0 cup | 0.071 |
| 11062 | Beans, snap, green, frozen, all styles, microwaved | 111.0 | 1.0 cup | 0.073 |
| 11060 | Beans, snap, green, frozen, all styles, unprepared | 121.0 | 1.0 cup | 0.059 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11061 | Beans, snap, green, frozen, cooked, boiled, drained without salt | 135.0 | 1.0 cup | 0.080 |
| 11731 | Beans, snap, green, frozen, cooked, boiled, drained, with salt | 135.0 | 1.0 cup | 0.080 |
| 11063 | Beans, snap, green, microwaved | 116.0 | 1.0 cup 1/2" pieces | 0.104 |
| 11052 | Beans, snap, green, raw | 100.0 | 1.0 cup 1/2" pieces | 0.069 |
| 11933 | Beans, snap, yellow, canned, no salt added, drained solids | 153.0 | 1.0 cup | 0.058 |
| 11728 | Beans, snap, yellow, canned, no salt added, solids and liquids | 120.0 | 0.5 cup | 0.084 |
| 11932 | Beans, snap, yellow, canned, regular pack, drained solids | 153.0 | 1.0 cup | 0.058 |
| 11727 | Beans, snap, yellow, canned, regular pack, solids and liquids | 120.0 | 0.5 cup | 0.084 |
| 11725 | Beans, snap, yellow, cooked, boiled, drained, with salt | 125.0 | 1.0 cup | 0.129 |
| 11724 | Beans, snap, yellow, cooked, boiled, drained, without salt | 125.0 | 1.0 cup | 0.129 |
| 11730 | Beans, snap, yellow, frozen, all styles, unprepared | 121.0 | 1.0 cup | 0.059 |
| 11733 | Beans, snap, yellow, frozen, cooked, boiled, drained, with salt | 135.0 | 1.0 cup | 0.082 |
| 11732 | Beans, snap, yellow, frozen, cooked, boiled, drained, without salt | 135.0 | 1.0 cup | 0.082 |
| 11722 | Beans, snap, yellow, raw | 100.0 | 1.0 cup 1/2" pieces | 0.069 |
| 16051 | Beans, white, mature seeds, canned | 262.0 | 1.0 cup | 0.608 |
| 16350 | Beans, white, mature seeds, cooked, boiled, with salt | 179.0 | 1.0 cup | 0.514 |
| 16050 | Beans, white, mature seeds, cooked, boiled, without salt | 179.0 | 1.0 cup | 0.514 |
| 16049 | Beans, white, mature seeds, raw | 202.0 | 1.0 cup | 1.988 |
| 16348 | Beans, yellow, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.329 |
| 16048 | Beans, yellow, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.329 |
| 16047 | Beans, yellow, mature seeds, raw | 196.0 | 1.0 cup | 1.252 |
| 23491 | Beef composite, separable lean only, trimmed to 1/8" fat, choice, cooked | 85.0 | 3.0 oz | 0.072 |
| 22402 | Beef macaroni with tomato sauce, frozen entree, reduced fat | 269.0 | 1.0 serving | 0.331 |
| 22529 | Beef Pot Pie, frozen entree, prepared | 268.0 | 1.0 pie, cooked (average weight) | 0.080 |
| 07956 | Beef sausage, fresh, cooked | 43.0 | 1.0 serving | 0.030 |
| 07954 | Beef sausage, pre-cooked | 48.0 | 1.0 serving | 0.032 |
| 22905 | Beef stew, canned entree | 196.0 | 1.0 cup (1 serving) | 0.276 |
| 43384 | Beef, bologna, reduced sodium | 138.0 | 1.0 cup pieces | 0.041 |
| 13953 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 569.0 | 1.0 roast (yield from 690g raw meat) | 0.444 |
| 13954 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.060 |
| 13955 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.071 |
| 13956 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.057 |
| 13957 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.062 |
| 13958 | Beef, bottom sirloin, tri-tip roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.062 |
| 23646 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.061 |
| 23647 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.070 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23648 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.059 |
| 23649 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.063 |
| 23650 | Beef, bottom sirloin, tri-tip roast, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.063 |
| 13595 | Beef, brisket, flat half, boneless separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.060 |
| 13904 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.057 |
| 13975 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.059 |
| 13983 | Beef, brisket, flat half, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.054 |
| 13596 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.062 |
| 13597 | Beef, brisket, flat half, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.056 |
| 13369 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.097 |
| 13165 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.104 |
| 13950 | Beef, brisket, flat half, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.089 |
| 13806 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.085 |
| 13805 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.065 |
| 23660 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.093 |
| 23658 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.067 |
| 13055 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.076 |
| 23659 | Beef, brisket, flat half, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.064 |
| 13370 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.098 |
| 13343 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.102 |
| 13485 | Beef, brisket, flat half, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.095 |
| 23595 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35 | 1.0 oz | 0.033 |
| 23596 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.026 |
| 23615 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 28.35 | 1.0 oz | 0.035 |
| 23613 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.026 |
| 23634 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35 | 1.0 oz | 0.031 |
| 23632 | Beef, brisket, flat half, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.026 |
| 13371 | Beef, brisket, point half, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 13808 | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.085 |
| 13807 | Beef, brisket, point half, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.020 |
| 13372 | Beef, brisket, point half, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.098 |
| 13367 | Beef, brisket, whole, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.092 |
| 13804 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.088 |
| 13803 | Beef, brisket, whole, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.020 |
| 13023 | Beef, brisket, whole, separable lean only, all grades, raw | 28.35 | 1.0 oz | 0.023 |
| 13368 | Beef, brisket, whole, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.101 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13001 | Beef, carcass, separable lean and fat, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 13002 | Beef, carcass, separable lean and fat, select, raw | 28.35 | 1.0 oz | 0.020 |
| 23134 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.079 |
| 23137 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.071 |
| 23135 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 23138 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.071 |
| 23136 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.071 |
| 23139 | Beef, chuck eye Country-Style ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.071 |
| 23071 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.093 |
| 23074 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.079 |
| 23069 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.097 |
| 23072 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.078 |
| 23070 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.081 |
| 23073 | Beef, chuck eye Country-Style ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.080 |
| 23113 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.060 |
| 13786 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.052 |
| 23114 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.063 |
| 13788 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.050 |
| 23115 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.057 |
| 13791 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.056 |
| 13821 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.066 |
| 13972 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.055 |
| 13822 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.068 |
| 13973 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.054 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13823 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.063 |
| 13974 | Beef, chuck eye roast, boneless, America's Beef Roast, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.060 |
| 23140 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.065 |
| 23143 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.054 |
| 23141 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.067 |
| 23144 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.055 |
| 23142 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.061 |
| 23145 | Beef, chuck eye steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.053 |
| 23077 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.075 |
| 23080 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.061 |
| 23075 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.077 |
| 23078 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.063 |
| 23076 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.070 |
| 23079 | Beef, chuck eye steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.060 |
| 23090 | Beef, chuck for stew, separable lean and fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.102 |
| 23093 | Beef, chuck for stew, separable lean and fat, all grades, raw | 85.0 | 3.0 oz | 0.075 |
| 23092 | Beef, chuck for stew, separable lean and fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.106 |
| 23095 | Beef, chuck for stew, separable lean and fat, choice, raw | 85.0 | 3.0 oz | 0.071 |
| 23091 | Beef, chuck for stew, separable lean and fat, select, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 23094 | Beef, chuck for stew, separable lean and fat, select, raw | 85.0 | 3.0 oz | 0.079 |
| 13373 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.084 |
| 13375 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.076 |
| 13810 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.088 |
| 13809 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.023 |
| 13812 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 13811 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.023 |
| 13814 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.079 |
| 13813 | Beef, chuck, arm pot roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.023 |
| 13377 | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 13378 | Beef, chuck, arm pot roast, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.092 |
| 23602 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35 | 1.0 oz | 0.034 |
| 23603 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.026 |
| 23614 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 28.35 | 1.0 oz | 0.037 |
| 23612 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.026 |
| 23633 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35 | 1.0 oz | 0.032 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23631 | Beef, chuck, arm pot roast, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.027 |
| 13379 | Beef, chuck, blade roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 235.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.301 |
| 13816 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.107 |
| 13815 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.021 |
| 13818 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 13817 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 13820 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.110 |
| 13819 | Beef, chuck, blade roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.021 |
| 13382 | Beef, chuck, blade roast, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.126 |
| 23552 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 23528 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.081 |
| 23531 | Beef, chuck, clod roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 23514 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz ( 1 serving ) | 0.085 |
| 13937 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.085 |
| 13940 | Beef, chuck, clod roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.085 |
| 23515 | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.085 |
| 23513 | Beef, chuck, clod roast, separable lean only, trimmed to 1/4" fat, all grades, raw | 28.35 | 1.0 oz | 0.026 |
| 23517 | Beef, chuck, clod steak, separable lean only, trimmed to 1/4" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.126 |
| 23119 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 141.0 | 1.0 steak | 0.203 |
| 23122 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.074 |
| 23120 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 141.0 | 1.0 steak | 0.203 |
| 23123 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.076 |
| 23121 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 141.0 | 1.0 steak | 0.200 |
| 23124 | Beef, chuck, mock tender steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.071 |
| 23086 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 141.0 | 1.0 steak | 0.212 |
| 23089 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.075 |
| 23084 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 141.0 | 1.0 steak | 0.212 |
| 23087 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.076 |
| 23085 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 141.0 | 1.0 steak | 0.207 |
| 23088 | Beef, chuck, mock tender steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.071 |
| 23547 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.099 |
| 23519 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 85.0 | 3.0 oz | 0.103 |
| 23521 | Beef, chuck, mock tender steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0 | 3.0 oz | 0.095 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23509 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.100 |
| 13961 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz (1 serving) | 0.103 |
| 13963 | Beef, chuck, mock tender steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.095 |
| 23125 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 23128 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.060 |
| 23126 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 23129 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.059 |
| 23127 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 23130 | Beef, chuck, short ribs, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.061 |
| 13982 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.097 |
| 23068 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.068 |
| 13980 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.096 |
| 23066 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.067 |
| 13981 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.094 |
| 23067 | Beef, chuck, short ribs, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.069 |
| 23054 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 32.0 | 1.0 medallion | 0.055 |
| 23053 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, all grades, raw | 41.0 | 1.0 medallion | 0.054 |
| 23035 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 30.0 | 1.0 medallion | 0.027 |
| 23034 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, choice, raw | 40.0 | 1.0 medallion | 0.052 |
| 23065 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 34.0 | 1.0 medallion | 0.086 |
| 23036 | Beef, chuck, shoulder clod, shoulder tender, medallion, separable lean and fat, trimmed to 0" fat, select, raw | 44.0 | 1.0 medallion | 0.057 |
| 23058 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.076 |
| 23057 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.080 |
| 23038 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.082 |
| 23037 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.075 |
| 23040 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 179.0 | 1.0 steak | 0.131 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23039 | Beef, chuck, shoulder clod, shoulder top and center steaks, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.091 |
| 23060 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.114 |
| 23059 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.101 |
| 23042 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.118 |
| 23041 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.103 |
| 23044 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.104 |
| 23043 | Beef, chuck, shoulder clod, top blade, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.099 |
| 23549 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.094 |
| 23523 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.094 |
| 23525 | Beef, chuck, top blade, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.094 |
| 23511 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.095 |
| 13965 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.096 |
| 13967 | Beef, chuck, top blade, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.095 |
| 23105 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.092 |
| 23108 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.064 |
| 23106 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.094 |
| 23109 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.064 |
| 23107 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.088 |
| 23110 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.065 |
| 13351 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.094 |
| 13356 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.065 |
| 13352 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.094 |
| 13359 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.065 |
| 13354 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.088 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13499 | Beef, chuck, under blade center steak, boneless, Denver Cut, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.066 |
| 23102 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.060 |
| 23103 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.062 |
| 23104 | Beef, chuck, under blade pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.057 |
| 13293 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.066 |
| 13294 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.069 |
| 13349 | Beef, chuck, under blade pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.063 |
| 23099 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.073 |
| 13380 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.070 |
| 13381 | Beef, chuck, under blade pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.078 |
| 13285 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.086 |
| 13383 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 13384 | Beef, chuck, under blade pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.092 |
| 23116 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.076 |
| 23117 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.073 |
| 23118 | Beef, chuck, under blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.081 |
| 23098 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.086 |
| 23096 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.083 |
| 23097 | Beef, chuck, under blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.091 |
| 13361 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, cooked | 85.0 | 3.0 oz | 0.075 |
| 23482 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, all grades, raw | 114.0 | 4.0 oz | 0.079 |
| 13362 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, cooked | 85.0 | 3.0 oz | 0.073 |
| 23494 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, choice, raw | 114.0 | 4.0 oz | 0.081 |
| 13363 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, cooked | 85.0 | 3.0 oz | 0.072 |
| 23497 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 0" fat, select, raw | 114.0 | 4.0 oz | 0.079 |
| 13796 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, cooked | 85.0 | 3.0 oz | 0.064 |
| 13795 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 114.0 | 4.0 oz | 0.083 |
| 13798 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 85.0 | 3.0 oz | 0.065 |
| 13797 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 114.0 | 4.0 oz | 0.081 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13800 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, cooked | 85.0 | 3.0 oz | 0.058 |
| 13799 | Beef, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, select, raw | 114.0 | 4.0 oz | 0.081 |
| 13364 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, cooked | 85.0 | 3.0 oz | 0.080 |
| 23485 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, all grades, raw | 114.0 | 4.0 oz | 0.076 |
| 13365 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, cooked | 85.0 | 3.0 oz | 0.078 |
| 23495 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, choice, raw | 114.0 | 4.0 oz | 0.088 |
| 13366 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, cooked | 85.0 | 3.0 oz | 0.081 |
| 23496 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 0" fat, select, raw | 114.0 | 4.0 oz | 0.083 |
| 23484 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, cooked | 114.0 | 4.0 oz | 0.095 |
| 23483 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.069 |
| 23490 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, choice, raw | 114.0 | 4.0 oz | 0.089 |
| 23498 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, cooked | 85.0 | 3.0 oz | 0.065 |
| 23499 | Beef, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, select, raw | 114.0 | 4.0 oz | 0.097 |
| 22908 | Beef, corned beef hash, with potato, canned | 236.0 | 1.0 cup | 0.000 |
| 13345 | Beef, cured, breakfast strips, cooked | 34.0 | 3.0 slices | 0.039 |
| 13344 | Beef, cured, breakfast strips, raw or unheated | 68.0 | 3.0 slices | 0.039 |
| 13347 | Beef, cured, corned beef, brisket, cooked | 85.0 | 3.0 oz | 0.131 |
| 13346 | Beef, cured, corned beef, brisket, raw | 28.35 | 1.0 oz | 0.031 |
| 13348 | Beef, cured, corned beef, canned | 28.35 | 1.0 oz | 0.018 |
| 13350 | Beef, cured, dried | 28.0 | 10.0 slices | 0.021 |
| 13353 | Beef, cured, luncheon meat, jellied | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.034 |
| 13355 | Beef, cured, pastrami | 71.0 | 1.0 package, 2.5 oz | 0.065 |
| 13357 | Beef, cured, sausage, cooked, smoked | 43.0 | 1.0 sausage | 0.031 |
| 13358 | Beef, cured, smoked, chopped beef | 28.0 | 1.0 slice (1 oz) | 0.007 |
| 13948 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.070 |
| 13970 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.061 |
| 13066 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.101 |
| 13067 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.075 |
| 13065 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 13949 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.065 |
| 13971 | Beef, flank, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.063 |
| 23654 | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.069 |
| 23656 | Beef, flank, steak, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.062 |
| 13069 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 13070 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.073 |
| 13068 | Beef, flank, steak, separable lean only, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 0.020 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23655 | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.065 |
| 23657 | Beef, flank, steak, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.062 |
| 13047 | Beef, grass-fed, ground, raw | 85.0 | 1.0 serving | 0.054 |
| 13000 | Beef, grass-fed, strip steaks, lean only, raw | 85.0 | 3.0 oz | 0.058 |
| 13494 | Beef, ground, 70% lean meat / 30% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.063 |
| 13495 | Beef, ground, 70% lean meat / 30% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 13496 | Beef, ground, 70% lean meat / 30% fat, patty cooked, pan-broiled | 85.0 | 3.0 oz | 0.056 |
| 13497 | Beef, ground, 70% lean meat / 30% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.059 |
| 13498 | Beef, ground, 70% lean meat / 30% fat, raw | 113.0 | 4.0 oz | 0.056 |
| 23580 | Beef, ground, 75% lean meat / 25% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.068 |
| 23581 | Beef, ground, 75% lean meat / 25% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23578 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.064 |
| 23579 | Beef, ground, 75% lean meat / 25% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.060 |
| 23577 | Beef, ground, 75% lean meat / 25% fat, raw | 113.0 | 4.0 oz | 0.063 |
| 23575 | Beef, ground, 80% lean meat / 20% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.074 |
| 23576 | Beef, ground, 80% lean meat / 20% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23574 | Beef, ground, 80% lean meat / 20% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.065 |
| 23572 | Beef, ground, 80% lean meat / 20% fat, raw | 113.0 | 4.0 oz | 0.069 |
| 23570 | Beef, ground, 85% lean meat / 15% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.079 |
| 23571 | Beef, ground, 85% lean meat / 15% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23568 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.072 |
| 23569 | Beef, ground, 85% lean meat / 15% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.069 |
| 23567 | Beef, ground, 85% lean meat / 15% fat, raw | 85.0 | 3.0 oz | 0.057 |
| 23565 | Beef, ground, 90% lean meat / 10% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.084 |
| 23566 | Beef, ground, 90% lean meat / 10% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23563 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.076 |
| 23564 | Beef, ground, 90% lean meat / 10% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.073 |
| 23562 | Beef, ground, 90% lean meat / 10% fat, raw | 113.0 | 4.0 oz | 0.081 |
| 23476 | Beef, ground, 93% lean meat / 7% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.088 |
| 23475 | Beef, ground, 93% lean meat / 7% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23473 | Beef, ground, 93% lean meat / 7% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.080 |
| 23472 | Beef, ground, 93% lean meat / 7% fat, raw | 113.0 | 4.0 oz | 0.085 |
| 23474 | Beef, ground, 93% lean meat /7% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.076 |
| 23560 | Beef, ground, 95% lean meat / 5% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.090 |
| 23561 | Beef, ground, 95% lean meat / 5% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23558 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.082 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23559 | Beef, ground, 95% lean meat / 5% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.077 |
| 23557 | Beef, ground, 95% lean meat / 5% fat, raw | 113.0 | 4.0 oz | 0.088 |
| 23481 | Beef, ground, 97% lean meat / 3% fat, crumbles, cooked, pan-browned | 85.0 | 3.0 oz | 0.092 |
| 23480 | Beef, ground, 97% lean meat / 3% fat, loaf, cooked, baked | 85.0 | 3.0 oz | 0.067 |
| 23478 | Beef, ground, 97% lean meat / 3% fat, patty, cooked, broiled | 85.0 | 3.0 oz | 0.083 |
| 23477 | Beef, ground, 97% lean meat / 3% fat, raw | 113.0 | 4.0 oz | 0.090 |
| 23479 | Beef, ground, 97% lean meat /3% fat, patty, cooked, pan-broiled | 85.0 | 3.0 oz | 0.079 |
| 13317 | Beef, ground, patties, frozen, cooked, broiled | 85.0 | 3.0 oz | 0.065 |
| 23220 | Beef, ground, unspecified fat content, cooked | 85.0 | 3.0 oz | 0.069 |
| 13985 | Beef, loin, bottom sirloin butt, tri-tip roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 1.0 serving | 0.067 |
| 23545 | Beef, loin, bottom sirloin butt, tri-tip steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.134 |
| 23345 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.077 |
| 23336 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.053 |
| 23346 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.073 |
| 23337 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.052 |
| 23347 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 23338 | Beef, loin, tenderloin roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.057 |
| 23375 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.077 |
| 23366 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.054 |
| 23376 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.073 |
| 23367 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.053 |
| 23368 | Beef, loin, tenderloin roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.058 |
| 23377 | Beef, loin, tenderloin roast, separable lean only, boneless, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 13439 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.078 |
| 23342 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.054 |
| 13440 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.075 |
| 23343 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.052 |
| 13441 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.082 |
| 23344 | Beef, loin, tenderloin steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.057 |
| 13442 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.087 |
| 23372 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.054 |
| 13443 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.093 |
| 23373 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.053 |
| 13444 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.084 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23374 | Beef, loin, tenderloin steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.058 |
| 13445 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.076 |
| 23339 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.037 |
| 13446 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.076 |
| 23340 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.035 |
| 13447 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.088 |
| 23341 | Beef, loin, top loin steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.037 |
| 13448 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.083 |
| 23369 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.037 |
| 13449 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.082 |
| 23370 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.036 |
| 13450 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.088 |
| 23371 | Beef, loin, top loin steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.038 |
| 23391 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.057 |
| 23388 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.034 |
| 23389 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.054 |
| 23395 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.032 |
| 23390 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.054 |
| 23387 | Beef, loin, top loin steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.035 |
| 23394 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.063 |
| 23386 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.037 |
| 23392 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.060 |
| 23385 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.036 |
| 23393 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.060 |
| 23384 | Beef, loin, top loin steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.038 |
| 13910 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.067 |
| 13911 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.060 |
| 13914 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.062 |
| 13913 | Beef, loin, top loin, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.060 |
| 23278 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.135 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23281 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.111 |
| 23279 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.138 |
| 23282 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.110 |
| 23280 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.106 |
| 23283 | Beef, loin, top sirloin cap steak, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.103 |
| 23241 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.080 |
| 23244 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.067 |
| 23242 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.081 |
| 23245 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.076 |
| 23243 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.068 |
| 23246 | Beef, loin, top sirloin cap steak, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.057 |
| 23256 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 121.0 | 1.0 fillet | 0.128 |
| 23257 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 124.0 | 1.0 fillet | 0.131 |
| 23258 | Beef, loin, top sirloin filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 115.0 | 1.0 fillet | 0.175 |
| 23259 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.086 |
| 23239 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.086 |
| 23260 | Beef, loin, top sirloin petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 23261 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.082 |
| 23240 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.082 |
| 23262 | Beef, loin, top sirloin petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.084 |
| 23446 | Beef, New Zealand, imported, bolar blade, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 0.101 |
| 23447 | Beef, New Zealand, imported, bolar blade, separable lean and fat, raw | 114.0 | 4.0 oz | 0.157 |
| 23397 | Beef, New Zealand, imported, bolar blade, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 0.109 |
| 23398 | Beef, New Zealand, imported, bolar blade, separable lean only, raw | 114.0 | 4.0 oz | 0.165 |
| 23448 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.040 |
| 23449 | Beef, New Zealand, imported, brisket navel end, separable lean and fat, raw | 114.0 | 4.0 oz | 0.042 |
| 23399 | Beef, New Zealand, imported, brisket navel end, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.058 |
| 23401 | Beef, New Zealand, imported, brisket navel end, separable lean only, raw | 114.0 | 4.0 oz | 0.055 |
| 23450 | Beef, New Zealand, imported, brisket point end, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.088 |
| 23451 | Beef, New Zealand, imported, brisket point end, separable lean and fat, raw | 114.0 | 4.0 oz | 0.108 |
| 23402 | Beef, New Zealand, imported, brisket point end, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.096 |
| 23403 | Beef, New Zealand, imported, brisket point end, separable lean only, raw | 114.0 | 4.0 oz | 0.116 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23452 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.077 |
| 23453 | Beef, New Zealand, imported, chuck eye roll, separable lean and fat, raw | 114.0 | 4.0 oz | 0.079 |
| 23405 | Beef, New Zealand, imported, chuck eye roll, separable lean only, cooked, braised | 85.0 | 1.0 serving | 0.083 |
| 23454 | Beef, New Zealand, imported, cube roll, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 0.059 |
| 23455 | Beef, New Zealand, imported, cube roll, separable lean and fat, raw | 114.0 | 4.0 oz | 0.063 |
| 23406 | Beef, New Zealand, imported, cube roll, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 0.063 |
| 23407 | Beef, New Zealand, imported, cube roll, separable lean only, raw | 114.0 | 4.0 oz | 0.068 |
| 23456 | Beef, New Zealand, imported, eye round, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 0.054 |
| 23457 | Beef, New Zealand, imported, eye round, separable lean and fat, raw | 113.0 | 4.0 oz | 0.053 |
| 23408 | Beef, New Zealand, imported, eye round, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 0.054 |
| 23409 | Beef, New Zealand, imported, eye round, separable lean only, raw | 113.0 | 4.0 oz | 0.054 |
| 23458 | Beef, New Zealand, imported, flank, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.055 |
| 23459 | Beef, New Zealand, imported, flank, separable lean and fat, raw | 113.0 | 4.0 oz | 0.050 |
| 23410 | Beef, New Zealand, imported, flank, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.056 |
| 23411 | Beef, New Zealand, imported, flank, separable lean only, raw | 113.0 | 4.0 oz | 0.052 |
| 23460 | Beef, New Zealand, imported, flat, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.154 |
| 23461 | Beef, New Zealand, imported, flat, separable lean and fat, raw | 113.0 | 4.0 oz | 0.130 |
| 23412 | Beef, New Zealand, imported, flat, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.161 |
| 23413 | Beef, New Zealand, imported, flat, separable lean only, raw | 113.0 | 4.0 oz | 0.136 |
| 23462 | Beef, New Zealand, imported, hind shin, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.090 |
| 23463 | Beef, New Zealand, imported, hind shin, separable lean and fat, raw | 113.0 | 4.0 oz | 0.071 |
| 23416 | Beef, New Zealand, imported, hind shin, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.094 |
| 23417 | Beef, New Zealand, imported, hind shin, separable lean only, raw | 113.0 | 4.0 oz | 0.076 |
| 23418 | Beef, New Zealand, imported, inside, raw | 113.0 | 4.0 oz | 0.089 |
| 23419 | Beef, New Zealand, imported, intermuscular fat, cooked | 85.0 | 3.0 oz | 0.028 |
| 23420 | Beef, New Zealand, imported, intermuscular fat, raw | 113.0 | 4.0 oz | 0.021 |
| 23422 | Beef, New Zealand, imported, knuckle, cooked, fast fried | 85.0 | 3.0 oz | 0.079 |
| 23426 | Beef, New Zealand, imported, manufacturing beef, cooked, boiled | 85.0 | 3.0 oz | 0.092 |
| 23427 | Beef, New Zealand, imported, manufacturing beef, raw | 113.0 | 4.0 oz | 0.084 |
| 23464 | Beef, New Zealand, imported, oyster blade, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.076 |
| 23440 | Beef, New Zealand, imported, oyster blade, separable lean and fat, raw | 113.0 | 4.0 oz | 0.066 |
| 23428 | Beef, New Zealand, imported, oyster blade, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.076 |
| 23429 | Beef, New Zealand, imported, oyster blade, separable lean only, raw | 113.0 | 4.0 oz | 0.068 |
| 23430 | Beef, New Zealand, imported, ribs prepared, cooked, fast roasted | 85.0 | 3.0 oz | 0.049 |
| 23431 | Beef, New Zealand, imported, ribs prepared, raw | 113.0 | 4.0 oz | 0.053 |
| 23465 | Beef, New Zealand, imported, rump centre, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 0.122 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23467 | Beef, New Zealand, imported, rump centre, separable lean and fat, raw | 113.0 | 4.0 oz | 0.120 |
| 23432 | Beef, New Zealand, imported, rump centre, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 0.123 |
| 23466 | Beef, New Zealand, imported, rump centre, separable lean only, raw | 113.0 | 4.0 oz | 0.121 |
| 23468 | Beef, New Zealand, imported, striploin, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 0.058 |
| 23469 | Beef, New Zealand, imported, striploin, separable lean and fat, raw | 113.0 | 4.0 oz | 0.052 |
| 23433 | Beef, New Zealand, imported, striploin, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 0.066 |
| 23434 | Beef, New Zealand, imported, striploin, separable lean only, raw | 113.0 | 4.0 oz | 0.062 |
| 23435 | Beef, New Zealand, imported, subcutaneous fat, cooked | 85.0 | 3.0 oz | 0.013 |
| 23436 | Beef, New Zealand, imported, subcutaneous fat, raw | 113.0 | 4.0 oz | 0.015 |
| 23437 | Beef, New Zealand, imported, sweetbread, cooked, boiled | 85.0 | 3.0 oz | 4.335 |
| 23438 | Beef, New Zealand, imported, sweetbread, raw | 113.0 | 4.0 oz | 5.763 |
| 23470 | Beef, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 0.153 |
| 23471 | Beef, New Zealand, imported, tenderloin, separable lean and fat, raw | 113.0 | 4.0 oz | 0.115 |
| 23439 | Beef, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 0.153 |
| 23441 | Beef, New Zealand, imported, tenderloin, separable lean only, raw | 113.0 | 4.0 oz | 0.118 |
| 23424 | Beef, New Zealand, imported, variety meats and by-products liver, cooked, boiled | 85.0 | 3.0 oz | 4.870 |
| 23414 | Beef, New Zealand, imported, variety meats and by-products, heart, cooked, boiled | 85.0 | 3.0 oz | 0.551 |
| 23415 | Beef, New Zealand, imported, variety meats and by-products, heart, raw | 113.0 | 4.0 oz | 0.421 |
| 23421 | Beef, New Zealand, imported, variety meats and by-products, kidney, cooked, boiled | 85.0 | 3.0 oz | 0.479 |
| 23423 | Beef, New Zealand, imported, variety meats and by-products, kidney, raw | 113.0 | 4.0 oz | 0.462 |
| 23425 | Beef, New Zealand, imported, variety meats and by-products, liver, raw | 113.0 | 4.0 oz | 5.989 |
| 23442 | Beef, New Zealand, imported, variety meats and by-products, tongue, cooked, boiled | 85.0 | 3.0 oz | 0.139 |
| 23443 | Beef, New Zealand, imported, variety meats and by-products, tongue, raw | 113.0 | 4.0 oz | 0.136 |
| 23444 | Beef, New Zealand, imported, variety meats and by-products, tripe cooked, boiled | 85.0 | 3.0 oz | 0.090 |
| 23445 | Beef, New Zealand, imported, variety meats and by-products, tripe uncooked, raw | 113.0 | 4.0 oz | 0.106 |
| 23214 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.092 |
| 23217 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.072 |
| 23215 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.089 |
| 23218 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.071 |
| 23216 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.090 |
| 23219 | Beef, plate steak, boneless, inside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.069 |
| 23162 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.093 |
| 23163 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.075 |
| 23164 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.091 |
| 23165 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.074 |
| 23166 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.091 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23167 | Beef, plate steak, boneless, inside skirt, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.071 |
| 23221 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.175 |
| 23224 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.145 |
| 23222 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.174 |
| 23225 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.145 |
| 23223 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.180 |
| 23226 | Beef, plate steak, boneless, outside skirt, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.142 |
| 23168 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.179 |
| 23169 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.154 |
| 23170 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.178 |
| 23171 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.155 |
| 23172 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.184 |
| 23173 | Beef, plate steak, boneless, outside skirt, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.149 |
| 23540 | Beef, plate, inside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.079 |
| 13977 | Beef, plate, inside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.081 |
| 23541 | Beef, plate, outside skirt steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.074 |
| 13979 | Beef, plate, outside skirt steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.076 |
| 13020 | Beef, retail cuts, separable fat, cooked | 28.35 | 1.0 oz | 0.011 |
| 13019 | Beef, retail cuts, separable fat, raw | 28.35 | 1.0 oz | 0.008 |
| 23191 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.065 |
| 23189 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.065 |
| 23190 | Beef, rib eye roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.063 |
| 23146 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.072 |
| 23101 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.073 |
| 23147 | Beef, rib eye roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.071 |
| 23198 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.067 |
| 23199 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.070 |
| 23200 | Beef, rib eye roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.064 |
| 23159 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.076 |
| 23160 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.079 |
| 23161 | Beef, rib eye roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.071 |
| 23188 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.060 |
| 23186 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.062 |
| 23187 | Beef, rib eye steak, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.059 |
| 23156 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.069 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23157 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.071 |
| 23158 | Beef, rib eye steak, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.066 |
| 23227 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.072 |
| 23230 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.060 |
| 23228 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.069 |
| 23231 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.055 |
| 23229 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.077 |
| 23232 | Beef, rib eye steak, boneless, lip off, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.066 |
| 23174 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.076 |
| 23175 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.065 |
| 23176 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.074 |
| 23177 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.060 |
| 23178 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.082 |
| 23179 | Beef, rib eye steak, boneless, lip off, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.071 |
| 23197 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.068 |
| 23195 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.065 |
| 23196 | Beef, rib eye steak, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.072 |
| 23100 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.076 |
| 23148 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.074 |
| 23149 | Beef, rib eye steak, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.082 |
| 23192 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.054 |
| 23193 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.054 |
| 23194 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.054 |
| 23150 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.062 |
| 23151 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.062 |
| 23152 | Beef, rib eye steak/roast, bone-in, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.061 |
| 23201 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.057 |
| 23202 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.054 |
| 23213 | Beef, rib eye steak/roast, boneless, lip-on, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.063 |
| 23153 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.065 |
| 23154 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.060 |
| 23155 | Beef, rib eye steak/roast, boneless, lip-on, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.071 |
| 13952 | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.070 |
| 13951 | Beef, rib eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.065 |
| 13284 | Beef, rib eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.065 |
| 23233 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.064 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23236 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.051 |
| 23234 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.064 |
| 23237 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.050 |
| 23235 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.064 |
| 23238 | Beef, rib, back ribs, bone-in, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.051 |
| 23180 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.070 |
| 23181 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.058 |
| 23182 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.071 |
| 23183 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.058 |
| 23184 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.067 |
| 23185 | Beef, rib, back ribs, bone-in, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.058 |
| 13490 | Beef, rib, eye, small end (ribs 10- 12) separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.069 |
| 13096 | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.075 |
| 13095 | Beef, rib, eye, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 0.017 |
| 13098 | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.078 |
| 13097 | Beef, rib, eye, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, raw | 28.35 | 1.0 oz | 0.019 |
| 13386 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.075 |
| 13387 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.077 |
| 13839 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.067 |
| 13840 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.076 |
| 13838 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.017 |
| 13842 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.065 |
| 13843 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.074 |
| 13841 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.016 |
| 13848 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 0.065 |
| 13849 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 0.075 |
| 13847 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 0.016 |
| 13845 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.067 |
| 13846 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.076 |
| 13844 | Beef, rib, large end (ribs 6-9), separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.017 |
| 13388 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.089 |
| 13389 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.089 |
| 13390 | Beef, rib, large end (ribs 6-9), separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.089 |
| 13148 | Beef, rib, shortribs, separable lean and fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.084 |
| 13147 | Beef, rib, shortribs, separable lean and fat, choice, raw | 28.35 | 1.0 oz | 0.015 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13150 | Beef, rib, shortribs, separable lean only, choice, cooked, braised | 121.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.129 |
| 13149 | Beef, rib, shortribs, separable lean only, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 13391 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.070 |
| 13392 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.076 |
| 13393 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.076 |
| 13851 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.066 |
| 13852 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.066 |
| 13850 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.018 |
| 13854 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.068 |
| 13855 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.065 |
| 13853 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.018 |
| 13860 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 0.075 |
| 13861 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 0.065 |
| 13859 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 0.016 |
| 13857 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.064 |
| 13858 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.066 |
| 13856 | Beef, rib, small end (ribs 10-12), separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.057 |
| 13394 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.074 |
| 13395 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.085 |
| 13396 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.085 |
| 23638 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 0.025 |
| 23599 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.021 |
| 23623 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 23586 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 0.024 |
| 23582 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.022 |
| 23626 | Beef, rib, small end (ribs 10-12), separable lean only, trimmed to 1/8"fat, choice, cooked, broiled | 28.35 | 1.0 oz | 0.025 |
| 13825 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.070 |
| 13826 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.071 |
| 13824 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.017 |
| 13828 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.069 |
| 13829 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.071 |
| 13827 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.016 |
| 13834 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 0.069 |
| 13835 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 0.071 |
| 13833 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 0.016 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13831 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.071 |
| 13832 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.072 |
| 13830 | Beef, rib, whole (ribs 6-12), separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.017 |
| 23263 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.084 |
| 23264 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.084 |
| 23265 | Beef, ribeye petite roast/filet, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.062 |
| 23266 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.131 |
| 23269 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.122 |
| 23267 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.131 |
| 23270 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.122 |
| 23268 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.108 |
| 23271 | Beef, ribeye cap steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.111 |
| 23272 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 135.0 | 1.0 fillet | 0.134 |
| 23273 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 138.0 | 1.0 fillet | 0.137 |
| 23274 | Beef, ribeye filet, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 129.0 | 1.0 fillet | 0.181 |
| 23275 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 23276 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.082 |
| 23277 | Beef, ribeye petite roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.116 |
| 23590 | Beef, round, bottom round , roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 28.35 | 1.0 oz | 0.022 |
| 13414 | Beef, round, bottom round roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.067 |
| 13399 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.055 |
| 13402 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.049 |
| 13405 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.062 |
| 13870 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.054 |
| 13873 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.048 |
| 13876 | Beef, round, bottom round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.059 |
| 13408 | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.059 |
| 13411 | Beef, round, bottom round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.054 |
| 23604 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked | 28.35 | 1.0 oz | 0.020 |
| 23594 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.028 |
| 23619 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 28.35 | 1.0 oz | 0.018 |
| 23618 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.028 |
| 23637 | Beef, round, bottom round, roast, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.029 |
| 13398 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.068 |
| 13401 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.060 |
| 13404 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.075 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13869 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.066 |
| 13868 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.026 |
| 13872 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.060 |
| 13871 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.026 |
| 13875 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.072 |
| 13874 | Beef, round, bottom round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.076 |
| 13407 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.071 |
| 13410 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.066 |
| 13413 | Beef, round, bottom round, steak, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 23605 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, braised | 28.35 | 1.0 oz | 0.024 |
| 23622 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, braised | 28.35 | 1.0 oz | 0.023 |
| 23593 | Beef, round, bottom round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, braised | 28.35 | 1.0 oz | 0.027 |
| 13415 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.045 |
| 23330 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.036 |
| 13416 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.053 |
| 23331 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.042 |
| 13417 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.037 |
| 23332 | Beef, round, eye of round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.030 |
| 13418 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.046 |
| 23360 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.036 |
| 13419 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.053 |
| 23361 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.042 |
| 13420 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.038 |
| 23362 | Beef, round, eye of round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.030 |
| 23334 | Beef, round, eye of round steak, boneless separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.042 |
| 23351 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.047 |
| 23333 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.036 |
| 23352 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.054 |
| 23353 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.039 |
| 23335 | Beef, round, eye of round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.030 |
| 23381 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.047 |
| 23363 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.036 |
| 23382 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.054 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23364 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.042 |
| 23383 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.039 |
| 23365 | Beef, round, eye of round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.030 |
| 13878 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.057 |
| 13877 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.027 |
| 13880 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.052 |
| 13879 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.027 |
| 13882 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.061 |
| 13881 | Beef, round, eye of round, roast, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.026 |
| 23598 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 28.35 | 1.0 oz | 0.021 |
| 23597 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.029 |
| 23620 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 28.35 | 1.0 oz | 0.020 |
| 23616 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 23591 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 28.35 | 1.0 oz | 0.023 |
| 23635 | Beef, round, eye of round, roast, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.029 |
| 13865 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.086 |
| 13864 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.021 |
| 13867 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.086 |
| 13866 | Beef, round, full cut, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.021 |
| 13156 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.090 |
| 13158 | Beef, round, full cut, separable lean only, trimmed to 1/4" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.091 |
| 23062 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 150.0 | 1.0 steak | 0.134 |
| 23061 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.063 |
| 23046 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.076 |
| 23045 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.065 |
| 23048 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.075 |
| 23047 | Beef, round, knuckle, tip center, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.058 |
| 23032 | Beef, round, knuckle, tip side, steak, separable lean and fat , trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.083 |
| 23056 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.095 |
| 23055 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.081 |
| 23031 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 141.0 | 1.0 steak | 0.137 |
| 23030 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.079 |
| 23033 | Beef, round, knuckle, tip side, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.121 |
| 23064 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.098 |
| 23063 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.114 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23050 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.093 |
| 23049 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.116 |
| 23052 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 1.0 serving (3 oz) | 0.108 |
| 23051 | Beef, round, outside round, bottom round, steak, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.112 |
| 13421 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.054 |
| 13486 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.075 |
| 13422 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 13487 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.076 |
| 13423 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.059 |
| 13488 | Beef, round, tip round, roast, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.074 |
| 13884 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.101 |
| 13886 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.101 |
| 13888 | Beef, round, tip round, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.102 |
| 13424 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.058 |
| 23651 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.077 |
| 13425 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.055 |
| 23652 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.077 |
| 13426 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.065 |
| 23653 | Beef, round, tip round, roast, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.082 |
| 13883 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.022 |
| 13885 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.022 |
| 13887 | Beef, round, tip round, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.022 |
| 23348 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 23327 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.041 |
| 23349 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 23328 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.041 |
| 23350 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.049 |
| 23329 | Beef, round, top round roast, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.040 |
| 23378 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 23357 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.041 |
| 23379 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 23358 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.041 |
| 23380 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 23359 | Beef, round, top round roast, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.040 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13959 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.056 |
| 23324 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.041 |
| 13968 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.056 |
| 23325 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.041 |
| 13969 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.056 |
| 23326 | Beef, round, top round steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.040 |
| 13491 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.056 |
| 23354 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.041 |
| 13492 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.057 |
| 23355 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.041 |
| 13493 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.056 |
| 23356 | Beef, round, top round steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.040 |
| 13893 | Beef, round, top round steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.063 |
| 13428 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.104 |
| 13430 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.104 |
| 13432 | Beef, round, top round, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.104 |
| 13892 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.100 |
| 13895 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.100 |
| 13897 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 85.0 | 3.0 oz | 0.105 |
| 13901 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 0.023 |
| 13899 | Beef, round, top round, separable lean and fat, trimmed to 1/8" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.101 |
| 13436 | Beef, round, top round, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 13438 | Beef, round, top round, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 13890 | Beef, round, top round, separable lean only, trimmed to 1/8" fat, choice, cooked, pan-fried | 85.0 | 3.0 oz | 0.110 |
| 13891 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.027 |
| 13896 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.057 |
| 13894 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.028 |
| 13902 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 0.103 |
| 13900 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.069 |
| 13898 | Beef, round, top round, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.027 |
| 23608 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 0.023 |
| 23609 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.087 |
| 23621 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 0.021 |
| 23617 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 23592 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 0.026 |
| 23636 | Beef, round, top round, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.030 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13342 | Beef, sandwich steaks, flaked, chopped, formed and thinly sliced, raw | 85.0 | 3.0 oz | 0.054 |
| 13228 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, cooked, simmered | 85.0 | 3.0 oz | 0.146 |
| 13227 | Beef, shank crosscuts, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 13459 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.110 |
| 13460 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 85.0 | 3.0 oz | 0.110 |
| 13463 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0 | 3.0 oz ( 1serving ) | 0.109 |
| 23002 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.055 |
| 23001 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.048 |
| 13906 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.054 |
| 13905 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.044 |
| 23004 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.058 |
| 23003 | Beef, short loin, porterhouse steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.055 |
| 13465 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.062 |
| 13466 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.122 |
| 13467 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.122 |
| 13470 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.122 |
| 13464 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.055 |
| 13232 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.061 |
| 13231 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.049 |
| 13469 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.065 |
| 13468 | Beef, short loin, porterhouse steak, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.064 |
| 13479 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.062 |
| 13478 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.049 |
| 13236 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.067 |
| 13235 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.052 |
| 13483 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.054 |
| 13482 | Beef, short loin, t-bone steak, bone-in, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.046 |
| 13473 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.111 |
| 13474 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA choice, cooked, broiled | 85.0 | 3.0 oz | 0.111 |
| 13477 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 0" fat, USDA select, cooked, broiled | 85.0 | 3.0 oz | 0.113 |
| 23006 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.054 |
| 23005 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.043 |
| 13908 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.059 |
| 13907 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.045 |
| 23008 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.048 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23007 | Beef, short loin, t-bone steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.040 |
| 13481 | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.122 |
| 13484 | Beef, short loin, t-bone steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.122 |
| 23607 | Beef, short loin, top loin steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.065 |
| 13916 | Beef, short loin, top loin, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 0.083 |
| 13909 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.059 |
| 13912 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.072 |
| 13915 | Beef, short loin, top loin, steak, separable lean and fat, trimmed to 1/8" fat, prime, raw | 85.0 | 3.0 oz | 0.059 |
| 23606 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 0.024 |
| 23630 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 0.026 |
| 23627 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.063 |
| 23589 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 28.35 | 1.0 oz | 0.023 |
| 23585 | Beef, short loin, top loin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.066 |
| 23000 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.062 |
| 23111 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.060 |
| 23112 | Beef, shoulder pot roast or steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.065 |
| 13647 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.063 |
| 13648 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.060 |
| 13649 | Beef, shoulder pot roast or steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.065 |
| 23131 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.110 |
| 23132 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.117 |
| 23133 | Beef, shoulder pot roast, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 23083 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, braised | 85.0 | 3.0 oz | 0.111 |
| 23081 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.119 |
| 23082 | Beef, shoulder pot roast, boneless, separable lean only, trimmed to 0" fat, select, cooked, braised | 85.0 | 3.0 oz | 0.100 |
| 23554 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.088 |
| 23536 | Beef, shoulder steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.086 |
| 23516 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.089 |
| 13943 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz ( 1 serving ) | 0.091 |
| 13946 | Beef, shoulder steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.088 |
| 13598 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.105 |
| 13863 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.081 |
| 13650 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.110 |
| 13889 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.079 |
| 13862 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.094 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13903 | Beef, shoulder top blade steak, boneless, separable lean and fat, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.083 |
| 13500 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, cooked, grilled | 85.0 | 3.0 oz | 0.107 |
| 13519 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, all grades, raw | 85.0 | 3.0 oz | 0.082 |
| 13501 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, cooked, grilled | 85.0 | 3.0 oz | 0.115 |
| 13520 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, choice, raw | 85.0 | 3.0 oz | 0.081 |
| 13502 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, cooked, grilled | 85.0 | 3.0 oz | 0.096 |
| 13523 | Beef, shoulder top blade steak, boneless, separable lean only, trimmed to 0" fat, select, raw | 85.0 | 3.0 oz | 0.084 |
| 13919 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.105 |
| 13922 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.105 |
| 13928 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, prime, cooked, roasted | 85.0 | 3.0 oz | 0.121 |
| 13925 | Beef, tenderloin, roast, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.105 |
| 13926 | Beef, tenderloin, separable lean and fat, trimmed to 1/8" fat, prime, raw | 28.35 | 1.0 oz | 0.026 |
| 13918 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.067 |
| 13917 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.057 |
| 13921 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 140.0 | 1.0 steak (yield from 181 g raw meat) | 0.119 |
| 13920 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.055 |
| 13927 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, prime, cooked, broiled | 85.0 | 3.0 oz | 0.133 |
| 13924 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 119.0 | 1.0 steak (yield from 1 raw steak weighing 151g) | 0.087 |
| 13923 | Beef, tenderloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 149.0 | 1.0 steak (yield from 1 raw steak weighing149g) | 0.101 |
| 23600 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 0.024 |
| 23601 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.021 |
| 23628 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 0.026 |
| 23624 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.020 |
| 23587 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 0.023 |
| 23583 | Beef, tenderloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.022 |
| 23284 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, grilled | 135.0 | 1.0 fillet | 0.224 |
| 23285 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, grilled | 135.0 | 1.0 fillet | 0.219 |
| 23286 | Beef, top loin filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, grilled | 135.0 | 1.0 fillet | 0.186 |
| 23247 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, grilled | 135.0 | 1.0 fillet | 0.130 |
| 23248 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, grilled | 135.0 | 1.0 fillet | 0.128 |
| 23249 | Beef, top loin filet, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, grilled | 135.0 | 1.0 fillet | 0.113 |
| 23287 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.141 |
| 23288 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.140 |
| 23289 | Beef, top loin petite roast, boneless, separable lean and fat, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.115 |
| 23250 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, all grades, cooked, roasted | 85.0 | 3.0 oz | 0.080 |
| 23251 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.080 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 23252 | Beef, top loin petite roast, boneless, separable lean only, trimmed to 1/8" fat, select, cooked, roasted | 85.0 | 3.0 oz | 0.070 |
| 23290 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.122 |
| 23291 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.122 |
| 23292 | Beef, top loin petite roast/filet, boneless, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.112 |
| 23253 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.073 |
| 23254 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, choice, raw | 85.0 | 3.0 oz | 0.084 |
| 23255 | Beef, top loin petite roast/filet, boneless, separable lean only, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.083 |
| 13451 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.076 |
| 13452 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.081 |
| 13453 | Beef, top sirloin, steak, separable lean and fat, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.070 |
| 13930 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.069 |
| 13929 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, all grades, raw | 85.0 | 3.0 oz | 0.059 |
| 13932 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.075 |
| 13933 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, cooked, pan-fried | 85.0 | 3.0 oz | 0.111 |
| 13931 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.019 |
| 13935 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.063 |
| 13934 | Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, raw | 85.0 | 3.0 oz | 0.062 |
| 13454 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, all grades, cooked, broiled | 85.0 | 3.0 oz | 0.077 |
| 13455 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.082 |
| 13456 | Beef, top sirloin, steak, separable lean only, trimmed to 0" fat, select, cooked, broiled | 85.0 | 3.0 oz | 0.072 |
| 23610 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, cooked, broiled | 28.35 | 1.0 oz | 0.025 |
| 23611 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, all grades, raw | 28.35 | 1.0 oz | 0.021 |
| 23629 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, cooked, broiled | 28.35 | 1.0 oz | 0.027 |
| 23625 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.021 |
| 23588 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, cooked, broiled | 28.35 | 1.0 oz | 0.023 |
| 23584 | Beef, top sirloin, steak, separable lean only, trimmed to 1/8" fat, select, raw | 28.35 | 1.0 oz | 0.022 |
| 13319 | Beef, variety meats and by-products, brain, cooked, pan-fried | 85.0 | 3.0 oz | 0.187 |
| 13320 | Beef, variety meats and by-products, brain, cooked, simmered | 85.0 | 3.0 oz | 0.196 |
| 13318 | Beef, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 0.081 |
| 13322 | Beef, variety meats and by-products, heart, cooked, simmered | 85.0 | 3.0 oz | 0.475 |
| 13321 | Beef, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 0.112 |
| 13324 | Beef, variety meats and by-products, kidneys, cooked, simmered | 85.0 | 3.0 oz | 0.479 |
| 13323 | Beef, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 0.121 |
| 13326 | Beef, variety meats and by-products, liver, cooked, braised | 68.0 | 1.0 slice | 9.712 |
| 13327 | Beef, variety meats and by-products, liver, cooked, pan-fried | 81.0 | 1.0 slice | 11.816 |
| 13325 | Beef, variety meats and by-products, liver, raw | 85.0 | 3.0 oz | 8.292 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 13329 | Beef, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 0.188 |
| 13328 | Beef, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 0.074 |
| 13330 | Beef, variety meats and by-products, mechanically separated beef, raw | 28.35 | 1.0 oz | 0.016 |
| 13332 | Beef, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 0.076 |
| 13331 | Beef, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 0.017 |
| 13334 | Beef, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 0.785 |
| 13333 | Beef, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 0.048 |
| 13335 | Beef, variety meats and by-products, suet, raw | 28.35 | 1.0 oz | 0.002 |
| 13338 | Beef, variety meats and by-products, thymus, cooked, braised | 85.0 | 3.0 oz | 0.037 |
| 13337 | Beef, variety meats and by-products, thymus, raw | 28.35 | 1.0 oz | 0.014 |
| 13340 | Beef, variety meats and by-products, tongue, cooked, simmered | 85.0 | 3.0 oz | 0.126 |
| 13339 | Beef, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 0.048 |
| 23640 | Beef, variety meats and by-products, tripe, cooked, simmered | 85.0 | 1.0 serving | 0.000 |
| 13341 | Beef, variety meats and by-products, tripe, raw | 28.35 | 1.0 oz | 0.020 |
| 07003 | Beerwurst, beer salami, pork | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 0.012 |
| 07002 | Beerwurst, beer salami, pork and beef | 56.0 | 2.0 oz | 0.058 |
| 07931 | Beerwurst, pork and beef | 56.0 | 1.0 serving 2 oz | 0.058 |
| 11736 | Beet greens, cooked, boiled, drained, with salt | 144.0 | 1.0 cup (1" pieces) | 0.361 |
| 11087 | Beet greens, cooked, boiled, drained, without salt | 144.0 | 1.0 cup (1" pieces) | 0.361 |
| 11086 | Beet greens, raw | 38.0 | 1.0 cup | 0.073 |
| 11084 | Beets, canned, drained solids | 157.0 | 1.0 cup, diced | 0.093 |
| 11735 | Beets, canned, no salt added, solids and liquids | 246.0 | 1.0 cup | 0.239 |
| 11082 | Beets, canned, regular pack, solids and liquids | 246.0 | 1.0 cup | 0.106 |
| 11081 | Beets, cooked, boiled, drained | 85.0 | 0.5 cup slices | 0.063 |
| 11734 | Beets, cooked, boiled. drained, with salt | 85.0 | 0.5 cup slices | 0.063 |
| 11605 | Beets, harvard, canned, solids and liquids | 246.0 | 1.0 cup slices | 0.239 |
| 11609 | Beets, pickled, canned, solids and liquids | 227.0 | 1.0 cup slices | 0.263 |
| 11080 | Beets, raw | 136.0 | 1.0 cup | 0.102 |
| 43205 | Beverage, instant breakfast powder, chocolate, not reconstituted | 7.4 | 1.0 tbsp | 0.105 |
| 43260 | Beverage, instant breakfast powder, chocolate, sugar-free, not reconstituted | 5.6 | 1.0 tbsp | 0.146 |
| 43078 | Beverage, milkshake mix, dry, not chocolate | 7.0 | 1.0 tbsp | 0.056 |
| 14021 | Beverages, Energy drink, Citrus | 240.0 | 8.0 fl oz | 0.000 |
| 14035 | Beverages, ABBOTT, EAS soy protein powder | 44.0 | 1.0 scoop | 0.440 |
| 14033 | Beverages, ABBOTT, EAS whey protein powder | 39.0 | 2.0 scoop | 0.390 |
| 43528 | Beverages, ABBOTT, ENSURE PLUS, ready-to-drink | 252.0 | 1.0 cup | 0.499 |
| 14062 | Beverages, ABBOTT, ENSURE, Nutritional Shake, Ready-to-Drink | 254.0 | 8.0 fl oz | 0.536 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14056 | Beverages, Acai berry drink, fortified | 266.0 | 8.0 fl oz | 0.202 |
| 14054 | Beverages, almond milk, chocolate, ready-to-drink | 240.0 | 8.0 fl oz | 0.161 |
| 14016 | Beverages, almond milk, sweetened, vanilla flavor, ready-to-drink | 240.0 | 8.0 fl oz | 0.041 |
| 14091 | Beverages, almond milk, unsweetened, shelf stable | 262.0 | 1.0 cup | 0.076 |
| 14216 | Beverages, aloe vera juice drink, fortified with Vitamin C | 240.0 | 8.0 fl oz | 0.000 |
| 14250 | Beverages, AMBER, hard cider | 355.0 | 12.0 fl oz | 0.064 |
| 14162 | Beverages, Apple juice drink, light, fortified with vitamin C | 240.0 | 8.0 fl oz | 0.024 |
| 14475 | Beverages, ARIZONA, tea, ready-to-drink, lemon | 30.6 | 1.0 fl oz | 0.002 |
| 14121 | Beverages, carbonated, club soda | 29.6 | 1.0 fl oz | 0.002 |
| 14400 | Beverages, carbonated, cola, fast-food cola | 258.0 | 1.0 serving child 12 fl oz, without ice | 0.003 |
| 14148 | Beverages, carbonated, cola, regular | 30.7 | 1.0 fl oz | 0.002 |
| 14147 | Beverages, carbonated, cola, without caffeine | 30.7 | 1.0 fl oz | 0.000 |
| 14136 | Beverages, carbonated, ginger ale | 30.5 | 1.0 fl oz | 0.005 |
| 14142 | Beverages, carbonated, grape soda | 31.0 | 1.0 fl oz | 0.007 |
| 14144 | Beverages, carbonated, lemon-lime soda, no caffeine | 30.8 | 1.0 fl oz | 0.000 |
| 14165 | Beverages, carbonated, limeade, high caffeine | 253.0 | 1.0 cup | 0.015 |
| 14416 | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, contains caffeine | 29.6 | 1.0 fl oz | 0.001 |
| 14146 | Beverages, carbonated, low calorie, cola or pepper-type, with aspartame, without caffeine | 29.6 | 1.0 fl oz | 0.001 |
| 14166 | Beverages, carbonated, low calorie, cola or pepper-types, with sodium saccharin, contains caffeine | 29.6 | 1.0 fl oz | 0.004 |
| 14143 | Beverages, carbonated, low calorie, other than cola or pepper, without caffeine | 29.6 | 1.0 fl oz | 0.007 |
| 14151 | Beverages, carbonated, low calorie, other than cola or pepper, with aspartame, contains caffeine | 29.6 | 1.0 fl oz | 0.007 |
| 14150 | Beverages, carbonated, orange | 31.0 | 1.0 fl oz | 0.005 |
| 14153 | Beverages, carbonated, pepper-type, contains caffeine | 30.7 | 1.0 fl oz | 0.002 |
| 14149 | Beverages, carbonated, reduced sugar, cola, contains caffeine and sweeteners | 29.6 | 1.0 fl oz | 0.000 |
| 14157 | Beverages, carbonated, root beer | 30.8 | 1.0 fl oz | 0.002 |
| 14145 | Beverages, carbonated, SPRITE, lemon-lime, without caffeine | 30.8 | 1.0 fl oz | 0.000 |
| 14155 | Beverages, carbonated, tonic water | 30.5 | 1.0 fl oz | 0.002 |
| 14168 | Beverages, Carob-flavor beverage mix, powder | 12.0 | 1.0 tbsp | 0.007 |
| 14169 | Beverages, Carob-flavor beverage mix, powder, prepared with whole milk | 256.0 | 1.0 cup (8 fl oz) | 0.064 |
| 14092 | Beverages, chocolate almond milk, unsweetened, shelf-stable, fortified with vitamin D2 and E | 240.0 | 1.0 cup | 0.070 |
| 14163 | Beverages, chocolate drink, milk and soy based, ready to drink, fortified | 237.0 | 8.0 fl oz | 0.500 |
| 14164 | Beverages, chocolate malt powder, prepared with 1% milk, fortified | 98.0 | 1.0 cup dry mix | 0.119 |
| 14083 | Beverages, chocolate malt, powder, prepared with fat free milk | 256.0 | 1.0 serving | 0.228 |
| 14063 | Beverages, chocolate powder, no sugar added | 11.0 | 2.0 tbsp | 0.200 |
| 14181 | Beverages, chocolate syrup | 39.0 | 1.0 serving 2 tbsp | 0.200 |
| 14182 | Beverages, chocolate syrup, prepared with whole milk | 282.0 | 1.0 cup (8 fl oz) | 0.254 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14557 | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients | 22.0 | 1.0 serving | 0.200 |
| 14558 | Beverages, chocolate-flavor beverage mix for milk, powder, with added nutrients, prepared with whole milk | 266.0 | 1.0 serving | 0.261 |
| 14177 | Beverages, chocolate-flavor beverage mix, powder, prepared with whole milk | 266.0 | 1.0 cup (8 fl oz) | 0.218 |
| 43369 | Beverages, Chocolate-flavored drink, whey and milk based | 244.0 | 1.0 cup | 0.181 |
| 14262 | Beverages, citrus fruit juice drink, frozen concentrate | 35.2 | 1.0 fl oz | 0.034 |
| 14263 | Beverages, citrus fruit juice drink, frozen concentrate, prepared with water | 31.0 | 1.0 fl oz | 0.011 |
| 14187 | Beverages, Clam and tomato juice, canned | 30.2 | 1.0 fl oz | 0.009 |
| 14461 | Beverages, COCA-COLA, POWERADE, lemon-lime flavored, ready-to-drink | 30.5 | 1.0 fl oz | 0.000 |
| 44203 | Beverages, Cocktail mix, non-alcoholic, concentrated, frozen | 36.0 | 1.0 fl oz | 0.007 |
| 14538 | Beverages, Cocoa mix, low calorie, powder, with added calcium, phosphorus, aspartame, without added sodium or vitamin A | 15.0 | 1.0 envelope Swiss Miss (.53 oz) | 0.109 |
| 14196 | Beverages, Cocoa mix, no sugar added, powder | 19.0 | 1.0 envelope Alba (.675 oz) | 0.139 |
| 14192 | Beverages, Cocoa mix, powder | 28.0 | 1.0 serving (3 heaping tsp or 1 envelope) | 0.080 |
| 14194 | Beverages, Cocoa mix, powder, prepared with water | 34.3 | 1.0 fl oz | 0.016 |
| 14390 | Beverages, cocoa mix, with aspartame, powder, prepared with water | 32.1 | 1.0 fl oz | 0.021 |
| 14171 | Beverages, coconut milk, sweetened, fortified with calcium, vitamins A, B12, D2 | 240.0 | 1.0 cup | 0.000 |
| 14090 | Beverages, Coconut water, ready-to-drink, unsweetened | 245.0 | 1.0 cup | 0.020 |
| 14204 | Beverages, coffee and cocoa, instant, decaffeinated, with whitener and low calorie sweetener | 6.4 | 1.0 tsp dry | 0.036 |
| 14236 | Beverages, coffee substitute, cereal grain beverage, powder | 3.0 | 1.0 tsp (1 serving) | 0.006 |
| 14421 | Beverages, coffee substitute, cereal grain beverage, powder, prepared with whole milk | 185.0 | 6.0 fl oz | 0.022 |
| 14237 | Beverages, coffee substitute, cereal grain beverage, prepared with water | 30.1 | 1.0 fl oz | 0.004 |
| 14180 | Beverages, coffee, brewed, breakfast blend | 248.0 | 1.0 cup | 0.012 |
| 14210 | Beverages, coffee, brewed, espresso, restaurant-prepared | 29.6 | 1.0 fl oz | 0.015 |
| 14202 | Beverages, coffee, brewed, espresso, restaurant-prepared, decaffeinated | 29.6 | 1.0 fl oz | 0.015 |
| 14209 | Beverages, coffee, brewed, prepared with tap water | 29.6 | 1.0 fl oz | 0.001 |
| 14201 | Beverages, coffee, brewed, prepared with tap water, decaffeinated | 29.6 | 1.0 fl oz | 0.002 |
| 14223 | Beverages, coffee, instant, chicory | 29.9 | 1.0 fl oz | 0.003 |
| 14218 | Beverages, coffee, instant, decaffeinated, powder | 1.8 | 1.0 tsp rounded | 0.001 |
| 14219 | Beverages, coffee, instant, decaffeinated, prepared with water | 29.9 | 1.0 fl oz | 0.003 |
| 14224 | Beverages, coffee, instant, mocha, sweetened | 13.0 | 1.0 serving 2 tbsp | 0.057 |
| 14203 | Beverages, coffee, instant, regular, half the caffeine | 1.0 | 1.0 tsp | 0.001 |
| 14214 | Beverages, coffee, instant, regular, powder | 1.0 | 1.0 tsp | 0.001 |
| 14215 | Beverages, coffee, instant, regular, prepared with water | 29.8 | 1.0 fl oz | 0.003 |
| 14270 | Beverages, coffee, instant, vanilla, sweetened, decaffeinated, with non dairy creamer | 15.0 | 1.0 serving | 0.000 |
| 14222 | Beverages, coffee, instant, with chicory | 1.8 | 1.0 tsp, rounded | 0.001 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 43401 | Beverages, coffee, instant, with whitener, reduced calorie | 1.7 | 1.0 tsp dry | 0.000 |
| 14183 | Beverages, coffee, ready to drink, iced, mocha, milk based | 265.0 | 1.0 cup | 0.005 |
| 14179 | Beverages, coffee, ready to drink, milk based, sweetened | 262.0 | 1.0 cup | 0.005 |
| 14173 | Beverages, coffee, ready to drink, vanilla, light, milk based, sweetened | 281.0 | 9.5 fl oz | 0.006 |
| 14284 | Beverages, Cranberry juice cocktail | 271.0 | 1.0 cup | 0.041 |
| 14238 | Beverages, cranberry-apple juice drink, bottled | 30.6 | 1.0 fl oz | 0.003 |
| 43404 | Beverages, cranberry-apple juice drink, low calorie, with vitamin C added | 240.0 | 1.0 cup (8 fl oz) | 0.017 |
| 14240 | Beverages, cranberry-apricot juice drink, bottled | 30.6 | 1.0 fl oz | 0.005 |
| 14241 | Beverages, cranberry-grape juice drink, bottled | 30.6 | 1.0 fl oz | 0.002 |
| 14036 | Beverages, CYTOSPORT, Muscle Milk, ready-to-drink | 414.0 | 14.0 fl oz | 0.592 |
| 14423 | Beverages, dairy drink mix, chocolate, reduced calorie, with aspartame, powder, prepared with water and ice | 243.0 | 1.0 serving | 0.192 |
| 14422 | Beverages, Dairy drink mix, chocolate, reduced calorie, with low-calorie sweeteners, powder | 21.0 | 1.0 packet (.75 oz) | 0.168 |
| 14450 | Beverages, drink mix, QUAKER OATS, GATORADE, orange flavor, powder | 23.0 | 1.0 scoop powder | 0.058 |
| 14245 | Beverages, Eggnog-flavor mix, powder, prepared with whole milk | 272.0 | 1.0 cup (8 fl oz) | 0.060 |
| 14060 | Beverages, Energy Drink with carbonated water and high fructose corn syrup | 240.0 | 8.0 fl oz | 0.000 |
| 14625 | Beverages, Energy drink, AMP | 240.0 | 1.0 serving | 0.012 |
| 14628 | Beverages, Energy drink, AMP, sugar free | 240.0 | 8.0 fl oz | 0.012 |
| 14626 | Beverages, Energy drink, FULL THROTTLE | 240.0 | 1.0 serving 8 fluid oz | 0.012 |
| 14627 | Beverages, Energy Drink, Monster, fortified with vitamins C, B2, B3, B6, B12 | 240.0 | 1.0 serving | 0.005 |
| 14154 | Beverages, Energy drink, RED BULL | 258.0 | 1.0 can 8.4 fl oz | 0.005 |
| 14156 | Beverages, Energy drink, RED BULL, sugar free, with added caffeine, niacin, pantothenic acid, vitamins B6 and B12 | 250.0 | 1.0 serving 8.3 fl oz can | 0.012 |
| 14629 | Beverages, Energy drink, ROCKSTAR | 31.0 | 1.0 fl oz | 0.000 |
| 14630 | Beverages, Energy drink, ROCKSTAR, sugar free | 240.0 | 8.0 fl oz | 0.012 |
| 14061 | Beverages, Energy Drink, sugar free | 240.0 | 8.0 fl oz | 0.000 |
| 14641 | Beverages, Energy drink, VAULT Zero, sugar-free, citrus flavor | 246.0 | 1.0 serving (8 fl oz) | 0.012 |
| 14640 | Beverages, Energy drink, VAULT, citrus flavor | 31.0 | 1.0 oz | 0.002 |
| 14646 | Beverages, Fruit flavored drink containing less than 3% fruit juice, with high vitamin C | 238.0 | 1.0 cup (8 fl oz) | 0.021 |
| 14645 | Beverages, Fruit flavored drink, less than 3% juice, not fortified with vitamin C | 238.0 | 1.0 cup (8 fl oz) | 0.021 |
| 14647 | Beverages, Fruit flavored drink, reduced sugar, greater than 3% fruit juice, high vitamin C, added calcium | 240.0 | 8.0 fl oz | 0.000 |
| 14648 | Beverages, fruit juice drink, greater than 3% fruit juice, high vitamin C and added thiamin | 237.0 | 8.0 fl oz | 0.031 |
| 14651 | Beverages, fruit juice drink, greater than 3% juice, high vitamin C | 238.0 | 1.0 cup (8 fl oz) | 0.031 |
| 14636 | Beverages, fruit juice drink, reduced sugar, with vitamin E added | 209.0 | 1.0 container | 0.000 |
| 14268 | Beverages, Fruit punch drink, frozen concentrate | 34.8 | 1.0 fl oz | 0.031 |
| 14269 | Beverages, Fruit punch drink, frozen concentrate, prepared with water | 30.9 | 1.0 fl oz | 0.010 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14267 | Beverages, Fruit punch drink, with added nutrients, canned | 31.0 | 1.0 fl oz | 0.003 |
| 14264 | Beverages, fruit punch drink, without added nutrients, canned | 210.0 | 6.75 fl oz | 0.021 |
| 14405 | Beverages, fruit punch juice drink, frozen concentrate | 35.2 | 1.0 fl oz | 0.025 |
| 14406 | Beverages, fruit punch juice drink, frozen concentrate, prepared with water | 29.3 | 1.0 fl oz | 0.007 |
| 14541 | Beverages, fruit punch-flavor drink, powder, without added sodium, prepared with water | 32.7 | 1.0 fl oz | 0.007 |
| 42055 | Beverages, fruit-flavored drink, dry powdered mix, low calorie, with aspartame | 8.0 | 1.0 tsp | 0.000 |
| 43345 | Beverages, fruit-flavored drink, powder, with high vitamin C with other added vitamins, low calorie | 2.0 | 1.0 tsp | 0.000 |
| 14048 | Beverages, FUZE, orange mango, fortified with vitamins A, C, E, B6 | 500.0 | 1.0 bottle | 0.220 |
| 14075 | Beverages, GEROLSTEINER BRUNNEN GmbH & Co. KG,Gerolsteiner naturally sparkling mineral water, | 240.0 | 8.0 fl oz | 0.000 |
| 14277 | Beverages, grape drink, canned | 31.3 | 1.0 fl oz | 0.004 |
| 14282 | Beverages, grape juice drink, canned | 31.3 | 1.0 fl oz | 0.007 |
| 14638 | Beverages, Horchata, as served in restaurant | 228.0 | 1.0 cup | 0.005 |
| 14631 | Beverages, Horchata, dry mix, unprepared, variety of brands, all with morro seeds | 7.8 | 1.0 tbsp | 0.037 |
| 14076 | Beverages, ICELANDIC, Glacial Natural spring water | 100.0 | 1.0 serving | 0.000 |
| 14068 | Beverages, KELLOGG'S SPECIAL K20 protein powder | 14.5 | 1.0 packet | 0.000 |
| 14059 | Beverages, KELLOGG'S, SPECIAL K Protein Shake | 296.0 | 1.0 serving | 0.000 |
| 14161 | Beverages, Kiwi Strawberry Juice Drink | 473.0 | 16.0 fl oz | 0.000 |
| 14174 | Beverages, Lemonade fruit juice drink light, fortified with vitamin E and C | 240.0 | 8.0 fl oz | 0.038 |
| 14543 | Beverages, lemonade, frozen concentrate, pink, prepared with water | 30.9 | 1.0 fl oz | 0.003 |
| 14287 | Beverages, Lemonade, powder | 18.0 | 1.0 serving | 0.008 |
| 14296 | Beverages, lemonade-flavor drink, powder | 18.0 | 1.0 serving | 0.005 |
| 14297 | Beverages, lemonade-flavor drink, powder, prepared with water | 31.8 | 1.0 fl oz | 0.003 |
| 14476 | Beverages, LIPTON BRISK, tea, black, ready-to-drink, lemon | 30.6 | 1.0 fl oz | 0.002 |
| 14252 | Beverages, Malt liquor beverage | 1184.0 | 1.0 bottle | 0.059 |
| 14317 | Beverages, malted drink mix, chocolate, powder | 21.0 | 1.0 serving (3 heaping tsp or 1 envelope) | 0.042 |
| 14318 | Beverages, Malted drink mix, chocolate, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 0.098 |
| 14316 | Beverages, Malted drink mix, chocolate, with added nutrients, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 0.196 |
| 14311 | Beverages, Malted drink mix, natural, powder, dairy based. | 21.0 | 1.0 serving (3 heaping tsp or 1 envelope) | 0.042 |
| 14312 | Beverages, Malted drink mix, natural, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 0.098 |
| 14310 | Beverages, Malted drink mix, natural, with added nutrients, powder, prepared with whole milk | 265.0 | 1.0 cup (8 fl oz) | 0.117 |
| 14632 | Beverages, Meal supplement drink, canned, peanut flavor | 158.0 | 1.0 cup | 0.047 |
| 14634 | Beverages, milk beverage, reduced fat, flavored and sweetened, Ready-to-drink, added calcium, vitamin A and vitamin D | 244.0 | 1.0 cup | 0.015 |
| 14095 | Beverages, MINUTE MAID, Lemonada, Limeade | 240.0 | 8.0 fl oz | 0.038 |
| 14119 | Beverages, Mixed vegetable and fruit juice drink, with added nutrients | 247.0 | 8.0 fl oz | 0.022 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14022 | Beverages, MONSTER energy drink, low carb | 240.0 | 8.0 fl oz | 0.000 |
| 14137 | Beverages, NESTEA, tea, black, ready-to-drink, lemon | 30.6 | 1.0 fl oz | 0.002 |
| 14041 | Beverages, NESTLE, Boost plus, nutritional drink, ready-to-drink | 237.0 | 1.0 bottle | 0.455 |
| 14654 | Beverages, nutritional shake mix, high protein, powder | 10.0 | 1.0 tbsp | 0.250 |
| 14256 | Beverages, OCEAN SPRAY, Cran Cherry | 248.0 | 8.0 fl oz | 0.022 |
| 14217 | Beverages, OCEAN SPRAY, Cran Grape | 240.0 | 8.0 fl oz | 0.022 |
| 14234 | Beverages, OCEAN SPRAY, Cran Lemonade | 247.0 | 8.0 fl oz | 0.012 |
| 14255 | Beverages, OCEAN SPRAY, Cran Pomegranate | 248.0 | 8.0 fl oz | 0.022 |
| 14233 | Beverages, OCEAN SPRAY, Cran Raspberry Juice Drink | 248.0 | 8.0 fl oz | 0.022 |
| 14038 | Beverages, OCEAN SPRAY, Cran-Energy, Cranberry Energy Juice Drink | 250.0 | 1.0 can | 0.025 |
| 14220 | Beverages, OCEAN SPRAY, Cranberry-Apple Juice Drink, bottled | 249.0 | 8.0 fl oz | 0.022 |
| 14235 | Beverages, OCEAN SPRAY, Diet Cran Cherry | 237.0 | 8.0 fl oz | 0.021 |
| 14221 | Beverages, OCEAN SPRAY, Diet Cranberry Juice | 237.0 | 8.0 fl oz | 0.021 |
| 14257 | Beverages, OCEAN SPRAY, Light Cranberry | 248.0 | 8.0 fl oz | 0.037 |
| 14226 | Beverages, OCEAN SPRAY, Light Cranberry and Raspberry Flavored Juice | 242.0 | 8.0 fl oz | 0.022 |
| 14259 | Beverages, OCEAN SPRAY, Light Cranberry, Concord Grape | 248.0 | 8.0 fl oz | 0.037 |
| 14285 | Beverages, OCEAN SPRAY, Ruby Red cranberry | 227.0 | 8.0 fl oz | 0.020 |
| 14258 | Beverages, OCEAN SPRAY, White Cranberry Peach | 247.0 | 8.0 fl oz | 0.022 |
| 14227 | Beverages, OCEAN SPRAY, White Cranberry Strawberry Flavored Juice Drink | 247.0 | 8.0 fl oz | 0.022 |
| 14327 | Beverages, orange and apricot juice drink, canned | 31.2 | 1.0 fl oz | 0.010 |
| 14436 | Beverages, orange breakfast drink, ready-to-drink, with added nutrients | 31.6 | 1.0 fl oz | 0.009 |
| 14426 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate | 36.3 | 1.0 fl oz | 0.116 |
| 14427 | Beverages, Orange drink, breakfast type, with juice and pulp, frozen concentrate, prepared with water | 31.3 | 1.0 fl oz | 0.031 |
| 14323 | Beverages, orange drink, canned, with added vitamin C | 31.0 | 1.0 fl oz | 0.000 |
| 42270 | Beverages, Orange juice drink | 249.0 | 1.0 cup | 0.045 |
| 14064 | Beverages, Orange juice, light, No pulp | 240.0 | 8.0 fl oz | 0.043 |
| 14409 | Beverages, Orange-flavor drink, breakfast type, low calorie, powder | 2.5 | 1.0 portion, amount of dry mix to make 8 fl oz prepared | 0.000 |
| 14407 | Beverages, orange-flavor drink, breakfast type, powder | 26.0 | 1.0 serving 2 tbsp | 0.003 |
| 14408 | Beverages, orange-flavor drink, breakfast type, powder, prepared with water | 33.9 | 1.0 fl oz | 0.003 |
| 14425 | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate, prepared with water | 31.0 | 1.0 fl oz | 0.006 |
| 14424 | Beverages, Orange-flavor drink, breakfast type, with pulp, frozen concentrate. Not manufactured anymore. | 35.3 | 1.0 fl oz | 0.014 |
| 14315 | Beverages, OVALTINE, chocolate malt powder | 78.0 | 1.0 cup | 1.418 |
| 14309 | Beverages, OVALTINE, Classic Malt powder | 21.0 | 1.0 serving (4 tbsp or 1 envelope) | 0.382 |
| 14644 | Beverages, PEPSICO QUAKER, Gatorade G2, low calorie | 237.0 | 8.0 fl oz | 0.000 |
| 14460 | Beverages, PEPSICO QUAKER, Gatorade, G performance O 2, ready-to-drink. | 30.5 | 1.0 fl oz | 0.002 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14334 | Beverages, pineapple and grapefruit juice drink, canned | 31.3 | 1.0 fl oz | 0.014 |
| 14341 | Beverages, pineapple and orange juice drink, canned | 31.3 | 1.0 fl oz | 0.013 |
| 14599 | Beverages, Powerade Zero Ion4, calorie-free, assorted flavors | 237.0 | 8.0 fl oz | 0.014 |
| 14167 | Beverages, POWERADE, Zero, Mixed Berry | 360.0 | 12.0 fl oz | 0.000 |
| 14462 | Beverages, Propel Zero, fruit-flavored, non-carbonated | 29.6 | 1.0 fl oz | 0.000 |
| 14067 | Beverages, Protein powder soy based | 45.0 | 1.0 scoop | 1.179 |
| 14066 | Beverages, Protein powder whey based | 32.0 | 0.33 cup | 0.016 |
| 14639 | Beverages, rice milk, unsweetened | 240.0 | 8.0 fl oz (approximate weight, 1 serving) | 0.089 |
| 14080 | Beverages, rich chocolate, powder | 11.0 | 2.0 tbsp | 0.200 |
| 14428 | Beverages, shake, fast food, strawberry | 23.5 | 1.0 fl oz | 0.005 |
| 14044 | Beverages, SLIMFAST, Meal replacement, High Protein Shake, Ready-To-Drink, 3-2-1 plan | 295.0 | 1.0 bottle | 0.041 |
| 14351 | Beverages, Strawberry-flavor beverage mix, powder, prepared with whole milk | 266.0 | 1.0 cup (8 fl oz) | 0.024 |
| 14544 | Beverages, tea, black, brewed, prepared with distilled water | 29.6 | 1.0 fl oz | 0.002 |
| 14355 | Beverages, tea, black, brewed, prepared with tap water | 29.6 | 1.0 fl oz | 0.003 |
| 14352 | Beverages, tea, black, brewed, prepared with tap water, decaffeinated | 29.6 | 1.0 fl oz | 0.003 |
| 14247 | Beverages, tea, black, ready to drink | 473.0 | 16.0 fl oz | 0.000 |
| 14281 | Beverages, tea, black, ready to drink, decaffeinated | 240.0 | 1.0 cup | 0.019 |
| 14280 | Beverages, tea, black, ready to drink, decaffeinated, diet | 240.0 | 1.0 cup | 0.019 |
| 14211 | Beverages, tea, black, ready-to-drink, lemon, diet | 265.0 | 1.0 cup | 0.013 |
| 14199 | Beverages, tea, black, ready-to-drink, lemon, sweetened | 271.0 | 1.0 cup | 0.016 |
| 14279 | Beverages, tea, black, ready-to-drink, peach, diet | 268.0 | 1.0 cup | 0.013 |
| 14260 | Beverages, tea, green, brewed, decaffeinated | 240.0 | 240.0 ml | 0.012 |
| 14278 | Beverages, tea, green, brewed, regular | 245.0 | 1.0 cup | 0.010 |
| 14246 | Beverages, tea, green, instant, decaffeinated, lemon, unsweetened, fortified with vitamin C | 4.5 | 2.0 tbsp | 0.000 |
| 14188 | Beverages, tea, green, ready to drink, ginseng and honey, sweetened | 260.0 | 1.0 cup | 0.013 |
| 14261 | Beverages, tea, green, ready to drink, unsweetened | 473.0 | 16.0 fl oz | 0.024 |
| 14191 | Beverages, tea, green, ready-to-drink, citrus, diet, fortified with vitamin C | 265.0 | 1.0 cup | 0.013 |
| 14190 | Beverages, tea, green, ready-to-drink, diet | 269.0 | 1.0 cup | 0.013 |
| 14206 | Beverages, tea, green, ready-to-drink, sweetened | 270.0 | 1.0 cup | 0.014 |
| 14545 | Beverages, tea, herb, brewed, chamomile | 29.6 | 1.0 fl oz | 0.004 |
| 14381 | Beverages, tea, herb, other than chamomile, brewed | 29.6 | 1.0 fl oz | 0.004 |
| 14649 | Beverages, tea, hibiscus, brewed | 237.0 | 8.0 fl oz | 0.000 |
| 14356 | Beverages, tea, instant, decaffeinated, lemon, diet | 1.6 | 2.0 tsp | 0.002 |
| 14357 | Beverages, tea, instant, decaffeinated, lemon, sweetened | 23.0 | 1.0 serving (3 heaping tsp) | 0.002 |
| 14353 | Beverages, tea, instant, decaffeinated, unsweetened | 0.7 | 1.0 serving 2 tsp | 0.004 |
| 14376 | Beverages, tea, instant, lemon, diet | 29.8 | 1.0 fl oz | 0.003 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14370 | Beverages, tea, instant, lemon, sweetened, powder | 23.0 | 1.0 serving (3 heaping tsp) | 0.002 |
| 14371 | Beverages, tea, instant, lemon, sweetened, prepared with water | 259.0 | 1.0 cup (8 fl oz) | 0.018 |
| 14368 | Beverages, tea, instant, lemon, unsweetened | 1.4 | 1.0 tsp, rounded | 0.005 |
| 14548 | Beverages, tea, instant, lemon, with added ascorbic acid | 23.0 | 1.0 serving (3 heaping tsp) | 0.006 |
| 14375 | Beverages, tea, instant, sweetened with sodium saccharin, lemon-flavored, powder | 1.6 | 2.0 tsp | 0.002 |
| 14366 | Beverages, tea, instant, unsweetened, powder | 0.7 | 1.0 serving 1 tsp | 0.004 |
| 14367 | Beverages, tea, instant, unsweetened, prepared with water | 29.7 | 1.0 fl oz | 0.003 |
| 14207 | Beverages, tea, ready-to-drink, lemon, diet | 266.0 | 1.0 cup | 0.013 |
| 14434 | Beverages, The COCA-COLA company, DASANI, water, bottled, non-carbonated | 29.6 | 1.0 fl oz | 0.000 |
| 14093 | Beverages, The COCA-COLA company, Glaceau Vitamin Water, Revive Fruit Punch, fortified | 591.0 | 20.0 fl oz | 0.000 |
| 14065 | Beverages, The COCA-COLA company, Hi-C Flashin' Fruit Punch | 200.0 | 6.75 fl oz | 0.000 |
| 14189 | Beverages, The COCA-COLA company, Minute Maid, Lemonade | 240.0 | 8.0 fl oz | 0.038 |
| 14030 | Beverages, THE COCA-COLA COMPANY, NOS energy drink, Original, grape, loaded cherry, charged citrus, fortified with vitamins B6 and B12 | 480.0 | 16.0 fl oz | 0.000 |
| 14026 | Beverages, THE COCA-COLA COMPANY, NOS Zero, energy drink, sugar-free with guarana, fortified with vitamins B6 and B12 | 480.0 | 16.0 fl oz | 0.000 |
| 14276 | Beverages, Tropical Punch, ready-to-drink | 210.0 | 1.0 NLEA Serving | 0.000 |
| 14055 | Beverages, UNILEVER, SLIMFAST Shake Mix, high protein, whey powder, 3-2-1 Plan, | 26.0 | 1.0 scoop | 0.200 |
| 14047 | Beverages, UNILEVER, SLIMFAST Shake Mix, powder, 3-2-1 Plan | 26.0 | 1.0 scoop | 0.200 |
| 14045 | Beverages, UNILEVER, SLIMFAST, meal replacement, regular, ready-to-drink, 3-2-1 Plan | 295.0 | 1.0 bottle | 0.035 |
| 14635 | Beverages, vegetable and fruit juice blend, 100% juice, with added vitamins A, C, E | 246.0 | 1.0 serving 8 oz | 0.030 |
| 14633 | Beverages, Vegetable and fruit juice drink, reduced calorie, with low-calorie sweetener, added vitamin C | 238.0 | 1.0 serving | 0.029 |
| 14605 | Beverages, Water with added vitamins and minerals, bottles, sweetened, assorted fruit flavors | 237.0 | 8.0 fl oz (1 NLEA serving) | 0.017 |
| 14432 | Beverages, water, bottled, non-carbonated, DANNON | 29.6 | 1.0 fl oz | 0.000 |
| 14440 | Beverages, water, bottled, non-carbonated, DANNON Fluoride To Go | 29.6 | 1.0 fl oz | 0.000 |
| 14559 | Beverages, water, bottled, non-carbonated, EVIAN | 29.6 | 1.0 fl oz | 0.000 |
| 14433 | Beverages, water, bottled, non-carbonated, PEPSI, AQUAFINA | 29.6 | 1.0 fl oz | 0.000 |
| 14384 | Beverages, water, bottled, PERRIER | 29.6 | 1.0 fl oz | 0.000 |
| 14385 | Beverages, water, bottled, POLAND SPRING | 29.6 | 1.0 fl oz | 0.000 |
| 14031 | Beverages, water, bottled, yumberry, pomegranate with anti-oxidants, zero calories | 240.0 | 8.0 fl oz | 0.000 |
| 14411 | Beverages, water, tap, drinking | 29.6 | 1.0 fl oz | 0.003 |
| 14429 | Beverages, water, tap, municipal | 29.6 | 1.0 fl oz | 0.003 |
| 14412 | Beverages, water, tap, well | 29.6 | 1.0 fl oz | 0.005 |
| 14601 | Beverages, WENDY'S, tea, ready-to-drink, unsweetened | 29.6 | 1.0 fl oz | 0.002 |
| 14058 | Beverages, Whey protein powder isolate | 86.0 | 3.0 scoop | 1.000 |
| 14028 | Beverages, Whiskey sour mix, bottled | 32.3 | 1.0 fl oz | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 14024 | Beverages, Whiskey sour mix, powder | 17.0 | 1.0 packet | 0.022 |
| 14553 | Beverages, Wine, non-alcoholic | 29.0 | 1.0 fl oz | 0.003 |
| 14079 | Beverages, yellow green colored citrus soft drink with caffeine | 473.0 | 16.0 fl oz | 0.024 |
| 14073 | Beverages, ZEVIA, cola | 355.0 | 1.0 can | 0.000 |
| 14074 | Beverages, ZEVIA, cola, caffeine free | 355.0 | 1.0 can | 0.000 |
| 18017 | Biscuits, mixed grain, refrigerated dough | 28.35 | 1.0 oz | 0.033 |
| 18010 | Biscuits, plain or buttermilk, dry mix | 120.0 | 1.0 cup, purchased | 0.185 |
| 18011 | Biscuits, plain or buttermilk, dry mix, prepared | 28.35 | 1.0 oz | 0.033 |
| 18009 | Biscuits, plain or buttermilk, frozen, baked | 28.35 | 1.0 oz | 0.024 |
| 18016 | Biscuits, plain or buttermilk, prepared from recipe | 28.35 | 1.0 oz | 0.023 |
| 18014 | Biscuits, plain or buttermilk, refrigerated dough, higher fat | 58.0 | 1.0 biscuit | 0.052 |
| 18015 | Biscuits, plain or buttermilk, refrigerated dough, higher fat, baked | 51.0 | 1.0 biscuit | 0.044 |
| 18012 | Biscuits, plain or buttermilk, refrigerated dough, lower fat | 58.0 | 1.0 serving 1 biscuit | 0.046 |
| 18013 | Biscuits, plain or buttermilk, refrigerated dough, lower fat, baked | 28.35 | 1.0 oz | 0.026 |
| 17148 | Bison, ground, grass-fed, cooked | 85.0 | 3.0 oz | 0.128 |
| 17149 | Bison, ground, grass-fed, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 0.119 |
| 09046 | Blackberries, canned, heavy syrup, solids and liquids | 256.0 | 1.0 cup | 0.340 |
| 09048 | Blackberries, frozen, unsweetened | 151.0 | 1.0 cup, unthawed | 0.181 |
| 09042 | Blackberries, raw | 144.0 | 1.0 cup | 0.238 |
| 35015 | Blackberries, wild, raw (Alaska Native) | 157.0 | 1.0 cup | 0.349 |
| 09043 | Blackberry juice, canned | 250.0 | 1.0 cup | 0.285 |
| 07005 | Blood sausage | 100.0 | 4.0 slices | 0.040 |
| 09052 | Blueberries, canned, heavy syrup, solids and liquids | 256.0 | 1.0 cup | 0.136 |
| 09352 | Blueberries, canned, light syrup, drained | 244.0 | 1.0 cup | 0.129 |
| 09163 | Blueberries, dried, sweetened | 40.0 | 0.25 cup | 0.064 |
| 09055 | Blueberries, frozen, sweetened | 230.0 | 1.0 cup, thawed | 0.090 |
| 09054 | Blueberries, frozen, unsweetened | 155.0 | 1.0 cup, unthawed | 0.051 |
| 09050 | Blueberries, raw | 148.0 | 1.0 cup | 0.084 |
| 07006 | Bockwurst, pork, veal, raw | 91.0 | 1.0 sausage | 0.091 |
| 07007 | Bologna, beef | 30.0 | 1.0 slice | 0.016 |
| 07008 | Bologna, beef and pork | 100.0 | 3.527 oz | 0.052 |
| 42129 | Bologna, beef and pork, low fat | 138.0 | 1.0 cup pieces | 0.110 |
| 42161 | Bologna, beef, low fat | 28.0 | 1.0 slice | 0.008 |
| 07960 | Bologna, chicken, pork | 28.0 | 1.0 serving | 0.011 |
| 07959 | Bologna, chicken, pork, beef | 28.0 | 1.0 serving | 0.018 |
| 07952 | Bologna, chicken, turkey, pork | 28.0 | 1.0 serving | 0.017 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 07971 | Bologna, meat and poultry | 33.0 | 1.0 slice | 0.012 |
| 07010 | Bologna, pork | 28.0 | 1.0 slice, medium (4-1/2" dia x 1/8" thick) (1 oz) | 0.022 |
| 07936 | Bologna, pork and turkey, lite | 56.0 | 1.0 serving 2 oz | 0.046 |
| 07937 | Bologna, pork, turkey and beef | 28.35 | 1.0 oz | 0.026 |
| 07011 | Bologna, turkey | 28.0 | 0.99 oz 1 serving | 0.020 |
| 11613 | Borage, raw | 89.0 | 1.0 cup (1" pieces) | 0.116 |
| 09056 | Boysenberries, canned, heavy syrup | 256.0 | 1.0 cup | 0.179 |
| 09057 | Boysenberries, frozen, unsweetened | 132.0 | 1.0 cup, unthawed | 0.106 |
| 07922 | Bratwurst, beef and pork, smoked | 66.0 | 1.0 serving 2.33 oz | 0.053 |
| 07923 | Bratwurst, chicken, cooked | 84.0 | 1.0 serving 2.96 oz | 0.042 |
| 07924 | Bratwurst, pork, beef and turkey, lite, smoked | 66.0 | 1.0 serving 2.33 oz | 0.042 |
| 07013 | Bratwurst, pork, cooked | 85.0 | 1.0 link cooked | 0.088 |
| 07910 | Bratwurst, veal, cooked | 84.0 | 1.0 serving 2.96 oz | 0.068 |
| 07014 | Braunschweiger (a liver sausage), pork | 28.35 | 1.0 oz | 0.068 |
| 18079 | Bread crumbs, dry, grated, plain | 28.35 | 1.0 oz | 0.072 |
| 18376 | Bread crumbs, dry, grated, seasoned | 28.35 | 1.0 oz | 0.069 |
| 18080 | Bread sticks, plain | 46.0 | 1.0 cup, small pieces | 0.086 |
| 18081 | Bread stuffing, bread, dry mix | 28.35 | 1.0 oz | 0.067 |
| 18082 | Bread stuffing, bread, dry mix, prepared | 28.35 | 1.0 oz | 0.018 |
| 18084 | Bread stuffing, cornbread, dry mix | 28.35 | 1.0 oz | 0.065 |
| 18085 | Bread stuffing, cornbread, dry mix, prepared | 28.35 | 1.0 oz | 0.020 |
| 18019 | Bread, banana, prepared from recipe, made with margarine | 28.35 | 1.0 oz | 0.020 |
| 18021 | Bread, boston brown, canned | 28.35 | 1.0 oz | 0.023 |
| 28306 | Bread, chapati or roti, plain, commercially prepared | 68.0 | 1.0 piece | 0.171 |
| 28285 | Bread, chapati or roti, whole wheat, commercially prepared, frozen | 43.0 | 1.0 piece | 0.098 |
| 18972 | Bread, cheese | 48.0 | 1.0 slice | 0.041 |
| 28315 | Bread, cinnamon | 28.0 | 1.0 slice 1 serving | 0.018 |
| 18022 | Bread, cornbread, dry mix, enriched (includes corn muffin mix) | 28.35 | 1.0 oz | 0.024 |
| 18023 | Bread, cornbread, dry mix, prepared with 2% milk, 80% margarine, and eggs | 51.0 | 1.0 muffin | 0.037 |
| 18412 | Bread, cornbread, dry mix, unenriched (includes corn muffin mix) | 28.35 | 1.0 oz | 0.024 |
| 18024 | Bread, cornbread, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.014 |
| 18025 | Bread, cracked-wheat | 28.35 | 1.0 oz | 0.063 |
| 18027 | Bread, egg | 28.35 | 1.0 oz | 0.046 |
| 18028 | Bread, egg, toasted | 28.35 | 1.0 oz | 0.050 |
| 18029 | Bread, french or vienna (includes sourdough) | 28.35 | 1.0 oz | 0.043 |
| 18030 | Bread, french or vienna, toasted (includes sourdough) | 28.35 | 1.0 oz | 0.043 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 28318 | Bread, french or vienna, whole wheat | 48.0 | 1.0 slice 1 serving | 0.090 |
| 28336 | Bread, gluten-free, white, made with potato extract, rice starch, and rice flour | 34.0 | 1.0 slice | 0.013 |
| 28337 | Bread, gluten-free, white, made with rice flour, corn starch, and/or tapioca | 35.0 | 1.0 slice | 0.026 |
| 28338 | Bread, gluten-free, white, made with tapioca starch and brown rice flour | 28.0 | 1.0 slice | 0.015 |
| 28339 | Bread, gluten-free, whole grain, made with tapioca starch and brown rice flour | 25.0 | 1.0 slice | 0.018 |
| 18032 | Bread, irish soda, prepared from recipe | 28.35 | 1.0 oz | 0.037 |
| 18033 | Bread, italian | 28.35 | 1.0 oz | 0.054 |
| 35140 | Bread, kneel down (Navajo) | 28.35 | 1.0 oz | 0.027 |
| 28397 | Bread, multi-grain (includes whole-grain) | 28.35 | 1.0 oz | 0.080 |
| 18036 | Bread, multi-grain, toasted (includes whole-grain) | 28.35 | 1.0 oz | 0.087 |
| 28307 | Bread, naan, plain, commercially prepared, refrigerated | 90.0 | 1.0 piece | 0.116 |
| 28287 | Bread, naan, whole wheat, commercially prepared, refrigerated | 106.0 | 1.0 piece | 0.167 |
| 18037 | Bread, oat bran | 28.35 | 1.0 oz | 0.038 |
| 18038 | Bread, oat bran, toasted | 28.35 | 1.0 oz | 0.036 |
| 18039 | Bread, oatmeal | 28.35 | 1.0 oz | 0.059 |
| 18040 | Bread, oatmeal, toasted | 28.35 | 1.0 oz | 0.064 |
| 18955 | Bread, pan dulce, sweet yeast bread | 63.0 | 1.0 slice (average weight of 1 slice) | 0.076 |
| 28286 | Bread, paratha, whole wheat, commercially prepared, frozen | 79.0 | 1.0 piece | 0.115 |
| 18041 | Bread, pita, white, enriched | 60.0 | 1.0 pita, large (6-1/2" dia) | 0.101 |
| 18413 | Bread, pita, white, unenriched | 28.35 | 1.0 oz | 0.048 |
| 18042 | Bread, pita, whole-wheat | 64.0 | 1.0 pita, large (6-1/2" dia) | 0.186 |
| 18971 | Bread, potato | 32.0 | 1.0 slice | 0.030 |
| 18954 | Bread, pound cake type, pan de torta salvadoran | 55.0 | 1.0 serving | 0.016 |
| 18043 | Bread, protein (includes gluten) | 28.35 | 1.0 oz | 0.118 |
| 18383 | Bread, protein, (includes gluten), toasted | 28.35 | 1.0 oz | 0.058 |
| 18044 | Bread, pumpernickel | 28.35 | 1.0 oz | 0.081 |
| 18045 | Bread, pumpernickel, toasted | 28.35 | 1.0 oz | 0.089 |
| 18047 | Bread, raisin, enriched | 28.35 | 1.0 oz | 0.056 |
| 18048 | Bread, raisin, enriched, toasted | 28.35 | 1.0 oz | 0.061 |
| 18414 | Bread, raisin, unenriched | 28.35 | 1.0 oz | 0.056 |
| 18049 | Bread, reduced-calorie, oat bran | 28.35 | 1.0 oz | 0.082 |
| 18050 | Bread, reduced-calorie, oat bran, toasted | 28.35 | 1.0 oz | 0.042 |
| 18051 | Bread, reduced-calorie, oatmeal | 28.35 | 1.0 oz | 0.028 |
| 18053 | Bread, reduced-calorie, rye | 28.35 | 1.0 oz | 0.038 |
| 18055 | Bread, reduced-calorie, wheat | 28.35 | 1.0 oz | 0.048 |
| 18057 | Bread, reduced-calorie, white | 28.35 | 1.0 oz | 0.094 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18059 | Bread, rice bran | 28.35 | 1.0 oz | 0.052 |
| 18384 | Bread, rice bran, toasted | 28.35 | 1.0 oz | 0.052 |
| 28288 | Bread, roll, Mexican, bollilo | 98.0 | 1.0 piece | 0.132 |
| 18060 | Bread, rye | 28.35 | 1.0 oz | 0.053 |
| 18061 | Bread, rye, toasted | 28.35 | 1.0 oz | 0.058 |
| 18953 | Bread, salvadoran sweet cheese (quesadilla salvadorena) | 55.0 | 1.0 serving (approximate serving size) | 0.016 |
| 18064 | Bread, wheat | 29.0 | 1.0 slice | 0.043 |
| 18066 | Bread, wheat bran | 28.35 | 1.0 oz | 0.063 |
| 18385 | Bread, wheat germ, toasted | 28.35 | 1.0 oz | 0.057 |
| 28316 | Bread, wheat, sprouted | 38.0 | 1.0 slice 1 serving | 0.079 |
| 28317 | Bread, wheat, sprouted, toasted | 38.0 | 1.0 slice 1 serving | 0.086 |
| 18065 | Bread, wheat, toasted | 28.35 | 1.0 oz | 0.056 |
| 18967 | Bread, white wheat | 28.0 | 1.0 slice | 0.042 |
| 18069 | Bread, white, commercially prepared (includes soft bread crumbs) | 29.0 | 1.0 slice | 0.029 |
| 18416 | Bread, white, commercially prepared, low sodium, no salt | 28.35 | 1.0 oz | 0.036 |
| 18070 | Bread, white, commercially prepared, toasted | 28.35 | 1.0 oz | 0.039 |
| 18432 | Bread, white, commercially prepared, toasted, low sodium no salt | 28.35 | 1.0 oz | 0.039 |
| 18073 | Bread, white, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.033 |
| 18071 | Bread, white, prepared from recipe, made with nonfat dry milk | 28.35 | 1.0 oz | 0.032 |
| 18075 | Bread, whole-wheat, commercially prepared | 32.0 | 1.0 slice | 0.073 |
| 18076 | Bread, whole-wheat, commercially prepared, toasted | 28.35 | 1.0 oz | 0.190 |
| 18077 | Bread, whole-wheat, prepared from recipe | 28.35 | 1.0 oz | 0.072 |
| 18078 | Bread, whole-wheat, prepared from recipe, toasted | 28.35 | 1.0 oz | 0.079 |
| 09059 | Breadfruit, raw | 220.0 | 1.0 cup | 0.185 |
| 43595 | Breakfast bar, corn flake crust with fruit | 28.35 | 1.0 oz | 0.028 |
| 43100 | Breakfast bars, oats, sugar, raisins, coconut (include granola bar) | 43.0 | 1.0 bar | 0.155 |
| 18459 | Breakfast tart, low fat | 52.0 | 1.0 tart | 0.038 |
| 16054 | Broadbeans (fava beans), mature seeds, canned | 256.0 | 1.0 cup | 0.279 |
| 16353 | Broadbeans (fava beans), mature seeds, cooked, boiled, with salt | 170.0 | 1.0 cup | 0.440 |
| 16053 | Broadbeans (fava beans), mature seeds, cooked, boiled, without salt | 170.0 | 1.0 cup | 0.440 |
| 16052 | Broadbeans (fava beans), mature seeds, raw | 150.0 | 1.0 cup | 1.236 |
| 11088 | Broadbeans, immature seeds, raw | 109.0 | 1.0 cup | 0.081 |
| 11097 | Broccoli raab, cooked | 85.0 | 1.0 NLEA serving | 0.064 |
| 11096 | Broccoli raab, raw | 40.0 | 1.0 cup chopped | 0.017 |
| 11969 | Broccoli, chinese, cooked | 88.0 | 1.0 cup | 0.054 |
| 11742 | Broccoli, cooked, boiled, drained, with salt | 78.0 | 0.5 cup, chopped | 0.048 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11091 | Broccoli, cooked, boiled, drained, without salt | 78.0 | 0.5 cup, chopped | 0.048 |
| 11740 | Broccoli, flower clusters, raw | 71.0 | 1.0 cup flowerets | 0.032 |
| 11743 | Broccoli, frozen, chopped, cooked, boiled, drained, with salt | 184.0 | 1.0 cup | 0.063 |
| 11093 | Broccoli, frozen, chopped, cooked, boiled, drained, without salt | 184.0 | 1.0 cup | 0.063 |
| 11092 | Broccoli, frozen, chopped, unprepared | 156.0 | 1.0 cup | 0.059 |
| 11744 | Broccoli, frozen, spears, cooked, boiled, drained, with salt | 92.0 | 0.5 cup | 0.040 |
| 11095 | Broccoli, frozen, spears, cooked, boiled, drained, without salt | 92.0 | 0.5 cup | 0.040 |
| 11094 | Broccoli, frozen, spears, unprepared | 95.0 | 0.33 package (10 oz) | 0.034 |
| 11090 | Broccoli, raw | 91.0 | 1.0 cup chopped | 0.045 |
| 11741 | Broccoli, stalks, raw | 114.0 | 1.0 stalk | 0.051 |
| 07015 | Brotwurst, pork, beef, link | 70.0 | 1.0 link | 0.056 |
| 11745 | Brussels sprouts, cooked, boiled, drained, with salt | 21.0 | 1.0 sprout | 0.017 |
| 11099 | Brussels sprouts, cooked, boiled, drained, without salt | 21.0 | 1.0 sprout | 0.017 |
| 11746 | Brussels sprouts, frozen, cooked, boiled, drained, with salt | 155.0 | 1.0 cup | 0.053 |
| 11101 | Brussels sprouts, frozen, cooked, boiled, drained, without salt | 155.0 | 1.0 cup | 0.053 |
| 11100 | Brussels sprouts, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 0.031 |
| 11098 | Brussels sprouts, raw | 88.0 | 1.0 cup | 0.062 |
| 20008 | Buckwheat | 170.0 | 1.0 cup | 1.870 |
| 20011 | Buckwheat flour, whole-groat | 120.0 | 1.0 cup | 0.618 |
| 20010 | Buckwheat groats, roasted, cooked | 168.0 | 1.0 cup | 0.245 |
| 20009 | Buckwheat groats, roasted, dry | 164.0 | 1.0 cup | 1.023 |
| 20013 | Bulgur, cooked | 182.0 | 1.0 cup | 0.136 |
| 20012 | Bulgur, dry | 140.0 | 1.0 cup | 0.469 |
| 11747 | Burdock root, cooked, boiled, drained, with salt | 125.0 | 1.0 cup (1" pieces) | 0.111 |
| 11105 | Burdock root, cooked, boiled, drained, without salt | 125.0 | 1.0 cup (1" pieces) | 0.111 |
| 11104 | Burdock root, raw | 118.0 | 1.0 cup (1" pieces) | 0.091 |
| 21251 | BURGER KING, Cheeseburger | 133.0 | 1.0 item | 0.146 |
| 21256 | BURGER KING, Chicken Strips | 36.0 | 1.0 strip | 0.026 |
| 21385 | BURGER KING, CROISSAN'WICH with Egg and Cheese | 110.0 | 1.0 item | 0.081 |
| 21384 | BURGER KING, CROISSAN'WICH with Sausage and Cheese | 131.0 | 1.0 item | 0.094 |
| 21383 | BURGER KING, CROISSAN'WICH with Sausage, Egg and Cheese | 171.0 | 1.0 sandwich | 0.120 |
| 21506 | BURGER KING, Double Cheeseburger | 162.0 | 1.0 sandwich | 0.151 |
| 21254 | BURGER KING, DOUBLE WHOPPER, no cheese | 374.0 | 1.0 item | 0.449 |
| 21255 | BURGER KING, DOUBLE WHOPPER, with cheese | 399.0 | 1.0 item | 0.311 |
| 21249 | BURGER KING, french fries | 74.0 | 1.0 small serving | 0.094 |
| 21386 | BURGER KING, french toast sticks | 21.0 | 1.0 stick | 0.018 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21250 | BURGER KING, Hamburger | 99.0 | 1.0 sandwich | 0.120 |
| 21387 | BURGER KING, Hash Brown Rounds | 5.6 | 1.0 piece | 0.007 |
| 21509 | BURGER KING, Onion Rings | 91.0 | 1.0 small | 0.068 |
| 21259 | BURGER KING, Original Chicken Sandwich | 199.0 | 1.0 sandwich | 0.177 |
| 21258 | BURGER KING, Premium Fish Sandwich | 220.0 | 1.0 sandwich | 0.165 |
| 21141 | BURGER KING, Vanilla Shake | 24.8 | 1.0 fl oz | 0.047 |
| 21252 | BURGER KING, WHOPPER, no cheese | 291.0 | 1.0 item | 0.038 |
| 21253 | BURGER KING, WHOPPER, with cheese | 316.0 | 1.0 item | 0.167 |
| 22918 | Burrito, bean and cheese, frozen | 129.0 | 1.0 burrito | 0.166 |
| 22917 | Burrito, beef and bean, frozen | 139.0 | 1.0 burrito frozen | 0.293 |
| 22928 | Burrito, beef and bean, microwaved | 116.0 | 1.0 burrito cooked | 0.264 |
| 01003 | Butter oil, anhydrous | 12.8 | 1.0 tbsp | 0.000 |
| 43214 | Butter replacement, without fat, powder | 80.0 | 1.0 cup | 0.000 |
| 04601 | Butter, light, stick, with salt | 14.0 | 1.0 tablespoon | 0.000 |
| 04602 | Butter, light, stick, without salt | 14.0 | 1.0 tablespoon | 0.000 |
| 01001 | Butter, salted | 5.0 | 1.0 pat (1" sq, 1/3" high) | 0.000 |
| 01002 | Butter, whipped, with salt | 3.8 | 1.0 pat (1" sq, 1/3" high) | 0.000 |
| 01145 | Butter, without salt | 5.0 | 1.0 pat (1" sq, 1/3" high) | 0.001 |
| 11106 | Butterbur, (fuki), raw | 94.0 | 1.0 cup | 0.097 |
| 11108 | Butterbur, canned | 124.0 | 1.0 cup, chopped | 0.046 |
| 11754 | Cabbage, chinese (pak-choi), cooked, boiled, drained, with salt | 170.0 | 1.0 cup, shredded | 0.032 |
| 11117 | Cabbage, chinese (pak-choi), cooked, boiled, drained, without salt | 170.0 | 1.0 cup, shredded | 0.032 |
| 11116 | Cabbage, chinese (pak-choi), raw | 70.0 | 1.0 cup, shredded | 0.015 |
| 11755 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, with salt | 119.0 | 1.0 cup, shredded | 0.035 |
| 11120 | Cabbage, chinese (pe-tsai), cooked, boiled, drained, without salt | 119.0 | 1.0 cup, shredded | 0.035 |
| 11119 | Cabbage, chinese (pe-tsai), raw | 76.0 | 1.0 cup, shredded | 0.027 |
| 11749 | Cabbage, common (danish, domestic, and pointed types), freshly harvest, raw | 35.0 | 0.5 cup, shredded | 0.008 |
| 11750 | Cabbage, common (danish, domestic, and pointed types), stored, raw | 35.0 | 0.5 cup, shredded | 0.008 |
| 11751 | Cabbage, common, cooked, boiled, drained, with salt | 75.0 | 0.5 cup, shredded | 0.013 |
| 11110 | Cabbage, cooked, boiled, drained, without salt | 75.0 | 0.5 cup, shredded | 0.013 |
| 43143 | Cabbage, japanese style, fresh, pickled | 150.0 | 1.0 cup | 0.038 |
| 11118 | Cabbage, kimchi | 150.0 | 1.0 cup | 0.036 |
| 43144 | Cabbage, mustard, salted | 128.0 | 1.0 cup | 0.044 |
| 11970 | Cabbage, napa, cooked | 109.0 | 1.0 cup | 0.105 |
| 11109 | Cabbage, raw | 89.0 | 1.0 cup, chopped | 0.017 |
| 11752 | Cabbage, red, cooked, boiled, drained, with salt | 22.0 | 1.0 leaf | 0.012 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11113 | Cabbage, red, cooked, boiled, drained, without salt | 22.0 | 1.0 leaf | 0.012 |
| 11112 | Cabbage, red, raw | 89.0 | 1.0 cup, chopped | 0.015 |
| 11753 | Cabbage, savoy, cooked, boiled, drained, with salt | 145.0 | 1.0 cup, shredded | 0.075 |
| 11115 | Cabbage, savoy, cooked, boiled, drained, without salt | 145.0 | 1.0 cup, shredded | 0.075 |
| 11114 | Cabbage, savoy, raw | 70.0 | 1.0 cup, shredded | 0.043 |
| 18086 | Cake, angelfood, commercially prepared | 28.0 | 1.0 piece (1/12 of 12 oz cake) | 0.022 |
| 18087 | Cake, angelfood, dry mix | 38.0 | 1.0 serving | 0.036 |
| 18088 | Cake, angelfood, dry mix, prepared | 50.0 | 1.0 piece (1/12 of 10" dia) | 0.034 |
| 18090 | Cake, boston cream pie, commercially prepared | 28.35 | 1.0 oz | 0.012 |
| 18095 | Cake, cherry fudge with chocolate frosting | 28.35 | 1.0 oz | 0.016 |
| 18096 | Cake, chocolate, commercially prepared with chocolate frosting, in-store bakery | 138.0 | 1.0 piece (1/12 of a cake) | 0.298 |
| 18101 | Cake, chocolate, prepared from recipe without frosting | 95.0 | 1.0 piece (1/12 of 9" dia) | 0.197 |
| 18110 | Cake, fruitcake, commercially prepared | 28.35 | 1.0 oz | 0.014 |
| 18114 | Cake, gingerbread, dry mix | 28.35 | 1.0 oz | 0.070 |
| 18116 | Cake, gingerbread, prepared from recipe | 28.35 | 1.0 oz | 0.055 |
| 18119 | Cake, pineapple upside-down, prepared from recipe | 28.35 | 1.0 oz | 0.025 |
| 18957 | Cake, pound, BIMBO Bakeries USA, Panque Casero, home baked style | 39.0 | 1.0 slice | 0.022 |
| 18120 | Cake, pound, commercially prepared, butter (includes fresh and frozen) | 61.0 | 0.167 loaf 1/6 of the loaf | 0.026 |
| 18451 | Cake, pound, commercially prepared, fat-free | 28.35 | 1.0 oz | 0.016 |
| 18121 | Cake, pound, commercially prepared, other than all butter, enriched | 30.0 | 1.0 piece (1/10 of 10.6 oz cake) | 0.016 |
| 18418 | Cake, pound, commercially prepared, other than all butter, unenriched | 30.0 | 1.0 piece (1/10 of 10.6 oz cake) | 0.016 |
| 18092 | Cake, pudding-type, carrot, dry mix | 28.35 | 1.0 oz | 0.014 |
| 18097 | Cake, pudding-type, chocolate, dry mix | 28.35 | 1.0 oz | 0.077 |
| 18112 | Cake, pudding-type, german chocolate, dry mix | 43.0 | 1.0 serving | 0.067 |
| 18117 | Cake, pudding-type, marble, dry mix | 28.35 | 1.0 oz | 0.038 |
| 18135 | Cake, pudding-type, white, enriched, dry mix | 28.35 | 1.0 oz | 0.016 |
| 18419 | Cake, pudding-type, white, unenriched, dry mix | 28.35 | 1.0 oz | 0.016 |
| 18142 | Cake, pudding-type, yellow, dry mix | 28.35 | 1.0 oz | 0.016 |
| 18126 | Cake, shortcake, biscuit-type, prepared from recipe | 28.35 | 1.0 oz | 0.022 |
| 18127 | Cake, snack cakes, creme-filled, chocolate with frosting | 28.35 | 1.0 oz | 0.086 |
| 28296 | Cake, snack cakes, creme-filled, chocolate with frosting, low-fat, with added fiber | 27.0 | 1.0 cake 1 serving | 0.066 |
| 18128 | Cake, snack cakes, creme-filled, sponge | 28.35 | 1.0 oz | 0.042 |
| 28297 | Cake, snack cakes, not chocolate, with icing or filling, low-fat, with added fiber | 27.0 | 1.0 cake 1 serving | 0.018 |
| 18133 | Cake, sponge, commercially prepared | 28.35 | 1.0 oz | 0.018 |
| 18134 | Cake, sponge, prepared from recipe | 28.35 | 1.0 oz | 0.016 |
| 18131 | Cake, white, dry mix, special dietary (includes lemon-flavored) | 28.35 | 1.0 oz | 0.016 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18102 | Cake, white, prepared from recipe with coconut frosting | 28.35 | 1.0 oz | 0.019 |
| 18139 | Cake, white, prepared from recipe without frosting | 74.0 | 1.0 piece (1/12 of 9" dia) | 0.044 |
| 18140 | Cake, yellow, commercially prepared, with chocolate frosting, in-store bakery | 144.0 | 1.0 piece (1/12 of a cake) | 0.229 |
| 18141 | Cake, yellow, commercially prepared, with vanilla frosting | 67.0 | 1.0 serving | 0.023 |
| 18144 | Cake, yellow, enriched, dry mix | 43.0 | 1.0 serving | 0.031 |
| 18453 | Cake, yellow, light, dry mix | 28.35 | 1.0 oz | 0.018 |
| 18146 | Cake, yellow, prepared from recipe without frosting | 68.0 | 1.0 piece (1/12 of 8" dia) | 0.038 |
| 18420 | Cake, yellow, unenriched, dry mix | 28.35 | 1.0 oz | 0.020 |
| 06415 | CAMPBELL'S CHUNKY Soups, Hearty Beef Barley Soup | 206.0 | 1.0 cup | 0.130 |
| 06434 | CAMPBELL'S CHUNKY Soups, Old Fashioned Vegetable Beef Soup | 247.0 | 1.0 cup | 0.067 |
| 06395 | CAMPBELL'S CHUNKY, Classic Chicken Noodle Soup | 243.0 | 1.0 cup | 0.061 |
| 06431 | CAMPBELL'S CHUNKY, New England Clam Chowder | 251.0 | 1.0 cup | 0.083 |
| 27021 | CAMPBELL'S Homestyle HEALTHY REQUEST Chicken with Whole Grain Pasta Soup | 246.0 | 1.0 cup | 0.062 |
| 06545 | CAMPBELL'S Homestyle New England Clam Chowder | 256.0 | 1.0 cup | 0.064 |
| 06338 | CAMPBELL'S, Cream of Mushroom Soup, condensed | 129.0 | 0.5 cup condensed | 0.031 |
| 06029 | CAMPBELL'S, HEALTHY REQUEST, chicken with rice, condensed | 126.0 | 0.5 cup | 0.068 |
| 06062 | CAMPBELL'S, Red and White, Chicken Noodle Soup, condensed | 123.0 | 0.5 cup | 0.033 |
| 06377 | CAMPBELL'S, Tomato Soup, condensed | 124.0 | 0.5 cup condensed | 0.062 |
| 05111 | Canada Goose, breast meat, skinless, raw | 85.0 | 3.0 oz | 0.377 |
| 10998 | Canadian bacon, cooked, pan-fried | 13.8 | 1.0 slice | 0.009 |
| 10130 | Canadian bacon, unprepared | 85.0 | 3.0 oz | 0.045 |
| 19098 | Candies, 5TH AVENUE Candy Bar | 56.0 | 1.0 bar 2 oz | 0.118 |
| 19070 | Candies, butterscotch | 28.35 | 1.0 oz | 0.000 |
| 19074 | Candies, caramels | 71.0 | 1.0 package (2.5 oz) | 0.013 |
| 19076 | Candies, caramels, chocolate-flavor roll | 6.6 | 1.0 piece | 0.009 |
| 19071 | Candies, carob, unsweetened | 28.35 | 1.0 oz | 0.052 |
| 43031 | Candies, chocolate covered, caramel with nuts | 14.0 | 1.0 piece | 0.081 |
| 19905 | Candies, chocolate, dark, NFS (45-59% cacao solids 90%; 60-69% cacao solids 5%; 70-85% cacao solids 5%) | 28.35 | 1.0 oz | 0.305 |
| 19085 | Candies, confectioner's coating, butterscotch | 170.0 | 1.0 cup chips | 0.005 |
| 19086 | Candies, confectioner's coating, peanut butter | 168.0 | 1.0 cup chips | 0.672 |
| 19079 | Candies, confectioner's coating, yogurt | 170.0 | 1.0 cup chips | 0.014 |
| 19910 | Candies, crispy bar with peanut butter filling | 42.0 | 1.0 serving 1.5 oz | 0.084 |
| 19268 | Candies, dark chocolate coated coffee beans | 40.0 | 1.0 serving 28 pieces | 0.225 |
| 19384 | Candies, divinity, prepared-from-recipe | 11.0 | 1.0 piece | 0.001 |
| 19099 | Candies, fondant, prepared-from-recipe | 28.35 | 1.0 oz | 0.001 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19919 | Candies, fruit snacks, with high vitamin C | 44.0 | 1.0 serving | 0.007 |
| 19379 | Candies, fudge, chocolate marshmallow, prepared-from-recipe | 20.0 | 1.0 piece | 0.043 |
| 19301 | Candies, fudge, chocolate marshmallow, with nuts, prepared-by-recipe | 28.35 | 1.0 oz | 0.090 |
| 19100 | Candies, fudge, chocolate, prepared-from-recipe | 17.0 | 1.0 piece | 0.056 |
| 19101 | Candies, fudge, chocolate, with nuts, prepared-from-recipe | 28.35 | 1.0 oz | 0.149 |
| 19102 | Candies, fudge, peanut butter, prepared-from-recipe | 16.0 | 1.0 piece | 0.009 |
| 19104 | Candies, fudge, vanilla with nuts | 28.35 | 1.0 oz | 0.062 |
| 19103 | Candies, fudge, vanilla, prepared-from-recipe | 28.35 | 1.0 oz | 0.001 |
| 43057 | Candies, gum drops, no sugar or low calorie (sorbitol) | 182.0 | 1.0 cup | 0.000 |
| 19106 | Candies, gumdrops, starch jelly pieces | 182.0 | 1.0 cup gumdrops | 0.022 |
| 19117 | Candies, halavah, plain | 28.35 | 1.0 oz | 0.341 |
| 19107 | Candies, hard | 28.35 | 1.0 oz | 0.008 |
| 43058 | Candies, hard, dietetic or low calorie (sorbitol) | 3.0 | 1.0 piece | 0.000 |
| 19243 | Candies, HEATH BITES | 39.0 | 15.0 pieces | 0.012 |
| 19236 | Candies, HERSHEY'S MILK CHOCOLATE WITH ALMOND BITES | 39.0 | 17.0 pieces | 0.078 |
| 19136 | Candies, HERSHEY'S SKOR Toffee Bar | 39.0 | 1.0 bar 1.4 oz | 0.016 |
| 19248 | Candies, HERSHEY'S, ALMOND JOY BITES | 40.0 | 18.0 pieces | 0.072 |
| 19250 | Candies, HERSHEY, KIT KAT BIG KAT Bar | 55.0 | 1.0 bar 1.94 oz | 0.006 |
| 19249 | Candies, HERSHEY, REESESTICKS crispy wafers, peanut butter, milk chocolate | 42.0 | 1.0 serving 1.5 oz | 0.084 |
| 19108 | Candies, jellybeans | 11.0 | 10.0 small | 0.003 |
| 19109 | Candies, KIT KAT Wafer Bar | 42.0 | 1.0 bar (1.5 oz) | 0.092 |
| 19110 | Candies, KRACKEL Chocolate Bar | 41.0 | 1.0 bar 1.45 oz | 0.008 |
| 19914 | Candies, M&M MARS 3 MUSKETEERS Truffle Crisp | 31.0 | 1.0 serving | 0.121 |
| 19917 | Candies, M&M MARS Pretzel Chocolate Candies | 40.0 | 0.25 cup | 0.108 |
| 19159 | Candies, MARS SNACKFOOD US, 3 MUSKETEERS Bar | 60.0 | 1.0 serving 2.13 oz bar | 0.093 |
| 42227 | Candies, MARS SNACKFOOD US, M&M's Almond Chocolate Candies | 37.0 | 1.0 serving 1.31 oz bag | 0.204 |
| 19141 | Candies, MARS SNACKFOOD US, M&M's Milk Chocolate Candies | 48.0 | 1.0 package (1.69 oz) | 0.165 |
| 42148 | Candies, MARS SNACKFOOD US, M&M's Peanut Butter Chocolate Candies | 46.0 | 1.0 serving 1.63 oz singles bag | 0.208 |
| 19140 | Candies, MARS SNACKFOOD US, M&M's Peanut Chocolate Candies | 54.0 | 1.0 serving 1 singles bag | 0.273 |
| 19115 | Candies, MARS SNACKFOOD US, MARS Almond Bar | 50.0 | 1.0 bar (1.76 oz) | 0.125 |
| 19135 | Candies, MARS SNACKFOOD US, MILKY WAY Bar | 58.0 | 1.0 serving 2.05 oz bar | 0.085 |
| 42196 | Candies, MARS SNACKFOOD US, MILKY WAY Midnight Bar | 50.0 | 1.0 serving 1.76 oz bar | 0.172 |
| 19370 | Candies, MARS SNACKFOOD US, SKITTLES Original Bite Size Candies | 62.0 | 1.0 serving 2.17 oz pack | 0.022 |
| 19155 | Candies, MARS SNACKFOOD US, SNICKERS Bar | 57.0 | 1.0 bar (2 oz) | 0.154 |
| 19156 | Candies, MARS SNACKFOOD US, STARBURST Fruit Chews, Original fruits | 40.0 | 1.0 serving fun size (8 chews) | 0.005 |
| 19160 | Candies, MARS SNACKFOOD US, TWIX Caramel Cookie Bars | 57.0 | 1.0 package (2 oz) | 0.112 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 42183 | Candies, MARS SNACKFOOD US, TWIX chocolate fudge cookie bars | 51.0 | 2.0 cookie 2011 label | 0.149 |
| 19161 | Candies, MARS SNACKFOOD US, TWIX Peanut Butter Cookie Bars | 54.0 | 1.0 package (1.89 oz, 2 bars) | 0.157 |
| 19116 | Candies, marshmallows | 50.0 | 1.0 cup of miniature | 0.049 |
| 19120 | Candies, milk chocolate | 7.0 | 1.0 bar, miniature | 0.034 |
| 19279 | Candies, milk chocolate coated coffee beans | 28.35 | 1.0 oz | 0.139 |
| 19126 | Candies, milk chocolate coated peanuts | 149.0 | 1.0 cup | 0.811 |
| 19132 | Candies, milk chocolate, with almonds | 41.0 | 1.0 bar (1.45 oz) | 0.173 |
| 19134 | Candies, milk chocolate, with rice cereal | 40.0 | 1.0 bar (1.4 oz) | 0.195 |
| 19142 | Candies, MOUNDS Candy Bar | 19.0 | 1.0 bar snack size | 0.076 |
| 19143 | Candies, MR. GOODBAR Chocolate Bar | 49.0 | 1.0 bar (1.75 oz) | 0.083 |
| 19144 | Candies, NESTLE, 100 GRAND Bar | 43.0 | 1.0 bar (1.5 oz) | 0.080 |
| 19111 | Candies, NESTLE, BABY RUTH Bar | 60.0 | 1.0 serving 2.1 oz bar | 0.135 |
| 19068 | Candies, NESTLE, BIT-O'-HONEY Candy Chews | 40.0 | 1.0 serving 6 pieces | 0.010 |
| 19069 | Candies, NESTLE, BUTTERFINGER Bar | 60.0 | 1.0 serving 2.1 oz bar | 0.116 |
| 19913 | Candies, NESTLE, BUTTERFINGER Crisp | 60.0 | 1.0 piece | 0.253 |
| 19118 | Candies, NESTLE, OH HENRY! Bar | 57.0 | 1.0 bar 2 oz | 0.201 |
| 43046 | Candies, nougat, with almonds | 14.0 | 1.0 piece | 0.019 |
| 19147 | Candies, peanut bar | 28.35 | 1.0 oz | 0.219 |
| 19148 | Candies, peanut brittle, prepared-from-recipe | 28.35 | 1.0 oz | 0.072 |
| 19216 | Candies, praline, prepared-from-recipe | 39.0 | 1.0 piece | 0.193 |
| 19238 | Candies, REESE'S BITES | 39.0 | 16.0 pieces | 0.117 |
| 19896 | Candies, REESE's Fast Break, milk chocolate, peanut butter, soft nougats, candy bar | 56.0 | 1.0 serving 1 bar | 0.180 |
| 19239 | Candies, REESE'S NUTRAGEOUS Candy Bar | 54.0 | 1.0 bar 1.92 oz | 0.146 |
| 19150 | Candies, REESE'S Peanut Butter Cups | 17.0 | 1.0 package 0.6 oz 1 cup | 0.041 |
| 19151 | Candies, REESE'S PIECES Candy | 47.0 | 0.25 cup | 0.193 |
| 19252 | Candies, REESE'S, FAST BREAK, milk chocolate peanut butter and soft nougats | 56.0 | 2.0 oz bar | 0.101 |
| 19152 | Candies, ROLO Caramels in Milk Chocolate | 48.0 | 1.0 package 1 package | 0.000 |
| 19080 | Candies, semisweet chocolate | 14.5 | 1.0 serving | 0.101 |
| 19701 | Candies, semisweet chocolate, made with butter | 170.0 | 1.0 cup chips (6 oz package) | 1.190 |
| 19154 | Candies, sesame crunch | 28.35 | 1.0 oz | 0.269 |
| 19866 | Candies, soft fruit and nut squares | 42.0 | 3.0 pieces | 0.127 |
| 19164 | Candies, SPECIAL DARK Chocolate Bar | 41.0 | 1.0 bar 1.45 oz | 0.008 |
| 19858 | Candies, sugar-coated almonds | 3.5 | 1.0 piece | 0.021 |
| 19081 | Candies, sweet chocolate | 28.35 | 1.0 oz | 0.163 |
| 19083 | Candies, sweet chocolate coated fondant | 43.0 | 1.0 patty, large | 0.185 |
| 19382 | Candies, taffy, prepared-from-recipe | 15.0 | 1.0 piece | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19001 | Candies, TOBLERONE, milk chocolate with honey and almond nougat | 35.0 | 1.0 bar | 0.119 |
| 19383 | Candies, toffee, prepared-from-recipe | 12.0 | 1.0 piece | 0.000 |
| 19064 | Candies, TOOTSIE ROLL, chocolate-flavor roll | 40.0 | 1.0 serving 6 pieces | 0.052 |
| 19138 | Candies, truffles, prepared-from-recipe | 12.0 | 1.0 piece | 0.044 |
| 19162 | Candies, WHATCHAMACALLIT Candy Bar | 48.0 | 1.0 bar 1.7 oz | 0.058 |
| 19087 | Candies, white chocolate | 85.0 | 1.0 bar (3 oz) | 0.051 |
| 19181 | Candies, YORK BITES | 39.0 | 15.0 pieces | 0.000 |
| 02054 | Capers, canned | 8.6 | 1.0 tbsp, drained | 0.032 |
| 09060 | Carambola, (starfruit), raw | 132.0 | 1.0 cup, cubes | 0.181 |
| 14552 | Carbonated beverage, chocolate-flavored soda | 31.0 | 1.0 fl oz | 0.004 |
| 14130 | Carbonated beverage, cream soda | 30.9 | 1.0 fl oz | 0.002 |
| 14537 | Carbonated beverage, low calorie, other than cola or pepper, with sodium saccharin, without caffeine | 29.6 | 1.0 fl oz | 0.007 |
| 11122 | Cardoon, raw | 178.0 | 1.0 cup, shredded | 0.411 |
| 35211 | Caribou, hind quarter, meat, cooked (Alaska Native) | 66.0 | 0.5 cup | 0.214 |
| 09061 | Carissa, (natal-plum), raw | 150.0 | 1.0 cup slices | 0.315 |
| 16055 | Carob flour | 103.0 | 1.0 cup | 0.588 |
| 36053 | CARRABBA'S ITALIAN GRILL, cheese ravioli with marinara sauce | 365.0 | 1.0 serving varied from 8 to 10 ravioli per serving | 0.328 |
| 36057 | CARRABBA'S ITALIAN GRILL, chicken parmesan without cavatappi pasta | 339.0 | 1.0 serving | 0.268 |
| 36043 | CARRABBA'S ITALIAN GRILL, lasagne | 437.0 | 1.0 serving | 0.319 |
| 36632 | CARRABBA'S ITALIAN GRILL, spaghetti with meat sauce | 537.0 | 1.0 serving | 0.473 |
| 36048 | CARRABBA'S ITALIAN GRILL, spaghetti with pomodoro sauce | 489.0 | 1.0 serving | 0.347 |
| 11655 | Carrot juice, canned | 236.0 | 1.0 cup | 0.109 |
| 11683 | Carrot, dehydrated | 74.0 | 1.0 cup | 0.274 |
| 11960 | Carrots, baby, raw | 15.0 | 1.0 large | 0.015 |
| 11759 | Carrots, canned, no salt added, drained solids | 146.0 | 1.0 cup, sliced | 0.152 |
| 11758 | Carrots, canned, no salt added, solids and liquids | 123.0 | 0.5 cup slices | 0.127 |
| 11128 | Carrots, canned, regular pack, drained solids | 146.0 | 1.0 cup, sliced | 0.152 |
| 11126 | Carrots, canned, regular pack, solids and liquids | 123.0 | 0.5 cup slices | 0.127 |
| 11757 | Carrots, cooked, boiled, drained, with salt | 9.7 | 1.0 tbsp | 0.002 |
| 11125 | Carrots, cooked, boiled, drained, without salt | 9.7 | 1.0 tbsp | 0.002 |
| 11760 | Carrots, frozen, cooked, boiled, drained, with salt | 146.0 | 1.0 cup slices | 0.120 |
| 11131 | Carrots, frozen, cooked, boiled, drained, without salt | 146.0 | 1.0 cup, sliced | 0.120 |
| 11130 | Carrots, frozen, unprepared | 64.0 | 0.5 cup slices | 0.047 |
| 11124 | Carrots, raw | 128.0 | 1.0 cup chopped | 0.058 |
| 11134 | Cassava, raw | 206.0 | 1.0 cup | 0.206 |
| 11935 | Catsup | 17.0 | 1.0 tbsp | 0.014 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11949 | Catsup, low sodium | 17.0 | 1.0 tbsp | 0.014 |
| 35195 | Cattail, Narrow Leaf Shoots (Northern Plains Indians) | 19.0 | 1.0 shoot | 0.008 |
| 11761 | Cauliflower, cooked, boiled, drained, with salt | 62.0 | 0.5 cup (1" pieces) | 0.011 |
| 11136 | Cauliflower, cooked, boiled, drained, without salt | 62.0 | 0.5 cup (1" pieces) | 0.011 |
| 11762 | Cauliflower, frozen, cooked, boiled, drained, with salt | 180.0 | 1.0 cup (1" pieces) | 0.043 |
| 11138 | Cauliflower, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup (1" pieces) | 0.043 |
| 11137 | Cauliflower, frozen, unprepared | 66.0 | 0.5 cup (1" pieces) | 0.020 |
| 11967 | Cauliflower, green, cooked, no salt added | 90.0 | 0.2 head | 0.036 |
| 11968 | Cauliflower, green, cooked, with salt | 62.0 | 0.5 cup (1" pieces) | 0.025 |
| 11965 | Cauliflower, green, raw | 64.0 | 1.0 cup | 0.026 |
| 11135 | Cauliflower, raw | 107.0 | 1.0 cup chopped (1/2" pieces) | 0.042 |
| 11763 | Celeriac, cooked, boiled, drained, with salt | 155.0 | 1.0 cup pieces | 0.067 |
| 11142 | Celeriac, cooked, boiled, drained, without salt | 155.0 | 1.0 cup pieces | 0.067 |
| 11141 | Celeriac, raw | 156.0 | 1.0 cup | 0.109 |
| 11764 | Celery, cooked, boiled, drained, with salt | 150.0 | 1.0 cup, diced | 0.054 |
| 11144 | Celery, cooked, boiled, drained, without salt | 150.0 | 1.0 cup, diced | 0.054 |
| 11143 | Celery, raw | 101.0 | 1.0 cup chopped | 0.035 |
| 11145 | Celtuce, raw | 8.0 | 1.0 leaf | 0.003 |
| 43218 | Cereals ready-to-eat, ALPEN | 55.0 | 0.67 cup (1 NLEA serving) | 0.165 |
| 08657 | Cereals ready-to-eat, BARBARA'S PUFFINS, original | 27.0 | 0.75 cup (1 NLEA serving) | 0.081 |
| 08204 | Cereals ready-to-eat, chocolate-flavored frosted puffed corn | 30.0 | 1.0 cup | 0.072 |
| 43241 | Cereals ready-to-eat, FAMILIA | 122.0 | 1.0 cup | 0.497 |
| 42236 | Cereals ready-to-eat, frosted oat cereal with marshmallows | 30.0 | 0.75 cup (1 NLEA serving) | 0.042 |
| 08579 | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar CINNAMON TOAST CRUNCH | 28.0 | 1.0 bowl (3/4 cup) (1 NLEA serving) | 0.043 |
| 08586 | Cereals ready-to-eat, GENERAL MILLS, 25% Less Sugar TRIX | 28.0 | 1.0 cup | 0.034 |
| 08263 | Cereals ready-to-eat, GENERAL MILLS, APPLE CINNAMON CHEERIOS | 30.0 | 0.75 cup (1 NLEA serving) | 0.075 |
| 08262 | Cereals ready-to-eat, GENERAL MILLS, BASIC 4 | 55.0 | 1.0 cup (1 NLEA serving) | 0.182 |
| 08274 | Cereals ready-to-eat, GENERAL MILLS, BERRY BERRY KIX | 33.0 | 1.25 cup (1 NLEA serving) | 0.054 |
| 08239 | Cereals ready-to-eat, GENERAL MILLS, Berry Burst CHEERIOS, Triple Berry | 27.0 | 0.75 cup (1 NLEA serving) | 0.068 |
| 08273 | Cereals ready-to-eat, GENERAL MILLS, BOO BERRY | 33.0 | 1.0 cup (1 NLEA serving) | 0.043 |
| 08013 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS | 28.0 | 1.0 cup (1 NLEA serving) | 0.108 |
| 08592 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Banana Nut | 28.0 | 0.75 cup (1 NLEA serving) | 0.046 |
| 08593 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Chocolate | 27.0 | 0.75 cup (1 NLEA serving) | 0.066 |
| 08553 | Cereals ready-to-eat, GENERAL MILLS, CHEERIOS, Yogurt Burst, strawberry | 30.0 | 0.75 cup (1 NLEA serving) | 0.068 |
| 08594 | Cereals ready-to-eat, GENERAL MILLS, Chocolate CHEX | 32.0 | 0.75 cup (1 NLEA serving) | 0.080 |
| 08513 | Cereals ready-to-eat, GENERAL MILLS, CHOCOLATE LUCKY CHARMS | 28.0 | 0.75 cup (1 NLEA serving) | 0.059 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08595 | Cereals ready-to-eat, GENERAL MILLS, Cinnamon CHEX | 30.0 | 0.75 cup (1 NLEA serving) | 0.063 |
| 08272 | Cereals ready-to-eat, GENERAL MILLS, CINNAMON TOAST CRUNCH | 31.0 | 0.75 cup (1 NLEA serving) | 0.060 |
| 08271 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS | 27.0 | 0.75 cup (1 NLEA serving) | 0.040 |
| 08635 | Cereals ready-to-eat, GENERAL MILLS, COCOA PUFFS, 25% Reduced Sugar | 30.0 | 1.0 cup (1 NLEA serving) | 0.116 |
| 08017 | Cereals ready-to-eat, GENERAL MILLS, COOKIE CRISP | 26.0 | 0.75 cup (1 NLEA serving) | 0.055 |
| 08019 | Cereals ready-to-eat, GENERAL MILLS, Corn CHEX | 31.0 | 1.0 cup (1 NLEA serving) | 0.044 |
| 08270 | Cereals ready-to-eat, GENERAL MILLS, COUNT CHOCULA | 27.0 | 0.75 cup (1 NLEA serving) | 0.040 |
| 08582 | Cereals ready-to-eat, GENERAL MILLS, DORA THE EXPLORER | 27.0 | 0.75 cup (1 NLEA serving) | 0.034 |
| 08244 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE Bran Cereal | 30.0 | 0.5 cup (1 NLEA serving) | 0.056 |
| 08596 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, Caramel Delight | 50.0 | 1.0 cup (1 NLEA serving) | 0.126 |
| 08598 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, HONEY CLUSTERS | 52.0 | 1.0 cup (1 NLEA serving) | 0.182 |
| 08599 | Cereals ready-to-eat, GENERAL MILLS, FIBER ONE, RAISIN BRAN CLUSTERS | 55.0 | 1.0 cup (1 NLEA serving) | 0.200 |
| 08268 | Cereals ready-to-eat, GENERAL MILLS, FRANKENBERRY | 33.0 | 1.0 cup (1 NLEA serving) | 0.043 |
| 08267 | Cereals ready-to-eat, GENERAL MILLS, FROSTED CHEERIOS | 27.0 | 0.75 cup (1 NLEA serving) | 0.073 |
| 08583 | Cereals ready-to-eat, GENERAL MILLS, Fruity CHEERIOS | 27.0 | 0.75 cup (1 NLEA serving) | 0.052 |
| 08035 | Cereals ready-to-eat, GENERAL MILLS, GOLDEN GRAHAMS | 31.0 | 0.75 cup (1 NLEA serving) | 0.064 |
| 08643 | Cereals ready-to-eat, GENERAL MILLS, Honey KIX | 33.0 | 1.25 cup (1 NLEA serving) | 0.040 |
| 08045 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CHEERIOS | 28.0 | 0.75 cup (1 NLEA serving) | 0.066 |
| 08057 | Cereals ready-to-eat, GENERAL MILLS, Honey Nut CHEX | 32.0 | 0.75 cup (1 NLEA serving) | 0.042 |
| 08243 | Cereals ready-to-eat, GENERAL MILLS, HONEY NUT CLUSTERS | 57.0 | 1.0 cup (1 NLEA serving) | 0.150 |
| 08048 | Cereals ready-to-eat, GENERAL MILLS, KIX | 30.0 | 1.25 cup (1 NLEA serving) | 0.043 |
| 08050 | Cereals ready-to-eat, GENERAL MILLS, LUCKY CHARMS | 27.0 | 0.75 cup (1 NLEA serving) | 0.058 |
| 08087 | Cereals ready-to-eat, GENERAL MILLS, Multi-Grain CHEERIOS | 29.0 | 1.0 cup (1 NLEA serving) | 0.077 |
| 08277 | Cereals ready-to-eat, GENERAL MILLS, NATURE VALLEY LOW FAT FRUIT GRANOLA | 55.0 | 0.667 cup (1 NLEA serving) | 0.109 |
| 08637 | Cereals ready-to-eat, GENERAL MILLS, Oat Cluster CHEERIOS Crunch | 27.0 | 0.75 cup (1 NLEA serving) | 0.076 |
| 08202 | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Crunchy Almond | 60.0 | 1.0 cup (1 NLEA serving) | 0.207 |
| 08245 | Cereals ready-to-eat, GENERAL MILLS, OATMEAL CRISP, Hearty Raisin | 62.0 | 1.0 cup (1 NLEA serving) | 0.203 |
| 08261 | Cereals ready-to-eat, GENERAL MILLS, RAISIN NUT BRAN | 49.0 | 0.75 cup (1 NLEA serving) | 0.174 |
| 08194 | Cereals ready-to-eat, GENERAL MILLS, REESE'S PUFFS | 29.0 | 0.75 cup (1 NLEA serving) | 0.066 |
| 08064 | Cereals ready-to-eat, GENERAL MILLS, Rice CHEX | 27.0 | 1.0 cup (1 NLEA serving) | 0.070 |
| 08247 | Cereals ready-to-eat, GENERAL MILLS, TOTAL Raisin Bran | 53.0 | 1.0 cup (1 NLEA serving) | 0.116 |
| 08078 | Cereals ready-to-eat, GENERAL MILLS, TRIX | 32.0 | 1.0 cup (1 NLEA serving) | 0.037 |
| 08082 | Cereals ready-to-eat, GENERAL MILLS, Wheat CHEX | 47.0 | 0.75 cup (1 NLEA serving) | 0.187 |
| 08089 | Cereals ready-to-eat, GENERAL MILLS, WHEATIES | 27.0 | 0.75 cup (1 NLEA serving) | 0.072 |
| 08077 | Cereals ready-to-eat, GENERAL MILLS, Whole Grain TOTAL | 30.0 | 0.75 cup (1 NLEA serving) | 0.105 |
| 08037 | Cereals ready-to-eat, granola, homemade | 122.0 | 1.0 cup | 0.789 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08290 | Cereals ready-to-eat, HEALTH VALLEY, FIBER 7 Flakes | 31.0 | 0.75 cup (1 NLEA serving) | 0.148 |
| 08389 | Cereals ready-to-eat, KASHI 7 Whole Grain Honey Puffs | 30.0 | 1.0 cup (1 NLEA serving) | 0.112 |
| 08388 | Cereals ready-to-eat, KASHI 7 Whole Grain Puffs | 19.0 | 1.0 cup (1 NLEA serving) | 0.081 |
| 08560 | Cereals ready-to-eat, KASHI GO LEAN CRUNCH!, Honey Almond Flax | 53.0 | 0.67 Cup (1 NLEA serving) | 0.324 |
| 08393 | Cereals ready-to-eat, KASHI GOLEAN | 52.0 | 1.0 cup (1 NLEA serving) | 0.753 |
| 08386 | Cereals ready-to-eat, KASHI GOLEAN CRUNCH! | 53.0 | 0.75 Cup (1 NLEA serving) | 0.589 |
| 08390 | Cereals ready-to-eat, KASHI GOOD FRIENDS | 53.0 | 1.0 cup (1 NLEA serving) | 0.211 |
| 08387 | Cereals ready-to-eat, KASHI HEART TO HEART, Honey Toasted Oat | 33.0 | 0.75 cup (1 NLEA serving) | 0.083 |
| 08610 | Cereals ready-to-eat, KASHI Honey Sunshine | 30.0 | 0.75 cup (1 NLEA serving) | 0.060 |
| 08591 | Cereals ready-to-eat, KASHI ORGANIC PROMISE, ISLAND VANILLA | 55.0 | 27.0 biscuits (1 NLEA serving) | 0.110 |
| 08538 | Cereals ready-to-eat, KASHI, HEART TO HEART, Oat Flakes & Blueberry Clusters | 55.0 | 1.0 cup (1 NLEA serving) | 0.228 |
| 08462 | Cereals ready-to-eat, KASHI, ORGANIC PROMISE Autumn Wheat | 54.0 | 29.0 biscuits (1 NLEA serving) | 0.223 |
| 08031 | Cereals ready-to-eat, KELLOGG'S FROSTED MINI-WHEATS, Big Bite | 58.0 | 7.0 biscuit (1 NLEA serving) | 0.203 |
| 08584 | Cereals ready-to-eat, KELLOGG'S SPECIAL K Chocolatey Delight | 31.0 | 0.75 cup (1 NLEA serving) | 0.118 |
| 08542 | Cereals ready-to-eat, KELLOGG'S, FROSTED MINI-WHEATS Bite Size Strawberry Delight | 55.0 | 25.0 biscuits (1 NLEA serving) | 0.165 |
| 08469 | Cereals ready-to-eat, KELLOGG'S, Reduced Sugar Frosted Flakes Cereal | 30.0 | 0.75 cup (1 NLEA serving) | 0.073 |
| 08543 | Cereals ready-to-eat, KELLOGG'S, SPECIAL K Vanilla Almond | 30.0 | 0.75 cup (1 NLEA serving) | 0.084 |
| 08005 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN BRAN BUDS | 30.0 | 0.333 cup (1 NLEA serving) | 0.150 |
| 08028 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN COMPLETE Wheat Flakes | 29.0 | 0.75 cup (1 NLEA serving) | 0.145 |
| 08001 | Cereals ready-to-eat, KELLOGG, KELLOGG'S ALL-BRAN Original | 31.0 | 0.5 cup (1 NLEA serving) | 0.322 |
| 08003 | Cereals ready-to-eat, KELLOGG, KELLOGG'S APPLE JACKS | 28.0 | 1.0 cup (1 NLEA serving) | 0.027 |
| 08588 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CINNABON cereal | 30.0 | 1.0 cup (1 NLEA serving) | 0.027 |
| 08014 | Cereals ready-to-eat, KELLOGG, KELLOGG'S COCOA KRISPIES | 31.0 | 0.75 cup (1 NLEA serving) | 0.103 |
| 08020 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Corn Flakes | 28.0 | 1.0 cup (1 NLEA serving) | 0.055 |
| 08068 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CORN POPS | 30.0 | 1.0 cup (1 NLEA serving) | 0.025 |
| 08023 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRACKLIN' OAT BRAN | 49.0 | 0.75 cup (1 NLEA serving) | 0.196 |
| 08259 | Cereals ready-to-eat, KELLOGG, KELLOGG'S CRISPIX | 29.0 | 1.0 cup (1 NLEA serving) | 0.059 |
| 08030 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROOT LOOPS | 29.0 | 1.0 cup (1 NLEA serving) | 0.026 |
| 08069 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED FLAKES | 30.0 | 0.75 cup ( 1 NLEA serving) | 0.012 |
| 08032 | Cereals ready-to-eat, KELLOGG, KELLOGG'S FROSTED RICE KRISPIES | 30.0 | 0.75 cup (1 NLEA serving) | 0.049 |
| 08309 | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY CRUNCH CORN FLAKES | 30.0 | 0.75 cup (1 NLEA serving) | 0.030 |
| 08071 | Cereals ready-to-eat, KELLOGG, KELLOGG'S HONEY SMACKS | 27.0 | 0.75 cup (1 NLEA serving) | 0.053 |
| 08284 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola with Raisins | 60.0 | 0.667 cup (1 NLEA serving) | 0.192 |
| 08189 | Cereals ready-to-eat, KELLOGG, KELLOGG'S Low Fat Granola without Raisins | 49.0 | 0.5 cup (1 NLEA serving) | 0.294 |
| 08376 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MARSHMALLOW FROOT LOOPS | 29.0 | 1.0 cup (1 NLEA serving) | 0.025 |
| 08286 | Cereals ready-to-eat, KELLOGG, KELLOGG'S MUESLIX | 55.0 | 0.67 cup (1 NLEA serving) | 0.181 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08058 | Cereals ready-to-eat, KELLOGG, KELLOGG'S PRODUCT 19 | 30.0 | 1.0 cup (1 NLEA serving) | 0.030 |
| 08060 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RAISIN BRAN | 59.0 | 1.0 cup ( 1 NLEA serving) | 0.269 |
| 08065 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES | 33.0 | 1.25 cup (1 NLEA serving) | 0.061 |
| 08288 | Cereals ready-to-eat, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Cereal | 30.0 | 0.75 cup (1 NLEA serving) | 0.032 |
| 08318 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SMART START Strong Heart Antioxidants Cereal | 50.0 | 1.0 cup (1 NLEA serving) | 0.132 |
| 08067 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K | 31.0 | 1.0 cup (1 NLEA serving) | 0.055 |
| 08603 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Blueberry | 30.0 | 0.75 cup (1 NLEA serving) | 0.101 |
| 08383 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K Red Berries | 31.0 | 1.0 cup (1 NLEA serving) | 0.076 |
| 08602 | Cereals ready-to-eat, KELLOGG, KELLOGG'S SPECIAL K, Cinnamon Pecan | 30.0 | 0.75 cup (1 NLEA serving) | 0.094 |
| 08380 | Cereals ready-to-eat, KELLOGG, KELLOGG'S, RAISIN BRAN CRUNCH | 53.0 | 1.0 cup (1 NLEA serving) | 0.191 |
| 08531 | Cereals ready-to-eat, KELLOGG, SPECIAL K, Fruit & Yogurt | 32.0 | 0.75 cup (1 NLEA serving) | 0.100 |
| 08347 | Cereals ready-to-eat, MALT-O-MEAL, BERRY COLOSSAL CRUNCH | 30.0 | 0.75 cup (1 NLEA serving) | 0.036 |
| 08494 | Cereals ready-to-eat, MALT-O-MEAL, CINNAMON TOASTERS | 30.0 | 0.75 cup (1 NLEA serving) | 0.040 |
| 08206 | Cereals ready-to-eat, MALT-O-MEAL, COCO-ROOS | 30.0 | 0.75 cup (1 NLEA serving) | 0.096 |
| 08495 | Cereals ready-to-eat, MALT-O-MEAL, Cocoa DYNO-BITES | 29.0 | 0.75 cup (1 NLEA serving) | 0.047 |
| 08346 | Cereals ready-to-eat, MALT-O-MEAL, COLOSSAL CRUNCH | 30.0 | 0.75 cup (1 NLEA serving) | 0.018 |
| 08083 | Cereals ready-to-eat, MALT-O-MEAL, CORN BURSTS | 31.0 | 1.0 cup (1 NLEA serving) | 0.018 |
| 08348 | Cereals ready-to-eat, MALT-O-MEAL, Crispy Rice | 33.0 | 1.25 cup (1 NLEA serving) | 0.080 |
| 08409 | Cereals ready-to-eat, MALT-O-MEAL, Frosted Flakes | 31.0 | 0.75 cup (1 NLEA serving) | 0.037 |
| 08500 | Cereals ready-to-eat, MALT-O-MEAL, Frosted Mini SPOONERS | 55.0 | 1.0 cup (1 NLEA serving) | 0.200 |
| 08501 | Cereals ready-to-eat, MALT-O-MEAL, Fruity DYNO-BITES | 27.0 | 0.75 cup | 0.035 |
| 08478 | Cereals ready-to-eat, MALT-O-MEAL, GOLDEN PUFFS | 27.0 | 0.75 cup (1 NLEA serving) | 0.080 |
| 08138 | Cereals ready-to-eat, MALT-O-MEAL, MARSHMALLOW MATEYS | 30.0 | 1.0 cup | 0.061 |
| 08484 | Cereals ready-to-eat, MALT-O-MEAL, Raisin Bran Cereal | 59.0 | 1.0 cup (1 NLEA serving) | 0.300 |
| 08349 | Cereals ready-to-eat, MALT-O-MEAL, TOOTIE FRUITIES | 32.0 | 1.0 cup (1 NLEA serving) | 0.020 |
| 08656 | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS flakes | 30.0 | 0.75 cup (1 NLEA serving) | 0.027 |
| 08571 | Cereals ready-to-eat, NATURE'S PATH, Organic FLAX PLUS, Pumpkin Granola | 55.0 | 0.75 cup (1 NLEA serving) | 0.044 |
| 43495 | Cereals ready-to-eat, OAT BRAN FLAKES, HEALTH VALLEY | 50.0 | 1.0 cup (1 NLEA serving) | 0.160 |
| 08029 | Cereals ready-to-eat, POST Bran Flakes | 30.0 | 0.75 cup (1 NLEA serving) | 0.150 |
| 42297 | Cereals ready-to-eat, POST GREAT GRAINS Banana Nut Crunch | 59.0 | 1.0 cup (1 NLEA serving) | 0.212 |
| 08544 | Cereals ready-to-eat, POST GREAT GRAINS Cranberry Almond Crunch | 48.0 | 0.75 cup (1 NLEA serving) | 0.144 |
| 08665 | Cereals ready-to-eat, POST HONEY BUNCHES OF OATS with cinnamon bunches | 30.0 | 0.75 cup (1 NLEA serving) | 0.060 |
| 08061 | Cereals ready-to-eat, POST Raisin Bran Cereal | 59.0 | 1.0 cup (1 NLEA serving) | 0.236 |
| 08192 | Cereals ready-to-eat, POST SELECTS Blueberry Morning | 55.0 | 1.25 cup (1 NLEA serving) | 0.110 |
| 08554 | Cereals ready-to-eat, POST SELECTS Maple Pecan Crunch | 52.0 | 0.75 cup (1 NLEA serving) | 0.156 |
| 08002 | Cereals ready-to-eat, POST, ALPHA-BITS | 30.0 | 1.0 cup (1 NLEA serving for adults) | 0.090 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08015 | Cereals ready-to-eat, POST, COCOA PEBBLES | 29.0 | 0.75 cup (1 NLEA serving) | 0.087 |
| 08034 | Cereals ready-to-eat, POST, FRUITY PEBBLES | 27.0 | 0.75 cup (1 NLEA serving) | 0.038 |
| 08073 | Cereals ready-to-eat, POST, GOLDEN CRISP | 27.0 | 0.75 cup (1 NLEA serving) | 0.054 |
| 08038 | Cereals ready-to-eat, POST, GRAPE-NUTS Cereal | 58.0 | 0.5 cup (1 NLEA serving) | 0.197 |
| 08039 | Cereals ready-to-eat, POST, GRAPE-NUTS Flakes | 29.0 | 0.75 cup (1 NLEA serving) | 0.087 |
| 42261 | Cereals ready-to-eat, POST, GREAT GRAINS Crunchy Pecan Cereal | 52.0 | 0.75 cup (1 NLEA serving) | 0.208 |
| 42265 | Cereals ready-to-eat, POST, GREAT GRAINS, Raisin, Date & Pecan | 55.0 | 0.75 cup (1 NLEA serving) | 0.220 |
| 08633 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS with vanilla bunches | 56.0 | 1.0 cup (1 NLEA serving) | 0.168 |
| 43570 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, honey roasted | 30.0 | 0.75 cup (1 NLEA serving) | 0.177 |
| 08655 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, pecan bunches | 29.0 | 0.75 cup (1 NLEA serving) | 0.041 |
| 42240 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with almonds | 32.0 | 0.75 cup (1 NLEA serving) | 0.064 |
| 08662 | Cereals ready-to-eat, POST, HONEY BUNCHES OF OATS, with real strawberries | 31.0 | 0.75 cup (1 NLEA serving) | 0.062 |
| 08081 | Cereals ready-to-eat, POST, Honey Nut Shredded Wheat | 59.0 | 1.0 cup (1 NLEA serving) | 0.177 |
| 08046 | Cereals ready-to-eat, POST, Honeycomb Cereal | 32.0 | 1.5 cup (1 NLEA serving) | 0.042 |
| 43393 | Cereals ready-to-eat, POST, Shredded Wheat n' Bran, spoon-size | 59.0 | 1.25 cup (1 NLEA serving) | 0.000 |
| 08191 | Cereals ready-to-eat, POST, Shredded Wheat, lightly frosted, spoon-size | 52.0 | 1.0 cup (1 NLEA serving) | 0.090 |
| 08147 | Cereals ready-to-eat, POST, Shredded Wheat, original big biscuit | 47.0 | 2.0 biscuits (1 NLEA serving) | 0.179 |
| 08148 | Cereals ready-to-eat, POST, Shredded Wheat, original spoon-size | 49.0 | 1.0 cup (1 NLEA serving) | 0.164 |
| 08305 | Cereals ready-to-eat, Post, Waffle Crisp | 30.0 | 1.0 cup (1 NLEA serving) | 0.060 |
| 08054 | Cereals ready-to-eat, QUAKER, 100% Natural Granola, Oats, Wheat and Honey | 48.0 | 0.5 cup (1 NLEA serving) | 0.150 |
| 08010 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH | 27.0 | 0.75 cup (1 NLEA serving) | 0.030 |
| 08011 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH with CRUNCHBERRIES | 26.0 | 0.75 cup (1 NLEA serving) | 0.031 |
| 08012 | Cereals ready-to-eat, QUAKER, CAP'N CRUNCH'S PEANUT BUTTER CRUNCH | 27.0 | 0.75 cup (1 NLEA serving) | 0.030 |
| 08550 | Cereals ready-to-eat, QUAKER, Christmas Crunch | 26.0 | 0.75 cup (1 NLEA serving) | 0.039 |
| 08211 | Cereals ready-to-eat, QUAKER, HONEY GRAHAM OH!S | 27.0 | 0.75 cup (1 NLEA serving) | 0.024 |
| 08047 | Cereals ready-to-eat, QUAKER, KING VITAMAN | 31.0 | 1.5 cup (1 NLEA serving) | 0.028 |
| 08220 | Cereals ready-to-eat, QUAKER, Low Fat 100% Natural Granola with Raisins | 55.0 | 0.666 cup (1 NLEA serving) | 0.146 |
| 08214 | Cereals ready-to-eat, QUAKER, Oatmeal Squares | 56.0 | 1.0 cup (1 NLEA serving) | 0.265 |
| 08215 | Cereals ready-to-eat, QUAKER, Oatmeal Squares, cinnamon | 56.0 | 1.0 cup (1 NLEA serving) | 0.257 |
| 08218 | Cereals ready-to-eat, QUAKER, QUAKER 100% Natural Granola with Oats, Wheat, Honey, and Raisins | 51.0 | 0.5 cup (1 NLEA serving) | 0.162 |
| 08018 | Cereals ready-to-eat, QUAKER, QUAKER CRUNCHY BRAN | 27.0 | 0.75 cup (1 NLEA serving) | 0.032 |
| 08049 | Cereals ready-to-eat, QUAKER, QUAKER OAT LIFE, plain | 32.0 | 0.75 cup (1 NLEA serving) | 0.089 |
| 08066 | Cereals ready-to-eat, QUAKER, QUAKER Puffed Rice | 14.0 | 0.75 cup (1 NLEA serving) | 0.033 |
| 08146 | Cereals ready-to-eat, QUAKER, QUAKER Puffed Wheat | 15.0 | 1.0 cup (1 NLEA serving) | 0.068 |
| 08059 | Cereals ready-to-eat, QUAKER, SWEET CRUNCH/QUISP | 27.0 | 1.0 cup (1 NLEA serving) | 0.019 |
| 08216 | Cereals ready-to-eat, QUAKER, Toasted Multigrain Crisps | 57.0 | 1.25 cup (1 NLEA serving) | 0.181 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08505 | Cereals ready-to-eat, RALSTON Corn Biscuits | 30.0 | 1.0 cup (NLEA serving) | 0.022 |
| 08506 | Cereals ready-to-eat, RALSTON Corn Flakes | 28.0 | 1.0 cup (1 NLEA serving) | 0.021 |
| 08025 | Cereals ready-to-eat, RALSTON CRISP RICE | 33.0 | 1.25 cup (1 NLEA serving) | 0.049 |
| 08507 | Cereals ready-to-eat, RALSTON Crispy Hexagons | 29.0 | 1.0 cup (1 NLEA serving) | 0.038 |
| 08504 | Cereals ready-to-eat, RALSTON Enriched Wheat Bran flakes | 29.0 | 1.0 serving (NLEA serving size = 0.75 cup) | 0.100 |
| 08074 | Cereals ready-to-eat, RALSTON TASTEEOS | 28.0 | 1.0 cup (1 NLEA serving) | 0.120 |
| 08156 | Cereals ready-to-eat, rice, puffed, fortified | 14.0 | 1.0 cup | 0.024 |
| 08085 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Honey Crunch Wheat Germ | 14.0 | 2.0 tbsp (1 NLEA serving) | 0.101 |
| 08363 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Toasted Wheat Bran | 16.0 | 0.25 cup (1 NLEA serving) | 0.174 |
| 08366 | Cereals ready-to-eat, SUN COUNTRY, KRETSCHMER Wheat Germ, Regular | 14.0 | 2.0 tbsp (1 NLEA serving) | 0.087 |
| 08435 | Cereals ready-to-eat, UNCLE SAM CEREAL | 55.0 | 0.75 cup (1 NLEA serving) | 0.414 |
| 08508 | Cereals ready-to-eat, USDA Commodity Corn and Rice (includes all commodity brands) | 29.0 | 1.0 cup | 0.040 |
| 08509 | Cereals ready-to-eat, USDA Commodity Rice Crisps (includes all commodity brands) | 28.0 | 1.0 cup (1 NLEA serving) | 0.044 |
| 42237 | Cereals ready-to-eat, WEETABIX whole grain cereal | 35.0 | 2.0 biscuits (1 NLEA serving) | 0.218 |
| 43245 | Cereals ready-to-eat, wheat and bran, presweetened with nuts and fruits | 55.0 | 1.0 cup (1 NLEA serving) | 0.260 |
| 08084 | Cereals ready-to-eat, wheat germ, toasted, plain | 28.35 | 1.0 oz | 0.176 |
| 08157 | Cereals ready-to-eat, wheat, puffed, fortified | 12.0 | 1.0 cup | 0.049 |
| 08161 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, with salt | 257.0 | 1.0 cup | 0.000 |
| 08091 | Cereals, corn grits, white, regular and quick, enriched, cooked with water, without salt | 257.0 | 1.0 cup | 0.000 |
| 08090 | Cereals, corn grits, white, regular and quick, enriched, dry | 9.7 | 1.0 tbsp | 0.003 |
| 08164 | Cereals, corn grits, yellow, regular and quick, enriched, cooked with water, without salt | 233.0 | 1.0 cup | 0.000 |
| 08159 | Cereals, corn grits, yellow, regular and quick, enriched, dry | 170.0 | 1.0 cup | 0.051 |
| 08160 | Cereals, corn grits, yellow, regular and quick, unenriched, dry | 9.7 | 1.0 tbsp | 0.007 |
| 08165 | Cereals, corn grits, yellow, regular, quick, enriched, cooked with water, with salt | 233.0 | 1.0 cup | 0.000 |
| 08168 | Cereals, CREAM OF RICE, cooked with water, with salt | 244.0 | 1.0 cup | 0.083 |
| 08101 | Cereals, CREAM OF RICE, cooked with water, without salt | 244.0 | 1.0 cup | 0.083 |
| 08100 | Cereals, CREAM OF RICE, dry | 45.0 | 0.25 cup (1 NLEA serving) | 0.110 |
| 08578 | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, microwaved, without salt | 237.0 | 1.0 cup | 0.104 |
| 08577 | Cereals, CREAM OF WHEAT, 1 minute cook time, cooked with water, stove-top, without salt | 245.0 | 1.0 cup | 0.103 |
| 08576 | Cereals, CREAM OF WHEAT, 1 minute cook time, dry | 33.0 | 3.0 tablespoon (1 serving) | 0.070 |
| 08575 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, microwaved, without salt | 231.0 | 1.0 cup | 0.120 |
| 08574 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, cooked with water, stove-top, without salt | 244.0 | 1.0 cup | 0.088 |
| 08573 | Cereals, CREAM OF WHEAT, 2 1/2 minute cook time, dry | 33.0 | 3.0 tablespoon (1 NLEA serving) | 0.068 |
| 08106 | Cereals, CREAM OF WHEAT, instant, dry | 11.5 | 1.0 tbsp | 0.025 |
| 08107 | Cereals, CREAM OF WHEAT, instant, prepared with water, without salt | 241.0 | 1.0 cup | 0.104 |
| 08169 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, with salt | 251.0 | 1.0 cup (1 serving) | 0.103 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08103 | Cereals, CREAM OF WHEAT, regular (10 minute), cooked with water, without salt | 251.0 | 1.0 cup (1 serving) | 0.100 |
| 08102 | Cereals, CREAM OF WHEAT, regular, 10 minute cooking, dry | 10.6 | 1.0 tbsp | 0.022 |
| 08105 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), cooked with water, without salt | 240.0 | 1.0 cup | 0.098 |
| 08104 | Cereals, farina, enriched, assorted brands including CREAM OF WHEAT, quick (1-3 minutes), dry | 11.0 | 1.0 tbsp | 0.022 |
| 08173 | Cereals, farina, enriched, cooked with water, with salt | 233.0 | 1.0 cup | 0.096 |
| 08113 | Cereals, farina, enriched, cooked with water, without salt | 240.0 | 1.0 cup | 0.098 |
| 08172 | Cereals, farina, unenriched, dry | 10.9 | 1.0 tbsp | 0.009 |
| 08177 | Cereals, MALT-O-MEAL, chocolate, dry | 35.0 | 3.0 tbsp (1 NLEA serving) | 0.028 |
| 08116 | Cereals, MALT-O-MEAL, original, plain, dry | 35.0 | 3.0 tbsp (1 NLEA serving) | 0.037 |
| 08680 | Cereals, oats, instant, fortified, maple and brown sugar, dry | 43.0 | 1.0 packet | 0.103 |
| 08122 | Cereals, oats, instant, fortified, plain, dry | 28.0 | 1.0 packet | 0.101 |
| 08123 | Cereals, oats, instant, fortified, plain, prepared with water (boiling water added or microwaved) | 234.0 | 1.0 cup, cooked | 0.154 |
| 08128 | Cereals, oats, instant, fortified, with cinnamon and spice, dry | 45.0 | 1.0 packet | 0.136 |
| 08129 | Cereals, oats, instant, fortified, with cinnamon and spice, prepared with water | 240.0 | 1.0 cup | 0.197 |
| 08132 | Cereals, oats, instant, fortified, with raisins and spice, dry | 44.0 | 1.0 packet | 0.125 |
| 08133 | Cereals, oats, instant, fortified, with raisins and spice, prepared with water | 240.0 | 1.0 cup | 0.178 |
| 08180 | Cereals, oats, regular and quick and instant, unenriched, cooked with water (includes boiling and microwaving), with salt | 234.0 | 1.0 cup | 0.173 |
| 08120 | Cereals, oats, regular and quick, not fortified, dry | 81.0 | 1.0 cup | 0.317 |
| 08121 | Cereals, oats, regular and quick, unenriched, cooked with water (includes boiling and microwaving), without salt | 234.0 | 1.0 cup | 0.173 |
| 08094 | Cereals, QUAKER, corn grits, instant, cheddar cheese flavor, dry | 28.0 | 1.0 packet (1 NLEA serving) | 0.009 |
| 08092 | Cereals, QUAKER, corn grits, instant, plain, dry | 29.0 | 1.0 packet | 0.009 |
| 08093 | Cereals, QUAKER, corn grits, instant, plain, prepared (microwaved or boiling water added), without salt | 219.0 | 1.0 cup | 0.000 |
| 08410 | Cereals, QUAKER, Instant Oatmeal, Cinnamon-Spice, dry | 43.0 | 1.0 packet (1 NLEA serving) | 0.148 |
| 08225 | Cereals, QUAKER, Instant Oatmeal, fruit and cream variety, dry | 35.0 | 1.0 packet | 0.098 |
| 08130 | Cereals, QUAKER, Instant Oatmeal, maple and brown sugar, dry | 43.0 | 1.0 packet | 0.101 |
| 08436 | Cereals, QUAKER, Instant Oatmeal, Raisin and Spice, dry | 43.0 | 1.0 packet (1 NLEA serving) | 0.137 |
| 08228 | Cereals, QUAKER, Instant Oatmeal, raisins, dates and walnuts, dry | 37.0 | 1.0 packet | 0.135 |
| 08231 | Cereals, QUAKER, Oat Bran, QUAKER/MOTHER'S Oat Bran, dry | 40.0 | 0.5 cup (1 NLEA serving) | 0.120 |
| 08200 | Cereals, QUAKER, QUAKER MultiGrain Oatmeal, dry | 40.0 | 0.5 cup (1 NLEA serving) | 0.144 |
| 08402 | Cereals, QUAKER, Quick Oats, Dry | 40.0 | 0.5 cup | 0.148 |
| 08143 | Cereals, WHEATENA, cooked with water | 243.0 | 1.0 cup | 0.126 |
| 08182 | Cereals, WHEATENA, cooked with water, with salt | 243.0 | 1.0 cup | 0.139 |
| 08142 | Cereals, WHEATENA, dry | 40.0 | 0.33 cup (1 NLEA serving) | 0.132 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 08183 | Cereals, whole wheat hot natural cereal, cooked with water, with salt | 242.0 | 1.0 cup | 0.201 |
| 08145 | Cereals, whole wheat hot natural cereal, cooked with water, without salt | 242.0 | 1.0 cup | 0.201 |
| 08144 | Cereals, whole wheat hot natural cereal, dry | 94.0 | 1.0 cup | 0.431 |
| 11765 | Chard, swiss, cooked, boiled, drained, with salt | 175.0 | 1.0 cup, chopped | 0.285 |
| 11148 | Chard, swiss, cooked, boiled, drained, without salt | 175.0 | 1.0 cup, chopped | 0.285 |
| 11147 | Chard, swiss, raw | 36.0 | 1.0 cup | 0.064 |
| 11766 | Chayote, fruit, cooked, boiled, drained, with salt | 160.0 | 1.0 cup (1" pieces) | 0.176 |
| 11150 | Chayote, fruit, cooked, boiled, drained, without salt | 160.0 | 1.0 cup (1" pieces) | 0.176 |
| 11149 | Chayote, fruit, raw | 132.0 | 1.0 cup (1" pieces) | 0.162 |
| 01045 | Cheese food, cold pack, American | 28.35 | 1.0 oz | 0.009 |
| 44048 | Cheese food, pasteurized process, American, imitation, without added vitamin D | 28.35 | 1.0 oz | 0.007 |
| 01046 | Cheese food, pasteurized process, American, vitamin D fortified | 113.0 | 1.0 cup | 0.038 |
| 01254 | Cheese food, pasteurized process, American, without added vitamin D | 113.0 | 1.0 cup | 0.038 |
| 01047 | Cheese food, pasteurized process, swiss | 28.35 | 1.0 oz | 0.009 |
| 01215 | Cheese product, pasteurized process, American, reduced fat, fortified with vitamin D | 21.0 | 1.0 slice 3/4 oz | 0.006 |
| 01252 | Cheese product, pasteurized process, American, vitamin D fortified | 19.0 | 1.0 slice (2/3 oz) | 0.005 |
| 42258 | Cheese product, pasteurized process, cheddar, reduced fat | 28.0 | 1.0 slice 1 oz | 0.008 |
| 19434 | Cheese puffs and twists, corn based, baked, low fat | 28.35 | 1.0 oz | 0.024 |
| 01164 | Cheese sauce, prepared from recipe | 30.0 | 2.0 tbsp | 0.006 |
| 01259 | Cheese spread, American or Cheddar cheese base, reduced fat | 21.0 | 1.0 piece | 0.007 |
| 43276 | Cheese spread, cream cheese base | 28.35 | 1.0 oz | 0.004 |
| 01048 | Cheese spread, pasteurized process, American | 140.0 | 1.0 cup, diced | 0.046 |
| 01161 | Cheese substitute, mozzarella | 113.0 | 1.0 cup, shredded | 0.124 |
| 43278 | Cheese, american cheddar, imitation | 21.0 | 1.0 slice | 0.007 |
| 01061 | Cheese, American, nonfat or fat free | 19.0 | 1.0 serving | 0.106 |
| 01004 | Cheese, blue | 28.35 | 1.0 oz | 0.011 |
| 01005 | Cheese, brick | 132.0 | 1.0 cup, diced | 0.032 |
| 01006 | Cheese, brie | 28.35 | 1.0 oz | 0.005 |
| 01007 | Cheese, camembert | 28.35 | 1.0 oz | 0.006 |
| 01008 | Cheese, caraway | 28.35 | 1.0 oz | 0.007 |
| 01009 | Cheese, cheddar | 132.0 | 1.0 cup, diced | 0.040 |
| 01265 | Cheese, cheddar, nonfat or fat free | 28.0 | 1.0 serving | 0.006 |
| 01260 | Cheese, cheddar, reduced fat | 21.0 | 1.0 slice | 0.009 |
| 01270 | Cheese, cheddar, sharp, sliced | 19.0 | 1.0 slice (2/3 oz) | 0.007 |
| 01010 | Cheese, cheshire | 28.35 | 1.0 oz | 0.012 |
| 01011 | Cheese, colby | 132.0 | 1.0 cup, diced | 0.055 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 01012 | Cheese, cottage, creamed, large or small curd | 113.0 | 4.0 oz | 0.033 |
| 01013 | Cheese, cottage, creamed, with fruit | 113.0 | 4.0 oz | 0.045 |
| 01016 | Cheese, cottage, lowfat, 1% milkfat | 113.0 | 4.0 oz | 0.032 |
| 42235 | Cheese, cottage, lowfat, 1% milkfat, lactose reduced | 113.0 | 4.0 oz | 0.032 |
| 43352 | Cheese, cottage, lowfat, 1% milkfat, no sodium added | 113.0 | 4.0 oz | 0.032 |
| 43396 | Cheese, cottage, lowfat, 1% milkfat, with vegetables | 113.0 | 4.0 oz | 0.032 |
| 01015 | Cheese, cottage, lowfat, 2% milkfat | 113.0 | 4.0 oz | 0.037 |
| 01014 | Cheese, cottage, nonfat, uncreamed, dry, large or small curd | 145.0 | 1.0 cup (not packed) | 0.044 |
| 43273 | Cheese, cottage, with vegetables | 113.0 | 4.0 oz | 0.032 |
| 01017 | Cheese, cream | 14.5 | 1.0 tbsp | 0.003 |
| 01186 | Cheese, cream, fat free | 18.0 | 1.0 tbsp | 0.006 |
| 43274 | Cheese, cream, low fat | 15.0 | 1.0 tbsp | 0.005 |
| 01227 | Cheese, dry white, queso seco | 97.0 | 1.0 cup grated | 0.026 |
| 01018 | Cheese, edam | 28.35 | 1.0 oz | 0.010 |
| 01019 | Cheese, feta | 150.0 | 1.0 cup, crumbled | 0.048 |
| 01020 | Cheese, fontina | 132.0 | 1.0 cup, diced | 0.033 |
| 01228 | Cheese, fresh, queso fresco | 122.0 | 1.0 cup, crumbled | 0.040 |
| 01021 | Cheese, gjetost | 28.35 | 1.0 oz | 0.023 |
| 01156 | Cheese, goat, hard type | 28.35 | 1.0 oz | 0.178 |
| 01157 | Cheese, goat, semisoft type | 28.35 | 1.0 oz | 0.160 |
| 01159 | Cheese, goat, soft type | 28.35 | 1.0 oz | 0.208 |
| 01022 | Cheese, gouda | 28.35 | 1.0 oz | 0.010 |
| 01023 | Cheese, gruyere | 28.35 | 1.0 oz | 0.009 |
| 01024 | Cheese, limburger | 134.0 | 1.0 cup | 0.028 |
| 01168 | Cheese, low fat, cheddar or colby | 132.0 | 1.0 cup, diced | 0.028 |
| 01169 | Cheese, low-sodium, cheddar or colby | 132.0 | 1.0 cup, diced | 0.048 |
| 01251 | Cheese, Mexican blend | 28.0 | 0.25 cup shredded | 0.007 |
| 01209 | Cheese, Mexican, blend, reduced fat | 28.35 | 1.0 oz | 0.006 |
| 01165 | Cheese, mexican, queso anejo | 132.0 | 1.0 cup, crumbled | 0.011 |
| 01166 | Cheese, mexican, queso asadero | 132.0 | 1.0 cup, diced | 0.034 |
| 01167 | Cheese, mexican, queso chihuahua | 132.0 | 1.0 cup, diced | 0.032 |
| 01267 | Cheese, mexican, queso cotija | 5.0 | 2.0 tsp | 0.012 |
| 01025 | Cheese, monterey | 132.0 | 1.0 cup, diced | 0.042 |
| 42155 | Cheese, monterey, low fat | 132.0 | 1.0 cup, diced | 0.042 |
| 01029 | Cheese, mozzarella, low moisture, part-skim | 132.0 | 1.0 cup, diced | 0.044 |
| 01271 | Cheese, mozzarella, low moisture, part-skim, shredded | 86.0 | 1.0 cup | 0.029 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 43597 | Cheese, mozzarella, low sodium | 132.0 | 1.0 cup, diced | 0.036 |
| 42304 | Cheese, mozzarella, nonfat | 113.0 | 1.0 cup, shredded | 0.038 |
| 01028 | Cheese, mozzarella, part skim milk | 28.35 | 1.0 oz | 0.007 |
| 01026 | Cheese, mozzarella, whole milk | 112.0 | 1.0 cup, shredded | 0.012 |
| 01027 | Cheese, mozzarella, whole milk, low moisture | 28.35 | 1.0 oz | 0.006 |
| 01030 | Cheese, muenster | 132.0 | 1.0 cup, diced | 0.041 |
| 42303 | Cheese, muenster, low fat | 113.0 | 1.0 cup, shredded | 0.035 |
| 01031 | Cheese, neufchatel | 28.35 | 1.0 oz | 0.008 |
| 01204 | Cheese, parmesan, dry grated, reduced fat | 100.0 | 1.0 cup | 0.238 |
| 01032 | Cheese, parmesan, grated | 100.0 | 1.0 cup | 0.040 |
| 01033 | Cheese, parmesan, hard | 28.35 | 1.0 oz | 0.009 |
| 43340 | Cheese, parmesan, low sodium | 100.0 | 1.0 cup, grated | 0.037 |
| 01146 | Cheese, parmesan, shredded | 5.0 | 1.0 tbsp | 0.002 |
| 01042 | Cheese, pasteurized process, American, fortified with vitamin D | 28.35 | 1.0 oz | 0.013 |
| 43275 | Cheese, pasteurized process, American, low fat | 140.0 | 1.0 cup, diced | 0.046 |
| 01253 | Cheese, pasteurized process, American, without added vitamin D | 28.35 | 1.0 oz | 0.013 |
| 42205 | Cheese, pasteurized process, cheddar or American, fat-free | 16.0 | 1.0 cubic inch | 0.003 |
| 43398 | Cheese, pasteurized process, cheddar or American, low sodium | 140.0 | 1.0 cup, diced | 0.042 |
| 01043 | Cheese, pasteurized process, pimento | 140.0 | 1.0 cup, diced | 0.046 |
| 01044 | Cheese, pasteurized process, swiss | 140.0 | 1.0 cup, diced | 0.038 |
| 43379 | Cheese, pasteurized process, swiss, low fat | 140.0 | 1.0 cup, diced | 0.046 |
| 01034 | Cheese, port de salut | 132.0 | 1.0 cup, diced | 0.029 |
| 01035 | Cheese, provolone | 132.0 | 1.0 cup, diced | 0.034 |
| 01208 | Cheese, provolone, reduced fat | 132.0 | 1.0 cup, diced | 0.034 |
| 01037 | Cheese, ricotta, part skim milk | 124.0 | 0.5 cup | 0.042 |
| 01036 | Cheese, ricotta, whole milk | 124.0 | 0.5 cup | 0.026 |
| 01038 | Cheese, romano | 28.35 | 1.0 oz | 0.009 |
| 01039 | Cheese, roquefort | 28.35 | 1.0 oz | 0.010 |
| 01040 | Cheese, swiss | 132.0 | 1.0 cup, diced | 0.062 |
| 43589 | Cheese, swiss, low fat | 28.0 | 1.0 slice (1 oz) | 0.008 |
| 43405 | Cheese, swiss, low sodium | 28.0 | 1.0 slice | 0.009 |
| 01266 | Cheese, Swiss, nonfat or fat free | 28.0 | 1.0 serving | 0.008 |
| 01041 | Cheese, tilsit | 28.35 | 1.0 oz | 0.007 |
| 01229 | Cheese, white, queso blanco | 118.0 | 1.0 cup, crumbled | 0.030 |
| 18147 | Cheesecake commercially prepared | 28.35 | 1.0 oz | 0.006 |
| 18148 | Cheesecake prepared from mix, no-bake type | 28.35 | 1.0 oz | 0.008 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 07016 | Cheesefurter, cheese smokie, pork, beef | 100.0 | 2.33 links | 0.070 |
| 09062 | Cherimoya, raw | 160.0 | 1.0 cup, pieces | 0.110 |
| 09067 | Cherries, sour, red, canned, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup | 0.170 |
| 09066 | Cherries, sour, red, canned, heavy syrup pack, solids and liquids | 256.0 | 1.0 cup | 0.169 |
| 09065 | Cherries, sour, red, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup | 0.171 |
| 09064 | Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity red tart cherries, canned) | 244.0 | 1.0 cup | 0.171 |
| 09068 | Cherries, sour, red, frozen, unsweetened | 155.0 | 1.0 cup, unthawed | 0.139 |
| 09063 | Cherries, sour, red, raw | 155.0 | 1.0 cup, without pits | 0.161 |
| 09075 | Cherries, sweet, canned, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup, pitted | 0.363 |
| 09072 | Cherries, sweet, canned, juice pack, solids and liquids | 250.0 | 1.0 cup, pitted | 0.182 |
| 09073 | Cherries, sweet, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup, pitted | 0.365 |
| 09074 | Cherries, sweet, canned, pitted, heavy syrup pack, solids and liquids | 253.0 | 1.0 cup | 0.359 |
| 09367 | Cherries, sweet, canned, pitted, heavy syrup, drained | 179.0 | 1.0 cup | 0.315 |
| 09071 | Cherries, sweet, canned, water pack, solids and liquids | 248.0 | 1.0 cup, pitted | 0.186 |
| 09076 | Cherries, sweet, frozen, sweetened | 259.0 | 1.0 cup, thawed | 0.062 |
| 09070 | Cherries, sweet, raw | 138.0 | 1.0 cup, with pits, yields | 0.083 |
| 09044 | Cherries, tart, dried, sweetened | 40.0 | 0.25 cup | 0.092 |
| 19163 | Chewing gum | 3.0 | 1.0 stick | 0.000 |
| 43060 | Chewing gum, sugarless | 2.0 | 1.0 piece | 0.000 |
| 21143 | CHICK-FIL-A, Chick-n-Strips | 50.0 | 1.0 strip | 0.030 |
| 21526 | CHICK-FIL-A, chicken sandwich | 187.0 | 1.0 sandwich | 0.125 |
| 21144 | CHICK-FIL-A, hash browns | 5.5 | 1.0 piece | 0.006 |
| 05326 | Chicken breast tenders, breaded, cooked, microwaved | 15.0 | 1.0 piece | 0.047 |
| 05327 | Chicken breast tenders, breaded, uncooked | 15.0 | 1.0 piece | 0.031 |
| 07961 | Chicken breast, deli, rotisserie seasoned, sliced, prepackaged | 12.0 | 1.0 slice | 0.002 |
| 07932 | Chicken breast, fat-free, mesquite flavor, sliced | 42.0 | 1.0 serving 2 slices | 0.097 |
| 07933 | Chicken breast, oven-roasted, fat-free, sliced | 42.0 | 1.0 serving 2 slices | 0.014 |
| 05324 | Chicken patty, frozen, cooked | 60.0 | 1.0 patty | 0.054 |
| 05323 | Chicken patty, frozen, uncooked | 60.0 | 1.0 patty | 0.124 |
| 22906 | Chicken pot pie, frozen entree, prepared | 302.0 | 1.0 pie | 0.127 |
| 07018 | Chicken spread | 56.0 | 1.0 serving (1 serving) | 0.022 |
| 22978 | Chicken tenders, breaded, frozen, prepared | 21.0 | 1.0 piece | 0.018 |
| 05746 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, braised | 85.0 | 3.0 oz | 0.037 |
| 05747 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, cooked, grilled | 85.0 | 3.0 oz | 0.036 |
| 05062 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, raw | 85.0 | 3.0 oz | 0.031 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05748 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, braised | 85.0 | 3.0 oz | 0.029 |
| 05749 | Chicken, broiler or fryers, breast, skinless, boneless, meat only, with added solution, cooked, grilled | 85.0 | 3.0 oz | 0.029 |
| 05357 | Chicken, broiler, rotisserie, BBQ, back meat and skin | 85.0 | 3.0 oz | 0.052 |
| 05693 | Chicken, broiler, rotisserie, BBQ, back meat only | 85.0 | 3.0 oz | 0.057 |
| 05358 | Chicken, broiler, rotisserie, BBQ, breast meat and skin | 85.0 | 3.0 oz | 0.035 |
| 05000 | Chicken, broiler, rotisserie, BBQ, breast meat only | 85.0 | 3.0 oz | 0.035 |
| 05359 | Chicken, broiler, rotisserie, BBQ, drumstick meat and skin | 71.0 | 1.0 drumstick | 0.058 |
| 05319 | Chicken, broiler, rotisserie, BBQ, drumstick, meat only | 71.0 | 1.0 drumstick | 0.063 |
| 05356 | Chicken, broiler, rotisserie, BBQ, skin | 85.0 | 1.0 serving | 0.037 |
| 05361 | Chicken, broiler, rotisserie, BBQ, thigh meat and skin | 95.0 | 1.0 thigh | 0.073 |
| 05334 | Chicken, broiler, rotisserie, BBQ, thigh, meat only | 95.0 | 1.0 thigh | 0.080 |
| 05362 | Chicken, broiler, rotisserie, BBQ, wing meat and skin | 51.0 | 1.0 wing | 0.029 |
| 05339 | Chicken, broiler, rotisserie, BBQ, wing, meat only | 51.0 | 1.0 wing | 0.034 |
| 05049 | Chicken, broilers or fryers, back, meat and skin, cooked, fried, batter | 72.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.058 |
| 05050 | Chicken, broilers or fryers, back, meat and skin, cooked, fried, flour | 44.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.040 |
| 05051 | Chicken, broilers or fryers, back, meat and skin, cooked, roasted | 32.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.024 |
| 05347 | Chicken, broilers or fryers, back, meat and skin, cooked, rotisserie, original seasoning | 102.0 | 1.0 back | 0.070 |
| 05052 | Chicken, broilers or fryers, back, meat and skin, cooked, stewed | 85.0 | 3.0 oz | 0.054 |
| 05048 | Chicken, broilers or fryers, back, meat and skin, raw | 59.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.028 |
| 05054 | Chicken, broilers or fryers, back, meat only, cooked, fried | 35.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.033 |
| 05055 | Chicken, broilers or fryers, back, meat only, cooked, roasted | 24.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.019 |
| 05341 | Chicken, broilers or fryers, back, meat only, cooked, rotisserie, original seasoning | 85.0 | 1.0 serving (3 oz) | 0.067 |
| 05056 | Chicken, broilers or fryers, back, meat only, cooked, stewed | 26.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.018 |
| 05053 | Chicken, broilers or fryers, back, meat only, raw | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.019 |
| 05058 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, batter | 84.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.050 |
| 05059 | Chicken, broilers or fryers, breast, meat and skin, cooked, fried, flour | 59.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.034 |
| 05060 | Chicken, broilers or fryers, breast, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.070 |
| 05348 | Chicken, broilers or fryers, breast, meat and skin, cooked, rotisserie, original seasoning | 85.0 | 1.0 serving (3 oz) | 0.037 |
| 05061 | Chicken, broilers or fryers, breast, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.062 |
| 05057 | Chicken, broilers or fryers, breast, meat and skin, raw | 87.0 | 0.5 breast, bone removed (yield from 1 lb ready-to-cook chicken) | 0.034 |
| 05063 | Chicken, broilers or fryers, breast, meat only, cooked, fried | 52.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.028 |
| 05064 | Chicken, broilers or fryers, breast, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.069 |
| 05342 | Chicken, broilers or fryers, breast, meat only, cooked, rotisserie, original seasoning | 85.0 | 3.0 oz | 0.037 |
| 05065 | Chicken, broilers or fryers, breast, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.060 |
| 05314 | Chicken, broilers or fryers, breast, skinless, boneless, meat only, with added solution, raw | 85.0 | 3.0 oz | 0.025 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05676 | Chicken, broilers or fryers, dark meat, drumstick, meat and skin, cooked, braised | 95.0 | 1.0 drumstick without skin | 0.057 |
| 05671 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, braised | 95.0 | 1.0 drumstick without skin | 0.060 |
| 05073 | Chicken, broilers or fryers, dark meat, drumstick, meat only, cooked, roasted | 96.0 | 1.0 drumstick without skin | 0.071 |
| 05071 | Chicken, broilers or fryers, dark meat, drumstick, meat only, raw | 130.0 | 1.0 drumstick with skin | 0.086 |
| 05035 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, batter | 85.0 | 3.0 oz | 0.068 |
| 05036 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, fried, flour | 110.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.097 |
| 05037 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, roasted | 101.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.078 |
| 05038 | Chicken, broilers or fryers, dark meat, meat and skin, cooked, stewed | 110.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.075 |
| 05034 | Chicken, broilers or fryers, dark meat, meat and skin, raw | 85.0 | 3.0 oz | 0.046 |
| 05044 | Chicken, broilers or fryers, dark meat, meat only, cooked, fried | 140.0 | 1.0 cup | 0.125 |
| 05045 | Chicken, broilers or fryers, dark meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.112 |
| 05046 | Chicken, broilers or fryers, dark meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.105 |
| 05043 | Chicken, broilers or fryers, dark meat, meat only, raw | 109.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.069 |
| 05677 | Chicken, broilers or fryers, dark meat, thigh, meat and skin, cooked, braised | 111.0 | 1.0 thigh without skin | 0.053 |
| 05672 | Chicken, broilers or fryers, dark meat, thigh, meat only, cooked, braised | 111.0 | 1.0 thigh without skin | 0.054 |
| 05096 | Chicken, broilers or fryers, dark meat, thigh, meat only, raw | 149.0 | 1.0 thigh without skin | 0.092 |
| 05067 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, batter | 43.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.033 |
| 05068 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, fried, flour | 29.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.023 |
| 05069 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, roasted | 105.0 | 1.0 drumstick with skin (yield from 1 lb ready-to-cook chicken) | 0.075 |
| 05349 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, rotisserie, original seasoning | 53.0 | 1.0 drumstick | 0.045 |
| 05070 | Chicken, broilers or fryers, drumstick, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.099 |
| 05066 | Chicken, broilers or fryers, drumstick, meat and skin, raw | 133.0 | 1.0 drumstick with skin | 0.082 |
| 05072 | Chicken, broilers or fryers, drumstick, meat only, cooked, fried | 25.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.020 |
| 05343 | Chicken, broilers or fryers, drumstick, meat only, cooked, rotisserie, original seasoning | 53.0 | 1.0 drumstick | 0.049 |
| 05074 | Chicken, broilers or fryers, drumstick, meat only, cooked, stewed | 85.0 | 3.0 oz | 0.065 |
| 05021 | Chicken, broilers or fryers, giblets, cooked, fried | 145.0 | 1.0 cup, chopped or diced | 0.612 |
| 05022 | Chicken, broilers or fryers, giblets, cooked, simmered | 145.0 | 1.0 cup chopped or dice | 0.480 |
| 05020 | Chicken, broilers or fryers, giblets, raw | 23.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.056 |
| 05076 | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, batter | 95.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.076 |
| 05077 | Chicken, broilers or fryers, leg, meat and skin, cooked, fried, flour | 67.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.057 |
| 05078 | Chicken, broilers or fryers, leg, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.052 |
| 05079 | Chicken, broilers or fryers, leg, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.099 |
| 05075 | Chicken, broilers or fryers, leg, meat and skin, raw | 85.0 | 3.0 oz | 0.046 |
| 05081 | Chicken, broilers or fryers, leg, meat only, cooked, fried | 56.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.048 |
| 05082 | Chicken, broilers or fryers, leg, meat only, cooked, roasted | 85.0 | 3.0 oz | 0.052 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05083 | Chicken, broilers or fryers, leg, meat only, cooked, stewed | 85.0 | 3.0 oz | 0.065 |
| 05080 | Chicken, broilers or fryers, leg, meat only, raw | 85.0 | 3.0 oz | 0.051 |
| 05030 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, batter | 113.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.069 |
| 05031 | Chicken, broilers or fryers, light meat, meat and skin, cooked, fried, flour | 78.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.045 |
| 05032 | Chicken, broilers or fryers, light meat, meat and skin, cooked, roasted | 79.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.042 |
| 05033 | Chicken, broilers or fryers, light meat, meat and skin, cooked, stewed | 90.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.040 |
| 05029 | Chicken, broilers or fryers, light meat, meat and skin, raw | 116.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.046 |
| 05040 | Chicken, broilers or fryers, light meat, meat only, cooked, fried | 140.0 | 1.0 cup | 0.076 |
| 05041 | Chicken, broilers or fryers, light meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.070 |
| 05042 | Chicken, broilers or fryers, light meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.062 |
| 05039 | Chicken, broilers or fryers, light meat, meat only, raw | 88.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.035 |
| 05002 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, batter | 85.0 | 3.0 oz | 0.076 |
| 05003 | Chicken, broilers or fryers, meat and skin and giblets and neck, cooked, fried, flour | 85.0 | 3.0 oz | 0.085 |
| 05001 | Chicken, broilers or fryers, meat and skin and giblets and neck, raw | 85.0 | 3.0 oz | 0.054 |
| 05004 | Chicken, broilers or fryers, meat and skin and giblets and neck, roasted | 85.0 | 3.0 oz | 0.068 |
| 05005 | Chicken, broilers or fryers, meat and skin and giblets and neck, stewed | 85.0 | 3.0 oz | 0.060 |
| 05007 | Chicken, broilers or fryers, meat and skin, cooked, fried, batter | 85.0 | 3.0 oz | 0.061 |
| 05008 | Chicken, broilers or fryers, meat and skin, cooked, fried, flour | 85.0 | 3.0 oz | 0.064 |
| 05009 | Chicken, broilers or fryers, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.092 |
| 05010 | Chicken, broilers or fryers, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.080 |
| 05006 | Chicken, broilers or fryers, meat and skin, raw | 85.0 | 3.0 oz | 0.041 |
| 05012 | Chicken, broilers or fryers, meat only, cooked, fried | 140.0 | 1.0 cup, chopped or diced | 0.105 |
| 05011 | Chicken, broilers or fryers, meat only, raw | 85.0 | 3.0 oz | 0.045 |
| 05013 | Chicken, broilers or fryers, meat only, roasted | 140.0 | 1.0 cup, chopped or diced | 0.094 |
| 05014 | Chicken, broilers or fryers, meat only, stewed | 140.0 | 1.0 cup, chopped or diced | 0.085 |
| 05087 | Chicken, broilers or fryers, neck, meat and skin, cooked simmered | 11.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.011 |
| 05085 | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, batter | 16.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.018 |
| 05086 | Chicken, broilers or fryers, neck, meat and skin, cooked, fried, flour | 11.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.014 |
| 05084 | Chicken, broilers or fryers, neck, meat and skin, raw | 15.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.012 |
| 05089 | Chicken, broilers or fryers, neck, meat only, cooked, fried | 7.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.011 |
| 05090 | Chicken, broilers or fryers, neck, meat only, cooked, simmered | 5.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.006 |
| 05088 | Chicken, broilers or fryers, neck, meat only, raw | 6.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.007 |
| 05047 | Chicken, broilers or fryers, separable fat, raw | 12.8 | 1.0 tbsp | 0.004 |
| 05016 | Chicken, broilers or fryers, skin only, cooked, fried, batter | 114.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.081 |
| 05017 | Chicken, broilers or fryers, skin only, cooked, fried, flour | 33.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.026 |
| 05018 | Chicken, broilers or fryers, skin only, cooked, roasted | 34.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.022 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05344 | Chicken, broilers or fryers, skin only, cooked, rotisserie, original seasoning | 28.35 | 1.0 oz | 0.013 |
| 05019 | Chicken, broilers or fryers, skin only, cooked, stewed | 44.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.020 |
| 05015 | Chicken, broilers or fryers, skin only, raw | 47.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.019 |
| 05092 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, batter | 52.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.043 |
| 05093 | Chicken, broilers or fryers, thigh, meat and skin, cooked, fried, flour | 38.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.034 |
| 05094 | Chicken, broilers or fryers, thigh, meat and skin, cooked, roasted | 137.0 | 1.0 thigh with skin | 0.086 |
| 05351 | Chicken, broilers or fryers, thigh, meat and skin, cooked, rotisserie, original seasoning | 89.0 | 1.0 thigh | 0.069 |
| 05095 | Chicken, broilers or fryers, thigh, meat and skin, cooked, stewed | 41.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.029 |
| 05091 | Chicken, broilers or fryers, thigh, meat and skin, raw | 193.0 | 1.0 thigh with skin | 0.104 |
| 05097 | Chicken, broilers or fryers, thigh, meat only, cooked, fried | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.028 |
| 05098 | Chicken, broilers or fryers, thigh, meat only, cooked, roasted | 116.0 | 1.0 thigh without skin | 0.078 |
| 05345 | Chicken, broilers or fryers, thigh, meat only, cooked, rotisserie, original seasoning | 89.0 | 1.0 thigh | 0.075 |
| 05099 | Chicken, broilers or fryers, thigh, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.108 |
| 05101 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, batter | 29.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.018 |
| 05102 | Chicken, broilers or fryers, wing, meat and skin, cooked, fried, flour | 19.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.012 |
| 05103 | Chicken, broilers or fryers, wing, meat and skin, cooked, roasted | 85.0 | 1.0 piece | 0.035 |
| 05352 | Chicken, broilers or fryers, wing, meat and skin, cooked, rotisserie, original seasoning | 53.0 | 1.0 wing | 0.031 |
| 05104 | Chicken, broilers or fryers, wing, meat and skin, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.064 |
| 05100 | Chicken, broilers or fryers, wing, meat and skin, raw | 107.0 | 1.0 piece | 0.036 |
| 05106 | Chicken, broilers or fryers, wing, meat only, cooked, fried | 12.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.006 |
| 05107 | Chicken, broilers or fryers, wing, meat only, cooked, roasted | 13.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.007 |
| 05346 | Chicken, broilers or fryers, wing, meat only, cooked, rotisserie, original seasoning | 53.0 | 1.0 wing | 0.035 |
| 05108 | Chicken, broilers or fryers, wing, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.066 |
| 05105 | Chicken, broilers or fryers, wing, meat only, raw | 17.0 | 1.0 wing, bone and skin removed (yield from 1 lb ready-to-cook chicken) | 0.007 |
| 05277 | Chicken, canned, meat only, with broth | 142.0 | 1.0 can (5 oz) | 0.065 |
| 05311 | Chicken, canned, no broth | 28.0 | 1.0 oz | 0.014 |
| 05138 | Chicken, capons, giblets, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 0.426 |
| 05137 | Chicken, capons, giblets, raw | 115.0 | 1.0 giblets | 0.308 |
| 05134 | Chicken, capons, meat and skin and giblets and neck, cooked, roasted | 85.0 | 3.0 oz | 0.069 |
| 05133 | Chicken, capons, meat and skin and giblets and neck, raw | 85.0 | 3.0 oz | 0.054 |
| 05136 | Chicken, capons, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.059 |
| 05135 | Chicken, capons, meat and skin, raw | 85.0 | 3.0 oz | 0.042 |
| 05308 | Chicken, cornish game hens, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.052 |
| 05307 | Chicken, cornish game hens, meat and skin, raw | 85.0 | 3.0 oz | 0.042 |
| 05310 | Chicken, cornish game hens, meat only, cooked, roasted | 85.0 | 3.0 oz | 0.050 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05309 | Chicken, cornish game hens, meat only, raw | 85.0 | 3.0 oz | 0.045 |
| 05687 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, braised | 106.0 | 1.0 drumstick with skin | 0.049 |
| 05689 | Chicken, dark meat, drumstick, meat and skin, with added solution, cooked, roasted | 129.0 | 1.0 drumstick with skin | 0.102 |
| 05688 | Chicken, dark meat, drumstick, meat and skin, with added solution, raw | 143.0 | 1.0 drumstick with skin | 0.082 |
| 05680 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, braised | 95.0 | 1.0 drumstick without skin | 0.047 |
| 05679 | Chicken, dark meat, drumstick, meat only, with added solution, cooked, roasted | 91.0 | 1.0 drumstick without skin | 0.073 |
| 05678 | Chicken, dark meat, drumstick, meat only, with added solution, raw | 143.0 | 1.0 drumstick with skin | 0.087 |
| 05690 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, braised | 85.0 | 3.0 oz | 0.040 |
| 05692 | Chicken, dark meat, thigh, meat and skin, with added solution, cooked, roasted | 130.0 | 1.0 thigh with skin | 0.095 |
| 05691 | Chicken, dark meat, thigh, meat and skin, with added solution, raw | 85.0 | 3.0 oz | 0.039 |
| 05681 | Chicken, dark meat, thigh, meat only, with added solution, cooked, braised | 85.0 | 3.0 oz | 0.044 |
| 05683 | Chicken, dark meat, thigh, meat only, with added solution, cooked, roasted | 130.0 | 1.0 thigh with skin | 0.096 |
| 05682 | Chicken, dark meat, thigh, meat only, with added solution, raw | 85.0 | 3.0 oz | 0.045 |
| 05335 | Chicken, feet, boiled | 28.35 | 1.0 oz | 0.029 |
| 05024 | Chicken, gizzard, all classes, cooked, simmered | 145.0 | 1.0 cup chopped or dice | 0.233 |
| 05023 | Chicken, gizzard, all classes, raw | 28.35 | 1.0 oz | 0.033 |
| 05333 | Chicken, ground, crumbles, cooked, pan-browned | 85.0 | 3.0 oz crumbled | 0.053 |
| 05332 | Chicken, ground, raw | 112.0 | 4.0 oz crumbled | 0.073 |
| 05026 | Chicken, heart, all classes, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 0.728 |
| 05025 | Chicken, heart, all classes, raw | 6.1 | 1.0 heart | 0.021 |
| 05661 | Chicken, liver, all classes, cooked, pan-fried | 44.0 | 1.0 liver | 0.235 |
| 05028 | Chicken, liver, all classes, cooked, simmered | 44.0 | 1.0 liver | 0.218 |
| 05027 | Chicken, liver, all classes, raw | 44.0 | 1.0 liver | 0.216 |
| 43128 | Chicken, meatless | 168.0 | 1.0 cup | 1.158 |
| 43410 | Chicken, meatless, breaded, fried | 130.0 | 1.0 cup, diced | 0.650 |
| 22974 | Chicken, nuggets, dark and white meat, precooked, frozen, not reheated | 87.0 | 1.0 serving | 0.087 |
| 22975 | Chicken, nuggets, white meat, precooked, frozen, not reheated | 82.0 | 1.0 serving | 0.114 |
| 05120 | Chicken, roasting, dark meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.098 |
| 05119 | Chicken, roasting, dark meat, meat only, raw | 113.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.067 |
| 05116 | Chicken, roasting, giblets, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 0.342 |
| 05115 | Chicken, roasting, giblets, raw | 25.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.054 |
| 05118 | Chicken, roasting, light meat, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.059 |
| 05117 | Chicken, roasting, light meat, meat only, raw | 99.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.038 |
| 05110 | Chicken, roasting, meat and skin and giblets and neck, cooked, roasted | 85.0 | 3.0 oz | 0.060 |
| 05109 | Chicken, roasting, meat and skin and giblets and neck, raw | 85.0 | 3.0 oz | 0.051 |
| 05112 | Chicken, roasting, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.049 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05114 | Chicken, roasting, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.080 |
| 05113 | Chicken, roasting, meat only, raw | 85.0 | 3.0 oz | 0.042 |
| 05673 | Chicken, skin (drumsticks and thighs), cooked, braised | 28.35 | 1.0 oz | 0.011 |
| 05675 | Chicken, skin (drumsticks and thighs), cooked, roasted | 28.35 | 1.0 oz | 0.013 |
| 05674 | Chicken, skin (drumsticks and thighs), raw | 28.35 | 1.0 oz | 0.011 |
| 05684 | Chicken, skin (drumsticks and thighs), with added solution, cooked, braised | 28.35 | 1.0 oz | 0.008 |
| 05686 | Chicken, skin (drumsticks and thighs), with added solution, cooked, roasted | 28.35 | 1.0 oz | 0.019 |
| 05685 | Chicken, skin (drumsticks and thighs), with added solution, raw | 28.35 | 1.0 oz | 0.009 |
| 05132 | Chicken, stewing, dark meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.202 |
| 05131 | Chicken, stewing, dark meat, meat only, raw | 105.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.112 |
| 05128 | Chicken, stewing, giblets, cooked, simmered | 145.0 | 1.0 cup, chopped or diced | 0.434 |
| 05127 | Chicken, stewing, giblets, raw | 28.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.077 |
| 05130 | Chicken, stewing, light meat, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.119 |
| 05129 | Chicken, stewing, light meat, meat only, raw | 89.0 | 1.0 unit (yield from 1 lb ready-to-cook chicken) | 0.060 |
| 05122 | Chicken, stewing, meat and skin, and giblets and neck, cooked, stewed | 85.0 | 3.0 oz | 0.067 |
| 05121 | Chicken, stewing, meat and skin, and giblets and neck, raw | 85.0 | 3.0 oz | 0.078 |
| 05124 | Chicken, stewing, meat and skin, cooked, stewed | 85.0 | 3.0 oz | 0.085 |
| 05123 | Chicken, stewing, meat and skin, raw | 85.0 | 3.0 oz | 0.063 |
| 05126 | Chicken, stewing, meat only, cooked, stewed | 140.0 | 1.0 cup, chopped or diced | 0.162 |
| 05125 | Chicken, stewing, meat only, raw | 85.0 | 3.0 oz | 0.076 |
| 32020 | Chicken, thighs, frozen, breaded, reheated | 133.0 | 1.0 thigh with bone and breading | 0.158 |
| 05312 | Chicken, wing, frozen, glazed, barbecue flavored | 29.0 | 1.0 piece | 0.011 |
| 05320 | Chicken, wing, frozen, glazed, barbecue flavored, heated (conventional oven) | 96.0 | 1.0 serving | 0.000 |
| 05313 | Chicken, wing, frozen, glazed, barbecue flavored, heated (microwave) | 74.0 | 1.0 serving | 0.036 |
| 16157 | Chickpea flour (besan) | 92.0 | 1.0 cup | 0.839 |
| 16358 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained solids | 253.0 | 1.0 can drained | 0.640 |
| 16359 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, drained, rinsed in tap water | 254.0 | 1.0 can drained, rinsed | 0.635 |
| 16058 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids | 240.0 | 1.0 cup | 0.367 |
| 16360 | Chickpeas (garbanzo beans, bengal gram), mature seeds, canned, solids and liquids, low sodium | 240.0 | 1.0 cup | 0.367 |
| 16357 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, with salt | 164.0 | 1.0 cup | 0.577 |
| 16057 | Chickpeas (garbanzo beans, bengal gram), mature seeds, cooked, boiled, without salt | 164.0 | 1.0 cup | 0.577 |
| 16056 | Chickpeas (garbanzo beans, bengal gram), mature seeds, raw | 200.0 | 1.0 cup | 1.312 |
| 11152 | Chicory greens, raw | 29.0 | 1.0 cup, chopped | 0.086 |
| 11154 | Chicory roots, raw | 60.0 | 1.0 root | 0.046 |
| 11151 | Chicory, witloof, raw | 53.0 | 1.0 head | 0.027 |
| 03860 | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed | 31.0 | 1.0 fl oz | 0.029 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03870 | Child formula, ABBOTT NUTRITION, PEDIASURE, ready-to-feed, with iron and fiber | 31.0 | 1.0 fl oz | 0.033 |
| 03819 | Child formula, MEAD JOHNSON, PORTAGEN, with iron, powder, not reconstituted | 9.4 | 1.0 scoop | 0.070 |
| 03820 | Child formula, MEAD JOHNSON, PORTAGEN, with iron, prepared from powder | 31.0 | 1.0 fl oz | 0.046 |
| 22904 | Chili con carne with beans, canned entree | 242.0 | 1.0 cup | 0.232 |
| 16059 | Chili with beans, canned | 256.0 | 1.0 cup | 0.300 |
| 22969 | Chili with beans, microwavable bowls | 244.0 | 1.0 cup | 0.195 |
| 22911 | Chili, no beans, canned entree | 240.0 | 1.0 cup | 0.451 |
| 11615 | Chives, freeze-dried | 0.2 | 1.0 tbsp | 0.001 |
| 11156 | Chives, raw | 3.0 | 1.0 tbsp chopped | 0.005 |
| 19902 | Chocolate, dark, 45- 59% cacao solids | 28.35 | 1.0 oz | 0.291 |
| 19903 | Chocolate, dark, 60-69% cacao solids | 28.35 | 1.0 oz | 0.354 |
| 19904 | Chocolate, dark, 70-85% cacao solids | 28.35 | 1.0 oz | 0.501 |
| 19125 | Chocolate-flavored hazelnut spread | 37.0 | 1.0 serving 2 TBSP | 0.174 |
| 35204 | Chokecherries, raw, pitted (Northern Plains Indians) | 154.0 | 1.0 cup | 0.286 |
| 07019 | Chorizo, pork and beef | 28.35 | 1.0 oz | 0.023 |
| 11698 | Chrysanthemum leaves, raw | 51.0 | 1.0 cup, chopped | 0.070 |
| 11767 | Chrysanthemum, garland, cooked, boiled, drained, with salt | 100.0 | 1.0 cup (1" pieces) | 0.133 |
| 11158 | Chrysanthemum, garland, cooked, boiled, drained, without salt | 100.0 | 1.0 cup (1" pieces) | 0.133 |
| 11157 | Chrysanthemum, garland, raw | 25.0 | 1.0 cup (1" pieces) | 0.034 |
| 18964 | Cinnamon buns, frosted (includes honey buns) | 65.0 | 1.0 bun | 0.040 |
| 09433 | Clementines, raw | 74.0 | 1.0 fruit | 0.032 |
| 19859 | Cocoa, dry powder, hi-fat or breakfast, plain | 5.4 | 1.0 tbsp | 0.195 |
| 19860 | Cocoa, dry powder, hi-fat or breakfast, processed with alkali | 6.0 | 1.0 tablespoon Ghirardelli label 2011 | 0.217 |
| 19165 | Cocoa, dry powder, unsweetened | 86.0 | 1.0 cup | 3.258 |
| 19166 | Cocoa, dry powder, unsweetened, processed with alkali | 86.0 | 1.0 cup | 3.102 |
| 18103 | Coffeecake, cheese | 28.35 | 1.0 oz | 0.015 |
| 18104 | Coffeecake, cinnamon with crumb topping, commercially prepared, enriched | 28.35 | 1.0 oz | 0.035 |
| 18417 | Coffeecake, cinnamon with crumb topping, commercially prepared, unenriched | 28.35 | 1.0 oz | 0.035 |
| 18107 | Coffeecake, cinnamon with crumb topping, dry mix | 28.35 | 1.0 oz | 0.062 |
| 18108 | Coffeecake, cinnamon with crumb topping, dry mix, prepared | 28.35 | 1.0 oz | 0.042 |
| 18105 | Coffeecake, creme-filled with chocolate frosting | 28.35 | 1.0 oz | 0.020 |
| 18106 | Coffeecake, fruit | 28.35 | 1.0 oz | 0.009 |
| 11768 | Collards, cooked, boiled, drained, with salt | 190.0 | 1.0 cup, chopped | 0.097 |
| 11162 | Collards, cooked, boiled, drained, without salt | 190.0 | 1.0 cup, chopped | 0.097 |
| 11769 | Collards, frozen, chopped, cooked, boiled, drained, with salt | 170.0 | 1.0 cup, chopped | 0.094 |
| 11164 | Collards, frozen, chopped, cooked, boiled, drained, without salt | 170.0 | 1.0 cup, chopped | 0.094 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11163 | Collards, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 0.050 |
| 11161 | Collards, raw | 36.0 | 1.0 cup, chopped | 0.017 |
| 28293 | Cookie, butter or sugar, with chocolate icing or filling | 31.0 | 3.0 cookies | 0.113 |
| 28294 | Cookie, chocolate, with icing or coating | 32.0 | 4.0 cookies | 0.085 |
| 28289 | Cookie, vanilla with caramel, coconut, and chocolate coating | 29.0 | 2.0 cookies | 0.110 |
| 28290 | Cookie, with peanut butter filling, chocolate-coated | 25.0 | 2.0 cookies | 0.146 |
| 28399 | Cookies, animal crackers (includes arrowroot, tea biscuits) | 28.35 | 1.0 oz | 0.045 |
| 28291 | Cookies, animal, with frosting or icing | 31.0 | 8.0 cookies 1 serving | 0.016 |
| 18151 | Cookies, brownies, commercially prepared | 28.35 | 1.0 oz | 0.064 |
| 28298 | Cookies, brownies, commercially prepared, reduced fat, with added fiber | 36.0 | 1.0 brownie 1 serving | 0.064 |
| 18152 | Cookies, brownies, dry mix, regular | 28.35 | 1.0 oz | 0.078 |
| 18196 | Cookies, brownies, dry mix, sugar free | 28.35 | 1.0 oz | 0.007 |
| 18154 | Cookies, brownies, prepared from recipe | 28.35 | 1.0 oz | 0.110 |
| 18155 | Cookies, butter, commercially prepared, enriched | 28.35 | 1.0 oz | 0.057 |
| 18421 | Cookies, butter, commercially prepared, unenriched | 28.35 | 1.0 oz | 0.057 |
| 28328 | Cookies, chocolate chip sandwich, with creme filling | 34.0 | 1.0 cookie | 0.072 |
| 18159 | Cookies, chocolate chip, commercially prepared, regular, higher fat, enriched | 12.9 | 1.0 cookie | 0.042 |
| 18422 | Cookies, chocolate chip, commercially prepared, regular, higher fat, unenriched | 28.35 | 1.0 oz | 0.060 |
| 18158 | Cookies, chocolate chip, commercially prepared, regular, lower fat | 34.0 | 1.0 serving 3 cookies | 0.069 |
| 18160 | Cookies, chocolate chip, commercially prepared, soft-type | 14.2 | 1.0 cookie | 0.032 |
| 18198 | Cookies, chocolate chip, commercially prepared, special dietary | 28.35 | 1.0 oz | 0.062 |
| 18161 | Cookies, chocolate chip, dry mix | 28.35 | 1.0 oz | 0.085 |
| 18378 | Cookies, chocolate chip, prepared from recipe, made with butter | 28.35 | 1.0 oz | 0.109 |
| 18165 | Cookies, chocolate chip, prepared from recipe, made with margarine | 28.35 | 1.0 oz | 0.109 |
| 18163 | Cookies, chocolate chip, refrigerated dough | 33.0 | 1.0 serving | 0.059 |
| 18164 | Cookies, chocolate chip, refrigerated dough, baked | 28.35 | 1.0 oz | 0.057 |
| 28350 | Cookies, chocolate cream covered biscuit sticks | 40.0 | 1.0 serving | 0.090 |
| 28299 | Cookies, chocolate sandwich, with creme filling, reduced fat | 34.0 | 1.0 serving | 0.064 |
| 18166 | Cookies, chocolate sandwich, with creme filling, regular | 36.0 | 3.0 cookie | 0.120 |
| 18167 | Cookies, chocolate sandwich, with creme filling, regular, chocolate-coated | 28.35 | 1.0 oz | 0.089 |
| 18199 | Cookies, chocolate sandwich, with creme filling, special dietary | 28.35 | 1.0 oz | 0.062 |
| 18168 | Cookies, chocolate sandwich, with extra creme filling | 28.35 | 1.0 oz | 0.096 |
| 18157 | Cookies, chocolate wafers | 28.35 | 1.0 oz | 0.131 |
| 28329 | Cookies, chocolate, made with rice cereal | 62.0 | 1.0 cookie | 0.112 |
| 28309 | Cookies, coconut macaroon | 36.0 | 2.0 cookie 1 serving | 0.097 |
| 18170 | Cookies, fig bars | 28.35 | 1.0 oz | 0.042 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18171 | Cookies, fortune | 28.35 | 1.0 oz | 0.017 |
| 18156 | Cookies, fudge, cake-type (includes trolley cakes) | 28.35 | 1.0 oz | 0.082 |
| 18172 | Cookies, gingersnaps | 28.35 | 1.0 oz | 0.086 |
| 28332 | Cookies, gluten-free, chocolate sandwich, with creme filling | 44.0 | 3.0 cookies | 0.115 |
| 28333 | Cookies, gluten-free, chocolate wafer | 23.0 | 3.0 cookies | 0.060 |
| 28334 | Cookies, gluten-free, lemon wafer | 30.0 | 3.0 cookies | 0.000 |
| 28335 | Cookies, gluten-free, vanilla sandwich, with creme filling | 44.0 | 3.0 cookies | 0.020 |
| 18174 | Cookies, graham crackers, chocolate-coated | 27.0 | 3.0 pieces | 0.052 |
| 18173 | Cookies, graham crackers, plain or honey (includes cinnamon) | 28.35 | 1.0 oz | 0.048 |
| 28302 | Cookies, graham crackers, plain or honey, lowfat | 35.0 | 1.0 serving | 0.069 |
| 18175 | Cookies, ladyfingers, with lemon juice and rind | 28.35 | 1.0 oz | 0.027 |
| 18423 | Cookies, ladyfingers, without lemon juice and rind | 28.35 | 1.0 oz | 0.027 |
| 28351 | Cookies, Marie biscuit | 28.0 | 5.0 cookie | 0.028 |
| 18176 | Cookies, marshmallow, chocolate-coated (includes marshmallow pies) | 28.35 | 1.0 oz | 0.074 |
| 28330 | Cookies, marshmallow, with rice cereal and chocolate chips | 22.0 | 1.0 bar | 0.095 |
| 18177 | Cookies, molasses | 28.35 | 1.0 oz | 0.106 |
| 28300 | Cookies, oatmeal sandwich, with creme filling | 38.0 | 1.0 cookie 1 serving | 0.052 |
| 18178 | Cookies, oatmeal, commercially prepared, regular | 28.35 | 1.0 oz | 0.038 |
| 18179 | Cookies, oatmeal, commercially prepared, soft-type | 28.35 | 1.0 oz | 0.156 |
| 18200 | Cookies, oatmeal, commercially prepared, special dietary | 28.35 | 1.0 oz | 0.043 |
| 18180 | Cookies, oatmeal, dry mix | 28.35 | 1.0 oz | 0.057 |
| 18184 | Cookies, oatmeal, prepared from recipe, with raisins | 28.35 | 1.0 oz | 0.051 |
| 18377 | Cookies, oatmeal, prepared from recipe, without raisins | 28.35 | 1.0 oz | 0.048 |
| 28349 | Cookies, oatmeal, reduced fat | 25.0 | 1.0 cookie | 0.033 |
| 18182 | Cookies, oatmeal, refrigerated dough | 28.35 | 1.0 oz | 0.031 |
| 18183 | Cookies, oatmeal, refrigerated dough, baked | 28.35 | 1.0 oz | 0.035 |
| 18190 | Cookies, peanut butter sandwich, regular | 28.35 | 1.0 oz | 0.067 |
| 18201 | Cookies, peanut butter sandwich, special dietary | 28.35 | 1.0 oz | 0.076 |
| 18185 | Cookies, peanut butter, commercially prepared, regular | 28.35 | 1.0 oz | 0.043 |
| 18186 | Cookies, peanut butter, commercially prepared, soft-type | 28.35 | 1.0 oz | 0.023 |
| 28301 | Cookies, peanut butter, commercially prepared, sugar free | 29.0 | 1.0 serving 3 cookies | 0.058 |
| 18189 | Cookies, peanut butter, prepared from recipe | 28.35 | 1.0 oz | 0.052 |
| 18187 | Cookies, peanut butter, refrigerated dough | 28.35 | 1.0 oz | 0.043 |
| 18188 | Cookies, peanut butter, refrigerated dough, baked | 28.35 | 1.0 oz | 0.047 |
| 18191 | Cookies, raisin, soft-type | 28.35 | 1.0 oz | 0.117 |
| 18193 | Cookies, shortbread, commercially prepared, pecan | 28.35 | 1.0 oz | 0.043 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18192 | Cookies, shortbread, commercially prepared, plain | 28.35 | 1.0 oz | 0.026 |
| 28310 | Cookies, shortbread, reduced fat | 11.8 | 1.0 cookie | 0.011 |
| 28311 | Cookies, sugar wafer, chocolate-covered | 29.0 | 3.0 cookie | 0.077 |
| 18202 | Cookies, sugar wafer, with creme filling, sugar free | 28.35 | 1.0 oz | 0.011 |
| 18209 | Cookies, sugar wafers with creme filling, regular | 36.0 | 3.0 cookies | 0.024 |
| 18204 | Cookies, sugar, commercially prepared, regular (includes vanilla) | 28.35 | 1.0 oz | 0.022 |
| 18208 | Cookies, sugar, prepared from recipe, made with margarine | 28.35 | 1.0 oz | 0.022 |
| 18205 | Cookies, sugar, refrigerated dough | 33.0 | 1.0 serving | 0.012 |
| 18206 | Cookies, sugar, refrigerated dough, baked | 28.35 | 1.0 oz | 0.012 |
| 18210 | Cookies, vanilla sandwich with creme filling | 28.35 | 1.0 oz | 0.032 |
| 28352 | Cookies, vanilla sandwich with creme filling, reduced fat | 48.0 | 1.0 serving cookie | 0.037 |
| 18213 | Cookies, vanilla wafers, higher fat | 30.0 | 8.0 wafers | 0.021 |
| 18212 | Cookies, vanilla wafers, lower fat | 28.35 | 1.0 oz | 0.028 |
| 11165 | Coriander (cilantro) leaves, raw | 4.0 | 0.25 cup | 0.009 |
| 20015 | Corn bran, crude | 76.0 | 1.0 cup | 0.188 |
| 22973 | Corn dogs, frozen, prepared | 78.0 | 1.0 corndog | 0.056 |
| 20017 | Corn flour, masa, enriched, white | 114.0 | 1.0 cup | 0.238 |
| 20019 | Corn flour, masa, unenriched, white | 114.0 | 1.0 cup | 0.238 |
| 20315 | Corn flour, whole-grain, blue (harina de maiz morado) | 6.9 | 1.0 tbsp | 0.011 |
| 20316 | Corn flour, whole-grain, white | 117.0 | 1.0 cup | 0.269 |
| 20016 | Corn flour, whole-grain, yellow | 117.0 | 1.0 cup | 0.269 |
| 20018 | Corn flour, yellow, degermed, unenriched | 126.0 | 1.0 cup | 0.179 |
| 20317 | Corn flour, yellow, masa, enriched | 114.0 | 1.0 cup | 0.238 |
| 20314 | Corn grain, white | 166.0 | 1.0 cup | 0.521 |
| 20014 | Corn grain, yellow | 166.0 | 1.0 cup | 0.521 |
| 11656 | Corn pudding, home prepared | 250.0 | 1.0 cup | 0.108 |
| 11184 | Corn with red and green peppers, canned, solids and liquids | 227.0 | 1.0 cup | 0.136 |
| 35183 | Corn, dried, yellow (Northern Plains Indians) | 28.35 | 1.0 oz | 0.083 |
| 11907 | Corn, sweet, white, canned, cream style, no salt added | 256.0 | 1.0 cup | 0.133 |
| 11906 | Corn, sweet, white, canned, cream style, regular pack | 256.0 | 1.0 cup | 0.056 |
| 11909 | Corn, sweet, white, canned, vacuum pack, no salt added | 210.0 | 1.0 cup | 0.101 |
| 11908 | Corn, sweet, white, canned, vacuum pack, regular pack | 210.0 | 1.0 cup | 0.101 |
| 11905 | Corn, sweet, white, canned, whole kernel, drained solids | 164.0 | 1.0 cup | 0.051 |
| 11904 | Corn, sweet, white, canned, whole kernel, no salt added, solids and liquids | 256.0 | 1.0 cup | 0.143 |
| 11903 | Corn, sweet, white, canned, whole kernel, regular pack, solids and liquids | 256.0 | 1.0 cup | 0.143 |
| 11902 | Corn, sweet, white, cooked, boiled, drained, with salt | 89.0 | 1.0 ear, small (5-1/2" to 6-1/2" long) | 0.051 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11901 | Corn, sweet, white, cooked, boiled, drained, without salt | 89.0 | 1.0 ear, small (5-1/2" to 6-1/2" long) | 0.051 |
| 11912 | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, with salt | 165.0 | 1.0 cup | 0.061 |
| 11911 | Corn, sweet, white, frozen, kernels cut off cob, boiled, drained, without salt | 165.0 | 1.0 cup | 0.061 |
| 11910 | Corn, sweet, white, frozen, kernels cut off cob, unprepared | 165.0 | 1.0 cup | 0.059 |
| 11915 | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, with salt | 165.0 | 1.0 cup kernels | 0.076 |
| 11914 | Corn, sweet, white, frozen, kernels on cob, cooked, boiled, drained, without salt | 165.0 | 1.0 cup kernels | 0.076 |
| 11913 | Corn, sweet, white, frozen, kernels on cob, unprepared | 165.0 | 1.0 cup kernels | 0.084 |
| 11900 | Corn, sweet, white, raw | 73.0 | 1.0 ear, small (5-1/2" to 6-1/2" long) | 0.039 |
| 11170 | Corn, sweet, yellow, canned, brine pack, regular pack, solids and liquids | 256.0 | 1.0 cup | 0.072 |
| 11772 | Corn, sweet, yellow, canned, cream style, no salt added | 256.0 | 1.0 cup | 0.133 |
| 11174 | Corn, sweet, yellow, canned, cream style, regular pack | 256.0 | 1.0 cup | 0.133 |
| 11177 | Corn, sweet, yellow, canned, drained solids, rinsed with tap water | 150.0 | 1.0 cup drained, rinsed | 0.047 |
| 11771 | Corn, sweet, yellow, canned, no salt added, solids and liquids | 256.0 | 1.0 cup | 0.072 |
| 11773 | Corn, sweet, yellow, canned, vacuum pack, no salt added | 210.0 | 1.0 cup | 0.101 |
| 11176 | Corn, sweet, yellow, canned, vacuum pack, regular pack | 210.0 | 1.0 cup | 0.101 |
| 11172 | Corn, sweet, yellow, canned, whole kernel, drained solids | 164.0 | 1.0 cup | 0.054 |
| 11770 | Corn, sweet, yellow, cooked, boiled, drained, with salt | 89.0 | 1.0 ear small (5-1/2" to 6-1/2" long) | 0.044 |
| 11168 | Corn, sweet, yellow, cooked, boiled, drained, without salt | 89.0 | 1.0 ear small (5-1/2" to 6-1/2" long) | 0.044 |
| 11179 | Corn, sweet, yellow, frozen, kernels cut off cob, boiled, drained, without salt | 165.0 | 1.0 cup | 0.079 |
| 11178 | Corn, sweet, yellow, frozen, kernels cut off cob, unprepared | 136.0 | 1.0 cup | 0.049 |
| 11775 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, with salt | 165.0 | 1.0 cup kernels | 0.076 |
| 11181 | Corn, sweet, yellow, frozen, kernels on cob, cooked, boiled, drained, without salt | 165.0 | 1.0 cup kernels | 0.076 |
| 11180 | Corn, sweet, yellow, frozen, kernels on cob, unprepared | 165.0 | 1.0 cup kernels | 0.084 |
| 11774 | Corn, sweet, yellow, frozen, kernels, cut off cob, boiled, drained, with salt | 165.0 | 1.0 cup | 0.079 |
| 11167 | Corn, sweet, yellow, raw | 145.0 | 1.0 cup | 0.078 |
| 11182 | Corn, yellow, whole kernel, frozen, microwaved | 141.0 | 1.0 cup | 0.076 |
| 07020 | Corned beef loaf, jellied | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.017 |
| 20322 | Cornmeal, degermed, enriched, white | 157.0 | 1.0 cup | 0.119 |
| 20022 | Cornmeal, degermed, enriched, yellow | 157.0 | 1.0 cup | 0.119 |
| 20522 | Cornmeal, degermed, unenriched, white | 157.0 | 1.0 cup | 0.119 |
| 20422 | Cornmeal, degermed, unenriched, yellow | 157.0 | 1.0 cup | 0.119 |
| 20323 | Cornmeal, white, self-rising, bolted, plain, enriched | 122.0 | 1.0 cup | 0.183 |
| 20324 | Cornmeal, white, self-rising, bolted, with wheat flour added, enriched | 170.0 | 1.0 cup | 0.236 |
| 20325 | Cornmeal, white, self-rising, degermed, enriched | 138.0 | 1.0 cup | 0.179 |
| 20320 | Cornmeal, whole-grain, white | 122.0 | 1.0 cup | 0.235 |
| 20020 | Cornmeal, whole-grain, yellow | 122.0 | 1.0 cup | 0.235 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 20023 | Cornmeal, yellow, self-rising, bolted, plain, enriched | 122.0 | 1.0 cup | 0.183 |
| 20024 | Cornmeal, yellow, self-rising, bolted, with wheat flour added, enriched | 170.0 | 1.0 cup | 0.236 |
| 20025 | Cornmeal, yellow, self-rising, degermed, enriched | 138.0 | 1.0 cup | 0.179 |
| 11190 | Cornsalad, raw | 56.0 | 1.0 cup | 0.075 |
| 20027 | Cornstarch | 128.0 | 1.0 cup | 0.064 |
| 20029 | Couscous, cooked | 157.0 | 1.0 cup, cooked | 0.064 |
| 20028 | Couscous, dry | 173.0 | 1.0 cup | 0.427 |
| 11777 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, with salt | 165.0 | 1.0 cup | 0.219 |
| 11192 | Cowpeas (blackeyes), immature seeds, cooked, boiled, drained, without salt | 165.0 | 1.0 cup | 0.219 |
| 11778 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 0.313 |
| 11196 | Cowpeas (blackeyes), immature seeds, frozen, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 0.313 |
| 11195 | Cowpeas (blackeyes), immature seeds, frozen, unprepared | 160.0 | 1.0 cup | 0.328 |
| 11191 | Cowpeas (blackeyes), immature seeds, raw | 145.0 | 1.0 cup | 0.188 |
| 16361 | Cowpeas, catjang, mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 0.463 |
| 16061 | Cowpeas, catjang, mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 0.463 |
| 16060 | Cowpeas, catjang, mature seeds, raw | 167.0 | 1.0 cup | 1.769 |
| 16065 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned with pork | 240.0 | 1.0 cup | 0.408 |
| 16064 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, canned, plain | 240.0 | 1.0 cup | 0.281 |
| 16363 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 0.458 |
| 16063 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 0.458 |
| 16062 | Cowpeas, common (blackeyes, crowder, southern), mature seeds, raw | 167.0 | 1.0 cup | 1.411 |
| 11780 | Cowpeas, leafy tips, cooked, boiled, drained, with salt | 53.0 | 1.0 cup, chopped | 0.082 |
| 11202 | Cowpeas, leafy tips, cooked, boiled, drained, without salt | 53.0 | 1.0 cup, chopped | 0.082 |
| 11201 | Cowpeas, leafy tips, raw | 36.0 | 1.0 cup, chopped | 0.069 |
| 11779 | Cowpeas, young pods with seeds, cooked, boiled, drained, with salt | 95.0 | 1.0 cup | 0.067 |
| 11198 | Cowpeas, young pods with seeds, cooked, boiled, drained, without salt | 95.0 | 1.0 cup | 0.067 |
| 11197 | Cowpeas, young pods with seeds, raw | 94.0 | 1.0 cup | 0.094 |
| 09077 | Crabapples, raw | 110.0 | 1.0 cup slices | 0.074 |
| 36024 | CRACKER BARREL, chicken tenderloin platter, fried | 175.0 | 1.0 serving | 0.116 |
| 36604 | CRACKER BARREL, chicken tenderloin platter, fried, from kid's menu | 103.0 | 1.0 serving | 0.071 |
| 36025 | CRACKER BARREL, coleslaw | 167.0 | 1.0 serving | 0.032 |
| 36605 | CRACKER BARREL, country fried shrimp platter | 149.0 | 1.0 serving | 0.159 |
| 36606 | CRACKER BARREL, farm raised catfish platter | 178.0 | 1.0 serving | 0.085 |
| 36608 | CRACKER BARREL, grilled sirloin steak | 151.0 | 1.0 steak | 0.169 |
| 36040 | CRACKER BARREL, macaroni n' cheese | 175.0 | 1.0 serving | 0.107 |
| 36609 | CRACKER BARREL, macaroni n' cheese plate, from kid's menu | 257.0 | 1.0 serving | 0.154 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 36026 | CRACKER BARREL, onion rings, thick-cut | 261.0 | 1.0 serving | 0.227 |
| 36607 | CRACKER BARREL, steak fries | 198.0 | 1.0 serving | 0.244 |
| 18236 | Cracker meal | 28.35 | 1.0 oz | 0.064 |
| 18434 | Crackers, cheese, low sodium | 14.2 | 0.5 oz | 0.030 |
| 18965 | Crackers, cheese, reduced fat | 30.0 | 1.0 serving | 0.035 |
| 18214 | Crackers, cheese, regular | 14.2 | 0.5 oz | 0.018 |
| 18927 | Crackers, cheese, sandwich-type with cheese filling | 39.0 | 6.0 cracker 1 cracker = 6.5g | 0.094 |
| 18215 | Crackers, cheese, sandwich-type with peanut butter filling | 14.2 | 0.5 oz | 0.043 |
| 28303 | Crackers, cheese, whole grain | 31.0 | 1.0 serving 55 pieces | 0.072 |
| 18961 | Crackers, cream, GAMESA SABROSAS | 31.0 | 11.0 crackers (1 NLEA serving) | 0.034 |
| 18962 | Crackers, cream, LA MODERNA RIKIS CREAM CRACKERS | 32.0 | 10.0 crackers (1 NLEA serving) | 0.036 |
| 18216 | Crackers, crispbread, rye | 14.2 | 0.5 oz | 0.036 |
| 28331 | Crackers, flavored, fish-shaped | 5.2 | 10.0 goldfish | 0.007 |
| 28345 | Crackers, gluten-free, multi-seeded and multigrain | 6.1 | 3.0 crackers | 0.033 |
| 28344 | Crackers, gluten-free, multigrain and vegetable, made with corn starch and white rice flour | 10.7 | 3.0 crackers | 0.009 |
| 18218 | Crackers, matzo, egg | 14.2 | 0.5 oz | 0.022 |
| 18400 | Crackers, matzo, egg and onion | 14.2 | 0.5 oz | 0.011 |
| 18217 | Crackers, matzo, plain | 14.2 | 0.5 oz | 0.009 |
| 18219 | Crackers, matzo, whole-wheat | 14.2 | 0.5 oz | 0.050 |
| 18220 | Crackers, melba toast, plain | 14.2 | 0.5 oz | 0.041 |
| 18424 | Crackers, melba toast, plain, without salt | 14.2 | 0.5 oz | 0.041 |
| 18221 | Crackers, melba toast, rye (includes pumpernickel) | 14.2 | 0.5 oz | 0.057 |
| 18222 | Crackers, melba toast, wheat | 14.2 | 0.5 oz | 0.038 |
| 18223 | Crackers, milk | 14.2 | 0.5 oz | 0.032 |
| 28292 | Crackers, multigrain | 14.0 | 4.0 crackers | 0.021 |
| 18224 | Crackers, rusk toast | 14.2 | 0.5 oz | 0.035 |
| 18225 | Crackers, rye, sandwich-type with cheese filling | 14.2 | 0.5 oz | 0.014 |
| 18226 | Crackers, rye, wafers, plain | 14.2 | 0.5 oz | 0.065 |
| 18227 | Crackers, rye, wafers, seasoned | 14.2 | 0.5 oz | 0.070 |
| 18228 | Crackers, saltines (includes oyster, soda, soup) | 14.9 | 5.0 crackers | 0.021 |
| 18457 | Crackers, saltines, fat-free, low-sodium | 15.0 | 3.0 saltines | 0.022 |
| 18425 | Crackers, saltines, low salt (includes oyster, soda, soup) | 14.2 | 0.5 oz | 0.022 |
| 18426 | Crackers, saltines, unsalted tops (includes oyster, soda, soup) | 14.2 | 0.5 oz | 0.028 |
| 18966 | Crackers, saltines, whole wheat (includes multi-grain) | 14.0 | 1.0 serving | 0.037 |
| 28314 | Crackers, sandwich-type, peanut butter filled, reduced fat | 36.0 | 1.0 package | 0.047 |
| 18960 | Crackers, snack, GOYA CRACKERS | 30.0 | 1.0 serving (1 NLEA serving - about 4 crackers) | 0.047 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18229 | Crackers, standard snack-type, regular | 16.0 | 5.0 crackers | 0.017 |
| 18427 | Crackers, standard snack-type, regular, low salt | 14.2 | 0.5 oz | 0.030 |
| 18230 | Crackers, standard snack-type, sandwich, with cheese filling | 14.2 | 0.5 oz | 0.012 |
| 18231 | Crackers, standard snack-type, sandwich, with peanut butter filling | 14.2 | 0.5 oz | 0.046 |
| 28308 | Crackers, standard snack-type, with whole wheat | 15.0 | 5.0 crackers 1 serving | 0.030 |
| 28325 | Crackers, toast thins, low sodium | 31.0 | 1.0 serving | 0.095 |
| 28327 | Crackers, water biscuits | 14.0 | 4.0 cracker 1 serving | 0.019 |
| 18428 | Crackers, wheat, low salt | 14.2 | 0.5 oz | 0.045 |
| 18950 | Crackers, wheat, reduced fat | 29.0 | 1.0 serving | 0.065 |
| 18232 | Crackers, wheat, regular | 34.0 | 16.0 crackers 1 serving | 0.093 |
| 18233 | Crackers, wheat, sandwich, with cheese filling | 14.2 | 0.5 oz | 0.023 |
| 18234 | Crackers, wheat, sandwich, with peanut butter filling | 14.2 | 0.5 oz | 0.008 |
| 28326 | Crackers, whole grain, sandwich-type, with peanut butter filling | 43.0 | 6.0 cracker 1 serving | 0.133 |
| 18235 | Crackers, whole-wheat | 28.0 | 1.0 serving | 0.118 |
| 18429 | Crackers, whole-wheat, low salt | 14.2 | 0.5 oz | 0.063 |
| 18949 | Crackers, whole-wheat, reduced fat | 29.0 | 1.0 serving | 0.130 |
| 09079 | Cranberries, dried, sweetened | 40.0 | 0.25 cup | 0.025 |
| 09078 | Cranberries, raw | 110.0 | 1.0 cup, chopped | 0.062 |
| 09522 | Cranberry juice blend, 100% juice, bottled, with added vitamin C and calcium | 200.0 | 6.75 fl oz | 0.032 |
| 14242 | Cranberry juice cocktail, bottled | 31.6 | 1.0 fl oz | 0.003 |
| 14243 | Cranberry juice cocktail, bottled, low calorie, with calcium, saccharin and corn sweetener | 29.6 | 1.0 fl oz | 0.003 |
| 14430 | Cranberry juice cocktail, frozen concentrate | 36.2 | 1.0 fl oz | 0.007 |
| 14431 | Cranberry juice cocktail, frozen concentrate, prepared with water | 29.6 | 1.0 fl oz | 0.004 |
| 43382 | Cranberry juice, unsweetened | 253.0 | 1.0 cup | 0.139 |
| 09081 | Cranberry sauce, canned, sweetened | 277.0 | 1.0 cup | 0.072 |
| 09526 | Cranberry sauce, jellied, canned, OCEAN SPRAY | 70.0 | 0.25 cup | 0.024 |
| 09525 | Cranberry sauce, whole, canned, OCEAN SPRAY | 70.0 | 0.25 cup | 0.012 |
| 09082 | Cranberry-orange relish, canned | 275.0 | 1.0 cup | 0.110 |
| 18237 | Cream puff shell, prepared from recipe | 28.35 | 1.0 oz | 0.014 |
| 18969 | Cream puff, eclair, custard or cream filled, iced | 113.0 | 4.0 oz | 0.068 |
| 01205 | Cream substitute, flavored, liquid | 15.0 | 1.0 tbsp | 0.021 |
| 01206 | Cream substitute, flavored, powdered | 12.0 | 4.0 tsp | 0.016 |
| 42141 | Cream substitute, liquid, light | 30.0 | 1.0 fl oz | 0.000 |
| 01067 | Cream substitute, liquid, with hydrogenated vegetable oil and soy protein | 15.0 | 1.0 container, individual | 0.000 |
| 01068 | Cream substitute, liquid, with lauric acid oil and sodium caseinate | 15.0 | 1.0 container, individual | 0.004 |
| 01069 | Cream substitute, powdered | 94.0 | 1.0 cup | 0.017 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 42136 | Cream substitute, powdered, light | 94.0 | 1.0 cup | 0.009 |
| 01049 | Cream, fluid, half and half | 30.2 | 1.0 fl oz | 0.003 |
| 01053 | Cream, fluid, heavy whipping | 120.0 | 1.0 cup, whipped | 0.013 |
| 01050 | Cream, fluid, light (coffee cream or table cream) | 30.0 | 1.0 fl oz | 0.004 |
| 01052 | Cream, fluid, light whipping | 120.0 | 1.0 cup, whipped | 0.008 |
| 01199 | Cream, half and half, fat free | 29.0 | 2.0 tbsp | 0.005 |
| 01056 | Cream, sour, cultured | 12.0 | 1.0 tbsp | 0.002 |
| 01055 | Cream, sour, reduced fat, cultured | 15.0 | 1.0 tbsp | 0.002 |
| 01054 | Cream, whipped, cream topping, pressurized | 60.0 | 1.0 cup | 0.006 |
| 42116 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie | 15.0 | 1.0 tbsp | 0.000 |
| 42158 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, cholesterol-free | 15.0 | 1.0 tbsp | 0.000 |
| 42157 | Creamy dressing, made with sour cream and/or buttermilk and oil, reduced calorie, fat-free | 17.0 | 1.0 tbsp | 0.000 |
| 11781 | Cress, garden, cooked, boiled, drained, with salt | 135.0 | 1.0 cup | 0.154 |
| 11204 | Cress, garden, cooked, boiled, drained, without salt | 135.0 | 1.0 cup | 0.154 |
| 11203 | Cress, garden, raw | 50.0 | 1.0 cup | 0.085 |
| 18240 | Croissants, apple | 28.35 | 1.0 oz | 0.011 |
| 18239 | Croissants, butter | 28.35 | 1.0 oz | 0.023 |
| 18241 | Croissants, cheese | 28.35 | 1.0 oz | 0.028 |
| 18242 | Croutons, plain | 14.2 | 0.5 oz | 0.023 |
| 18243 | Croutons, seasoned | 14.2 | 0.5 oz | 0.024 |
| 28355 | CRUNCHMASTER, Multi-Grain Crisps, Snack Crackers, Gluten-Free | 3.9 | 3.0 crackers | 0.020 |
| 15137 | Crustaceans, crab, alaska king, cooked, moist heat | 134.0 | 1.0 leg | 1.584 |
| 15138 | Crustaceans, crab, alaska king, imitation, made from surimi | 85.0 | 3.0 oz | 0.027 |
| 15136 | Crustaceans, crab, alaska king, raw | 85.0 | 3.0 oz | 0.784 |
| 15141 | Crustaceans, crab, blue, canned | 135.0 | 1.0 cup | 1.099 |
| 15140 | Crustaceans, crab, blue, cooked, moist heat | 118.0 | 1.0 cup, flaked and pieces | 0.961 |
| 15142 | Crustaceans, crab, blue, crab cakes, home recipe | 60.0 | 1.0 cake | 0.366 |
| 15139 | Crustaceans, crab, blue, raw | 85.0 | 3.0 oz | 0.569 |
| 15226 | Crustaceans, crab, dungeness, cooked, moist heat | 85.0 | 3.0 oz | 0.624 |
| 15143 | Crustaceans, crab, dungeness, raw | 85.0 | 3.0 oz | 0.573 |
| 15227 | Crustaceans, crab, queen, cooked, moist heat | 85.0 | 3.0 oz | 0.528 |
| 15144 | Crustaceans, crab, queen, raw | 85.0 | 3.0 oz | 0.484 |
| 15243 | Crustaceans, crayfish, mixed species, farmed, cooked, moist heat | 85.0 | 3.0 oz | 0.493 |
| 15242 | Crustaceans, crayfish, mixed species, farmed, raw | 85.0 | 3.0 oz | 0.201 |
| 15146 | Crustaceans, crayfish, mixed species, wild, cooked, moist heat | 85.0 | 3.0 oz | 0.582 |
| 15145 | Crustaceans, crayfish, mixed species, wild, raw | 85.0 | 3.0 oz | 0.356 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 15148 | Crustaceans, lobster, northern, cooked, moist heat | 145.0 | 1.0 cup | 2.248 |
| 15147 | Crustaceans, lobster, northern, raw | 150.0 | 1.0 lobster | 2.024 |
| 15271 | Crustaceans, shrimp, cooked (not previously frozen) | 85.0 | 3.0 oz | 0.322 |
| 15152 | Crustaceans, shrimp, mixed species, canned | 128.0 | 1.0 cup | 0.335 |
| 15150 | Crustaceans, shrimp, mixed species, cooked, breaded and fried | 85.0 | 3.0 oz | 0.233 |
| 15151 | Crustaceans, shrimp, mixed species, cooked, moist heat (may have been previously frozen) | 85.0 | 3.0 oz | 0.219 |
| 15153 | Crustaceans, shrimp, mixed species, imitation, made from surimi | 85.0 | 3.0 oz | 0.027 |
| 15149 | Crustaceans, shrimp, mixed species, raw (may have been previously frozen) | 6.0 | 1.0 medium | 0.011 |
| 15270 | Crustaceans, shrimp, raw (not previously frozen) | 85.0 | 3.0 oz | 0.332 |
| 15228 | Crustaceans, spiny lobster, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 0.353 |
| 15154 | Crustaceans, spiny lobster, mixed species, raw | 85.0 | 3.0 oz | 0.324 |
| 11206 | Cucumber, peeled, raw | 133.0 | 1.0 cup, pared, chopped | 0.094 |
| 11205 | Cucumber, with peel, raw | 52.0 | 0.5 cup slices | 0.021 |
| 09083 | Currants, european black, raw | 112.0 | 1.0 cup | 0.096 |
| 09084 | Currants, red and white, raw | 112.0 | 1.0 cup | 0.120 |
| 09085 | Currants, zante, dried | 144.0 | 1.0 cup | 0.674 |
| 11782 | Dandelion greens, cooked, boiled, drained, with salt | 105.0 | 1.0 cup, chopped | 0.121 |
| 11208 | Dandelion greens, cooked, boiled, drained, without salt | 105.0 | 1.0 cup, chopped | 0.121 |
| 11207 | Dandelion greens, raw | 55.0 | 1.0 cup, chopped | 0.094 |
| 18245 | Danish pastry, cheese | 28.35 | 1.0 oz | 0.025 |
| 18244 | Danish pastry, cinnamon, enriched | 28.35 | 1.0 oz | 0.028 |
| 18430 | Danish pastry, cinnamon, unenriched | 28.35 | 1.0 oz | 0.028 |
| 18246 | Danish pastry, fruit, enriched (includes apple, cinnamon, raisin, lemon, raspberry, strawberry) | 28.35 | 1.0 oz | 0.018 |
| 18431 | Danish pastry, fruit, unenriched (includes apple, cinnamon, raisin, strawberry) | 28.35 | 1.0 oz | 0.018 |
| 18433 | Danish pastry, lemon, unenriched | 28.35 | 1.0 oz | 0.018 |
| 18247 | Danish pastry, nut (includes almond, raisin nut, cinnamon nut) | 28.35 | 1.0 oz | 0.055 |
| 18435 | Danish pastry, raspberry, unenriched | 28.35 | 1.0 oz | 0.018 |
| 09087 | Dates, deglet noor | 147.0 | 1.0 cup, chopped | 0.303 |
| 09421 | Dates, medjool | 24.0 | 1.0 date, pitted | 0.087 |
| 36614 | DENNY'S, chicken nuggets, star shaped, from kid's menu | 67.0 | 1.0 serving 4 pieces in serving | 0.040 |
| 36027 | DENNY'S, chicken strips | 194.0 | 1.0 serving | 0.128 |
| 36028 | DENNY'S, coleslaw | 91.0 | 1.0 serving | 0.017 |
| 36029 | DENNY'S, fish fillet, battered or breaded, fried | 201.0 | 1.0 serving | 0.098 |
| 36610 | DENNY'S, french fries | 165.0 | 1.0 serving | 0.183 |
| 36612 | DENNY'S, golden fried shrimp | 16.0 | 1.0 piece | 0.029 |
| 36030 | DENNY'S, hash browns | 124.0 | 1.0 serving | 0.082 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 36613 | DENNY'S, macaroni & cheese, from kid's menu | 180.0 | 1.0 serving | 0.119 |
| 36611 | DENNY'S, mozzarella cheese sticks | 228.0 | 1.0 serving | 0.153 |
| 36031 | DENNY'S, onion rings | 166.0 | 1.0 serving | 0.146 |
| 36032 | DENNY'S, spaghetti and meatballs | 565.0 | 1.0 serving | 0.599 |
| 36615 | DENNY'S, top sirloin steak | 107.0 | 1.0 steak | 0.126 |
| 01070 | Dessert topping, powdered | 43.0 | 1.5 oz | 0.051 |
| 01071 | Dessert topping, powdered, 1.5 ounce prepared with 1/2 cup milk | 80.0 | 1.0 cup | 0.010 |
| 01072 | Dessert topping, pressurized | 70.0 | 1.0 cup | 0.017 |
| 01073 | Dessert topping, semi solid, frozen | 75.0 | 1.0 cup | 0.022 |
| 19186 | Desserts, apple crisp, prepared-from-recipe | 141.0 | 0.5 cup | 0.100 |
| 19168 | Desserts, egg custard, baked, prepared-from-recipe | 141.0 | 0.5 cup | 0.039 |
| 19094 | Desserts, flan, caramel custard, prepared-from-recipe | 153.0 | 0.5 cup | 0.043 |
| 19182 | Desserts, mousse, chocolate, prepared-from-recipe | 808.0 | 1.0 recipe yield | 0.606 |
| 19220 | Desserts, rennin, chocolate, dry mix | 9.0 | 1.0 tbsp | 0.066 |
| 19225 | Desserts, rennin, tablets, unsweetened | 9.9 | 1.0 package (0.35 oz) | 0.020 |
| 19222 | Desserts, rennin, vanilla, dry mix | 10.8 | 1.0 tbsp | 0.006 |
| 21473 | DIGIORNO Pizza, cheese topping, cheese stuffed crust, frozen, baked | 164.0 | 1.0 slice 1/4 of pie | 0.175 |
| 21474 | DIGIORNO Pizza, cheese topping, rising crust, frozen, baked | 183.0 | 1.0 slice 1/4 of pie | 0.209 |
| 21475 | DIGIORNO Pizza, cheese topping, thin crispy crust, frozen, baked | 161.0 | 1.0 slice 1/4 of pie | 0.156 |
| 21476 | DIGIORNO Pizza, pepperoni topping, cheese stuffed crust, frozen, baked | 179.0 | 1.0 slice 1/4 of pie | 0.192 |
| 21477 | DIGIORNO Pizza, pepperoni topping, rising crust, frozen, baked | 207.0 | 1.0 slice 1/4 of pie | 0.248 |
| 21478 | DIGIORNO Pizza, pepperoni topping, thin crispy crust, frozen, baked | 145.0 | 1.0 slice 1/4 of pie | 0.157 |
| 21479 | DIGIORNO Pizza, supreme topping, rising crust, frozen, baked | 227.0 | 1.0 slice 1/4 of pie | 0.268 |
| 21480 | DIGIORNO Pizza, supreme topping, thin crispy crust, frozen, baked | 155.0 | 1.0 slice 1/4 of pie | 0.170 |
| 02045 | Dill weed, fresh | 1.0 | 5.0 sprigs | 0.001 |
| 27065 | Dip, bean, original flavor | 36.0 | 2.0 tbsp | 0.071 |
| 27068 | Dip, FRITO'S, bean, original flavor | 36.0 | 2.0 tbsp | 0.071 |
| 27053 | Dip, OLD EL PASO, Cheese 'n Salsa, medium | 32.0 | 2.0 tbsp | 0.001 |
| 27052 | Dip, salsa con queso, cheese and salsa- medium | 30.0 | 2.0 tbsp | 0.001 |
| 27054 | Dip, TOSTITOS, salsa con queso, medium | 30.0 | 2.0 tbsp | 0.001 |
| 11616 | Dock, raw | 133.0 | 1.0 cup, chopped | 0.174 |
| 21277 | DOMINO'S 14" Cheese Pizza, Classic Hand-Tossed Crust | 108.0 | 1.0 slice | 0.116 |
| 21279 | DOMINO'S 14" Cheese Pizza, Crunchy Thin Crust | 70.0 | 1.0 slice | 0.067 |
| 21278 | DOMINO'S 14" Cheese Pizza, Ultimate Deep Dish Crust | 118.0 | 1.0 slice | 0.130 |
| 21282 | DOMINO'S 14" EXTRAVAGANZZA FEAST Pizza, Classic Hand-Tossed Crust | 151.0 | 1.0 slice | 0.168 |
| 21280 | DOMINO'S 14" Pepperoni Pizza, Classic Hand-Tossed Crust | 113.0 | 1.0 slice | 0.134 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21492 | DOMINO'S 14" Pepperoni Pizza, Crunchy Thin Crust | 79.0 | 1.0 slice | 0.082 |
| 21281 | DOMINO'S 14" Pepperoni Pizza, Ultimate Deep Dish Crust | 123.0 | 1.0 slice | 0.140 |
| 21494 | DOMINO'S 14" Sausage Pizza, Classic Hand-Tossed Crust | 114.0 | 1.0 slice | 0.135 |
| 21493 | DOMINO'S 14" Sausage Pizza, Crunchy Thin Crust | 78.0 | 1.0 slice | 0.086 |
| 21495 | DOMINO'S 14" Sausage Pizza, Ultimate Deep Dish Crust | 129.0 | 1.0 slice | 0.144 |
| 18251 | Doughnuts, cake-type, chocolate, sugared or glazed | 28.35 | 1.0 oz | 0.054 |
| 18248 | Doughnuts, cake-type, plain (includes unsugared, old-fashioned) | 40.0 | 1.0 donut | 0.036 |
| 18249 | Doughnuts, cake-type, plain, chocolate-coated or frosted | 28.35 | 1.0 oz | 0.074 |
| 18250 | Doughnuts, cake-type, plain, sugared or glazed | 28.35 | 1.0 oz | 0.029 |
| 18253 | Doughnuts, french crullers, glazed | 28.35 | 1.0 oz | 0.020 |
| 18255 | Doughnuts, yeast-leavened, glazed, enriched (includes honey buns) | 28.35 | 1.0 oz | 0.025 |
| 18436 | Doughnuts, yeast-leavened, glazed, unenriched (includes honey buns) | 28.35 | 1.0 oz | 0.048 |
| 18254 | Doughnuts, yeast-leavened, with creme filling | 28.35 | 1.0 oz | 0.032 |
| 18256 | Doughnuts, yeast-leavened, with jelly filling | 28.35 | 1.0 oz | 0.039 |
| 43287 | Dove, cooked (includes squab) | 140.0 | 1.0 cup, chopped or diced | 1.068 |
| 04706 | Dressing, honey mustard, fat-free | 30.0 | 2.0 tbsp (1 NLEA serving) | 0.012 |
| 11786 | Drumstick leaves, cooked, boiled, drained, with salt | 42.0 | 1.0 cup, chopped | 0.036 |
| 11223 | Drumstick leaves, cooked, boiled, drained, without salt | 42.0 | 1.0 cup, chopped | 0.036 |
| 11222 | Drumstick leaves, raw | 21.0 | 1.0 cup, chopped | 0.022 |
| 11787 | Drumstick pods, cooked, boiled, drained, with salt | 118.0 | 1.0 cup slices | 0.092 |
| 11621 | Drumstick pods, cooked, boiled, drained, without salt | 118.0 | 1.0 cup slices | 0.092 |
| 11620 | Drumstick pods, raw | 100.0 | 1.0 cup slices | 0.084 |
| 05143 | Duck, domesticated, liver, raw | 44.0 | 1.0 liver | 2.623 |
| 05140 | Duck, domesticated, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.318 |
| 05139 | Duck, domesticated, meat and skin, raw | 85.0 | 3.0 oz | 0.201 |
| 05142 | Duck, domesticated, meat only, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.323 |
| 05141 | Duck, domesticated, meat only, raw | 137.0 | 1.0 unit (yield from 1 lb ready-to-cook duck) | 0.347 |
| 05145 | Duck, wild, breast, meat only, raw | 73.0 | 1.0 unit (yield from 1 lb ready-to-cook duck) | 0.241 |
| 05144 | Duck, wild, meat and skin, raw | 85.0 | 3.0 oz | 0.265 |
| 01225 | Dulce de Leche | 19.0 | 1.0 tbsp | 0.001 |
| 32025 | Dumpling, potato- or cheese-filled, frozen | 114.0 | 3.0 pieces pierogies | 0.072 |
| 09422 | Durian, raw or frozen | 243.0 | 1.0 cup, chopped or diced | 0.503 |
| 07021 | Dutch brand loaf, chicken, pork and beef | 38.0 | 1.0 slice | 0.026 |
| 11212 | Edamame, frozen, prepared | 155.0 | 1.0 cup | 0.535 |
| 11211 | Edamame, frozen, unprepared | 118.0 | 1.0 cup | 0.382 |
| 19169 | Egg custards, dry mix | 85.0 | 1.0 package (3 oz) | 0.039 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19205 | Egg custards, dry mix, prepared with 2% milk | 141.0 | 0.5 cup | 0.017 |
| 19170 | Egg custards, dry mix, prepared with whole milk | 141.0 | 0.5 cup | 0.042 |
| 01210 | Egg Mix, USDA Commodity | 8.6 | 1.0 tbsp | 0.013 |
| 22954 | Egg rolls, chicken, refrigerated, heated | 80.0 | 1.0 roll | 0.084 |
| 22953 | Egg rolls, pork, refrigerated, heated | 85.0 | 1.0 roll | 0.078 |
| 22955 | Egg rolls, vegetable, frozen, prepared | 68.0 | 1.0 egg roll | 0.065 |
| 01226 | Egg substitute, liquid or frozen, fat free | 60.0 | 0.25 cup | 0.013 |
| 01144 | Egg substitute, powder | 9.9 | 0.35 oz | 0.020 |
| 01138 | Egg, duck, whole, fresh, raw | 70.0 | 1.0 egg | 0.043 |
| 01139 | Egg, goose, whole, fresh, raw | 144.0 | 1.0 egg | 0.089 |
| 01140 | Egg, quail, whole, fresh, raw | 9.0 | 1.0 egg | 0.006 |
| 01141 | Egg, turkey, whole, fresh, raw | 79.0 | 1.0 egg | 0.049 |
| 01173 | Egg, white, dried | 28.0 | 1.0 oz | 0.032 |
| 01135 | Egg, white, dried, flakes, stabilized, glucose reduced | 28.35 | 1.0 oz | 0.065 |
| 01136 | Egg, white, dried, powder, stabilized, glucose reduced | 107.0 | 1.0 cup, sifted | 0.182 |
| 01258 | Egg, white, dried, stabilized, glucose reduced | 107.0 | 1.0 cup, sifted | 0.137 |
| 01124 | Egg, white, raw, fresh | 33.0 | 1.0 large | 0.008 |
| 01172 | Egg, white, raw, frozen, pasteurized | 28.0 | 1.0 oz | 0.009 |
| 01128 | Egg, whole, cooked, fried | 46.0 | 1.0 large | 0.036 |
| 01129 | Egg, whole, cooked, hard-boiled | 136.0 | 1.0 cup, chopped | 0.018 |
| 01130 | Egg, whole, cooked, omelet | 15.0 | 1.0 tbsp | 0.009 |
| 01131 | Egg, whole, cooked, poached | 50.0 | 1.0 large | 0.036 |
| 01132 | Egg, whole, cooked, scrambled | 61.0 | 1.0 large | 0.036 |
| 01133 | Egg, whole, dried | 85.0 | 1.0 cup, sifted | 0.173 |
| 01134 | Egg, whole, dried, stabilized, glucose reduced | 85.0 | 1.0 cup, sifted | 0.230 |
| 01123 | Egg, whole, raw, fresh | 50.0 | 1.0 large | 0.036 |
| 01171 | Egg, whole, raw, frozen, pasteurized | 28.0 | 1.0 oz | 0.015 |
| 01255 | Egg, whole, raw, frozen, salted, pasteurized | 28.0 | 1.0 oz | 0.018 |
| 01137 | Egg, yolk, dried | 67.0 | 1.0 cup, sifted | 0.000 |
| 01125 | Egg, yolk, raw, fresh | 17.0 | 1.0 large | 0.013 |
| 01126 | Egg, yolk, raw, frozen, pasteurized | 28.35 | 1.0 oz | 0.000 |
| 01160 | Egg, yolk, raw, frozen, salted, pasteurized | 28.35 | 1.0 oz | 0.034 |
| 01127 | Egg, yolk, raw, frozen, sugared, pasteurized | 28.35 | 1.0 oz | 0.003 |
| 01057 | Eggnog | 254.0 | 1.0 cup | 0.033 |
| 11783 | Eggplant, cooked, boiled, drained, with salt | 99.0 | 1.0 cup (1" cubes) | 0.058 |
| 11210 | Eggplant, cooked, boiled, drained, without salt | 99.0 | 1.0 cup (1" cubes) | 0.058 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 43146 | Eggplant, pickled | 136.0 | 1.0 cup | 0.235 |
| 11209 | Eggplant, raw | 82.0 | 1.0 cup, cubes | 0.066 |
| 43285 | Eggs, scrambled, frozen mixture | 28.35 | 1.0 oz | 0.009 |
| 09088 | Elderberries, raw | 145.0 | 1.0 cup | 0.088 |
| 05624 | Emu, fan fillet, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.197 |
| 05623 | Emu, fan fillet, raw | 85.0 | 1.0 serving ( 3 oz ) | 0.179 |
| 05625 | Emu, flat fillet, raw | 85.0 | 3.0 oz | 0.174 |
| 05627 | Emu, full rump, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.242 |
| 05626 | Emu, full rump, raw | 85.0 | 3.0 oz | 0.179 |
| 05622 | Emu, ground, cooked, pan-broiled | 109.0 | 1.0 patty (yield from 135.8 g raw meat) | 0.259 |
| 05621 | Emu, ground, raw | 117.0 | 1.0 patty | 0.233 |
| 05628 | Emu, inside drum, raw | 85.0 | 3.0 oz | 0.174 |
| 05629 | Emu, inside drums, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.231 |
| 05630 | Emu, outside drum, raw | 85.0 | 3.0 oz | 0.169 |
| 05631 | Emu, oyster, raw | 85.0 | 3.0 oz | 0.165 |
| 05632 | Emu, top loin, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.238 |
| 11213 | Endive, raw | 25.0 | 0.5 cup, chopped | 0.025 |
| 18260 | English muffins, mixed-grain (includes granola) | 28.35 | 1.0 oz | 0.069 |
| 18261 | English muffins, mixed-grain, toasted (includes granola) | 28.35 | 1.0 oz | 0.072 |
| 18258 | English muffins, plain, enriched, with ca prop (includes sourdough) | 28.35 | 1.0 oz | 0.038 |
| 18437 | English muffins, plain, enriched, without calcium propionate(includes sourdough) | 28.35 | 1.0 oz | 0.037 |
| 18259 | English muffins, plain, toasted, enriched, with calcium propionate (includes sourdough) | 28.35 | 1.0 oz | 0.045 |
| 18438 | English muffins, plain, unenriched, with calcium propionate (includes sourdough) | 28.35 | 1.0 oz | 0.037 |
| 18439 | English muffins, plain, unenriched, without calcium propionate (includes sourdough) | 28.35 | 1.0 oz | 0.037 |
| 18262 | English muffins, raisin-cinnamon (includes apple-cinnamon) | 28.35 | 1.0 oz | 0.045 |
| 18263 | English muffins, raisin-cinnamon, toasted (includes apple-cinnamon) | 28.35 | 1.0 oz | 0.050 |
| 18264 | English muffins, wheat | 28.35 | 1.0 oz | 0.042 |
| 18265 | English muffins, wheat, toasted | 28.35 | 1.0 oz | 0.046 |
| 28320 | English muffins, whole grain white | 57.0 | 1.0 muffin 1 serving | 0.093 |
| 18266 | English muffins, whole-wheat | 28.35 | 1.0 oz | 0.060 |
| 18267 | English muffins, whole-wheat, toasted | 28.35 | 1.0 oz | 0.064 |
| 11984 | Epazote, raw | 0.8 | 1.0 tbsp | 0.002 |
| 11618 | Eppaw, raw | 100.0 | 1.0 cup | 0.234 |
| 11214 | Escarole, cooked, boiled, drained, no salt added | 150.0 | 1.0 cup | 0.130 |
| 16138 | Falafel, home-prepared | 17.0 | 1.0 patty (approx 2-1/4" dia) | 0.044 |
| 21142 | Fast food, biscuit | 55.0 | 1.0 biscuit | 0.045 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21299 | Fast Food, Pizza Chain, 14" pizza, cheese topping, regular crust | 107.0 | 1.0 slice | 0.112 |
| 21511 | Fast Food, Pizza Chain, 14" pizza, cheese topping, stuffed crust | 117.0 | 1.0 slice 1/8 pizza | 0.095 |
| 21300 | Fast Food, Pizza Chain, 14" pizza, cheese topping, thick crust | 115.0 | 1.0 slice | 0.120 |
| 21301 | Fast Food, Pizza Chain, 14" pizza, cheese topping, thin crust | 76.0 | 1.0 slice | 0.076 |
| 21304 | Fast Food, Pizza Chain, 14" pizza, meat and vegetable topping, regular crust | 136.0 | 1.0 slice | 0.188 |
| 21302 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, regular crust | 111.0 | 1.0 slice | 0.125 |
| 21303 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thick crust | 118.0 | 1.0 slice | 0.129 |
| 21485 | Fast Food, Pizza Chain, 14" pizza, pepperoni topping, thin crust | 79.0 | 1.0 slice | 0.087 |
| 21484 | Fast Food, Pizza Chain, 14" pizza, sausage topping, regular crust | 116.0 | 1.0 slice | 0.129 |
| 21482 | Fast Food, Pizza Chain, 14" pizza, sausage topping, thick crust | 127.0 | 1.0 slice | 0.136 |
| 21483 | Fast Food, Pizza Chain, 14" pizza, sausage topping, thin crust | 88.0 | 1.0 slice | 0.092 |
| 21411 | Fast foods, bagel, with breakfast steak, egg, cheese, and condiments | 254.0 | 1.0 item | 0.856 |
| 21410 | Fast foods, bagel, with egg, sausage patty, cheese, and condiments | 219.0 | 1.0 item | 0.716 |
| 21006 | Fast foods, biscuit with egg and steak | 148.0 | 1.0 biscuit | 0.107 |
| 21010 | Fast foods, biscuit, with crispy chicken fillet | 132.0 | 1.0 item | 0.079 |
| 21002 | Fast foods, biscuit, with egg | 136.0 | 1.0 biscuit | 0.061 |
| 21003 | Fast foods, biscuit, with egg and bacon | 150.0 | 1.0 biscuit | 0.112 |
| 21004 | Fast foods, biscuit, with egg and ham | 182.0 | 1.0 biscuit | 0.131 |
| 21005 | Fast Foods, biscuit, with egg and sausage | 162.0 | 1.0 item | 0.395 |
| 21007 | Fast foods, biscuit, with egg, cheese, and bacon | 145.0 | 1.0 item | 0.396 |
| 21008 | Fast foods, biscuit, with ham | 162.0 | 1.0 biscuit | 0.052 |
| 21009 | Fast foods, biscuit, with sausage | 111.0 | 1.0 item | 0.283 |
| 21520 | Fast foods, breadstick, soft, prepared with garlic and parmesan cheese | 43.0 | 1.0 breadstick | 0.046 |
| 21519 | Fast foods, breakfast burrito, with egg, cheese, and sausage | 109.0 | 1.0 burrito | 0.082 |
| 21060 | Fast foods, burrito, with beans | 217.0 | 2.0 pieces | 0.378 |
| 21063 | Fast foods, burrito, with beans and beef | 241.0 | 1.0 item | 0.265 |
| 21061 | Fast foods, burrito, with beans and cheese | 185.0 | 1.0 each burrito | 0.303 |
| 21064 | Fast foods, burrito, with beans, cheese, and beef | 241.0 | 1.0 burrito | 0.255 |
| 21094 | Fast foods, cheeseburger, double, regular patty and bun, with condiments | 155.0 | 1.0 sandwich | 0.126 |
| 21100 | Fast foods, cheeseburger; double, large patty, with condiments and vegetables | 258.0 | 1.0 sandwich | 0.206 |
| 21396 | Fast foods, cheeseburger; double, large patty; with condiments | 280.0 | 1.0 item | 0.255 |
| 21399 | Fast Foods, cheeseburger; double, large patty; with condiments, vegetables and mayonnaise | 355.0 | 1.0 item | 0.270 |
| 21093 | Fast foods, cheeseburger; double, regular patty, with condiments and vegetables | 166.0 | 1.0 sandwich | 0.149 |
| 21400 | Fast foods, cheeseburger; double, regular patty; double decker bun with condiments and special sauce | 219.0 | 1.0 item | 0.287 |
| 21092 | Fast foods, cheeseburger; double, regular patty; plain | 149.0 | 1.0 item | 0.121 |
| 21395 | Fast foods, cheeseburger; double, regular patty; with condiments | 155.0 | 1.0 sandwich | 0.126 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21095 | Fast foods, cheeseburger; double, regular, patty and bun; with condiments and vegetables | 228.0 | 1.0 sandwich | 0.162 |
| 21096 | Fast foods, cheeseburger; single, large patty; plain | 182.0 | 1.0 sandwich | 0.177 |
| 21398 | Fast foods, cheeseburger; single, large patty; with condiments | 199.0 | 1.0 item | 0.149 |
| 21097 | Fast foods, cheeseburger; single, large patty; with condiments and bacon | 211.0 | 1.0 item | 0.215 |
| 21098 | Fast foods, cheeseburger; single, large patty; with condiments and vegetables | 233.0 | 1.0 sandwich | 0.210 |
| 21099 | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and ham | 254.0 | 1.0 sandwich | 0.246 |
| 21397 | Fast foods, cheeseburger; single, large patty; with condiments, vegetables and mayonnaise | 215.0 | 1.0 sandwich | 0.174 |
| 21090 | Fast foods, cheeseburger; single, regular patty, with condiments | 127.0 | 1.0 item | 0.124 |
| 21091 | Fast foods, cheeseburger; single, regular patty, with condiments and vegetables | 115.0 | 1.0 sandwich | 0.125 |
| 21089 | Fast foods, cheeseburger; single, regular patty; plain | 91.0 | 1.0 sandwich | 0.101 |
| 21101 | Fast foods, cheeseburger; triple, regular patty; plain | 249.0 | 1.0 item | 0.194 |
| 21102 | Fast foods, chicken fillet sandwich, plain with pickles | 187.0 | 1.0 sandwich | 0.125 |
| 21401 | Fast foods, chicken tenders | 30.0 | 1.0 strip | 0.021 |
| 21229 | Fast foods, chicken, breaded and fried, boneless pieces, plain | 96.0 | 6.0 pieces | 0.049 |
| 21127 | Fast foods, coleslaw | 191.0 | 1.0 cup | 0.029 |
| 21230 | Fast Foods, crispy chicken filet sandwich, with lettuce and mayonnaise | 152.0 | 1.0 sandwich | 0.125 |
| 21517 | Fast foods, crispy chicken in tortilla, with lettuce, cheese, and ranch sauce | 133.0 | 1.0 item | 0.092 |
| 21462 | Fast foods, crispy chicken, bacon, and tomato club sandwich, with cheese, lettuce, and mayonnaise | 271.0 | 1.0 sandwich | 0.263 |
| 21011 | Fast foods, croissant, with egg and cheese | 127.0 | 1.0 croissant | 0.091 |
| 21012 | Fast foods, croissant, with egg, cheese, and bacon | 128.0 | 1.0 item | 0.099 |
| 21013 | Fast foods, croissant, with egg, cheese, and ham | 155.0 | 1.0 item | 0.129 |
| 21014 | Fast foods, croissant, with egg, cheese, and sausage | 171.0 | 1.0 sandwich | 0.120 |
| 21018 | Fast foods, egg, scrambled | 96.0 | 2.0 eggs | 0.064 |
| 21020 | Fast foods, english muffin, with cheese and sausage | 108.0 | 1.0 item | 0.272 |
| 21021 | Fast foods, english muffin, with egg, cheese, and canadian bacon | 126.0 | 1.0 sandwich | 0.106 |
| 21022 | Fast foods, english muffin, with egg, cheese, and sausage | 165.0 | 1.0 item | 0.348 |
| 21105 | Fast foods, fish sandwich, with tartar sauce | 220.0 | 1.0 sandwich | 0.165 |
| 21106 | Fast foods, fish sandwich, with tartar sauce and cheese | 134.0 | 1.0 sandwich | 0.088 |
| 21024 | Fast foods, french toast sticks | 65.0 | 3.0 pieces | 0.055 |
| 21023 | Fast foods, french toast with butter | 135.0 | 2.0 slices | 0.065 |
| 21469 | Fast Foods, Fried Chicken, Breast, meat and skin and breading | 203.0 | 1.0 breast, with skin | 0.130 |
| 21464 | Fast Foods, Fried Chicken, Breast, meat only, skin and breading removed | 142.0 | 1.0 breast without skin | 0.082 |
| 21470 | Fast Foods, Fried Chicken, Drumstick, meat and skin with breading | 75.0 | 1.0 drumstick, with skin | 0.122 |
| 21465 | Fast Foods, Fried Chicken, Drumstick, meat only, skin and breading removed | 40.0 | 1.0 drumstick, bone and skin removed | 0.033 |
| 21471 | Fast Foods, Fried Chicken, Thigh, meat and skin and breading | 136.0 | 1.0 thigh with skin | 0.113 |
| 21466 | Fast Foods, Fried Chicken, Thigh, meat only, skin and breading removed | 84.0 | 1.0 thigh without skin | 0.072 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21472 | Fast Foods, Fried Chicken, Wing, meat and skin and breading | 58.0 | 1.0 wing, with skin | 0.046 |
| 21467 | Fast Foods, Fried Chicken, Wing, meat only, skin and breading removed | 37.0 | 1.0 wing without skin | 0.030 |
| 21307 | Fast foods, griddle cake sandwich, egg, cheese, and bacon | 174.0 | 1.0 item 6.1 oz | 0.160 |
| 21305 | Fast foods, griddle cake sandwich, egg, cheese, and sausage | 199.0 | 1.0 item | 0.157 |
| 21306 | Fast foods, griddle cake sandwich, sausage | 135.0 | 1.0 item | 0.107 |
| 21490 | Fast Foods, grilled chicken filet sandwich, with lettuce, tomato and spread | 230.0 | 1.0 sandwich | 0.163 |
| 21518 | Fast foods, grilled chicken in tortilla, with lettuce, cheese, and ranch sauce | 123.0 | 1.0 item | 0.076 |
| 21461 | Fast foods, grilled chicken, bacon and tomato club sandwich, with cheese, lettuce, and mayonnaise | 268.0 | 1.0 sandwich | 0.239 |
| 21202 | Fast foods, hamburger, large, single patty, with condiments | 171.0 | 1.0 item | 0.173 |
| 21115 | Fast foods, hamburger, large, triple patty, with condiments | 259.0 | 1.0 sandwich | 0.197 |
| 21114 | Fast foods, hamburger; double, large patty; with condiments and vegetables | 226.0 | 1.0 sandwich | 0.219 |
| 21389 | Fast foods, hamburger; double, large patty; with condiments, vegetables and mayonnaise | 374.0 | 1.0 item | 0.449 |
| 21111 | Fast foods, hamburger; double, regular patty; with condiments | 215.0 | 1.0 item | 0.193 |
| 21110 | Fast foods, hamburger; double, regular, patty; plain | 120.0 | 1.0 item | 0.109 |
| 21112 | Fast foods, hamburger; single, large patty; plain | 137.0 | 1.0 sandwich | 0.130 |
| 21113 | Fast foods, hamburger; single, large patty; with condiments and vegetables | 218.0 | 1.0 sandwich | 0.198 |
| 21390 | Fast foods, hamburger; single, large patty; with condiments, vegetables and mayonnaise | 247.0 | 1.0 item | 0.200 |
| 21393 | Fast foods, hamburger; single, regular patty; double decker bun with condiments and special sauce | 205.0 | 1.0 item | 0.207 |
| 21107 | Fast foods, hamburger; single, regular patty; plain | 78.0 | 1.0 sandwich | 0.094 |
| 21108 | Fast foods, hamburger; single, regular patty; with condiments | 97.0 | 1.0 sandwich | 0.098 |
| 21109 | Fast foods, hamburger; single, regular patty; with condiments and vegetables | 110.0 | 1.0 item | 0.102 |
| 21118 | Fast foods, hotdog, plain | 98.0 | 1.0 sandwich | 0.076 |
| 21119 | Fast foods, hotdog, with chili | 114.0 | 1.0 sandwich | 0.103 |
| 21120 | Fast foods, hotdog, with corn flour coating (corndog) | 175.0 | 1.0 sandwich | 0.245 |
| 21129 | Fast foods, hush puppies | 22.0 | 1.0 piece | 0.032 |
| 21388 | Fast foods, miniature cinnamon rolls | 25.0 | 1.0 each | 0.018 |
| 21078 | Fast foods, nachos, with cheese | 80.0 | 1.0 serving | 0.051 |
| 21080 | Fast foods, nachos, with cheese, beans, ground beef, and tomatoes | 222.0 | 1.0 serving | 0.231 |
| 21130 | Fast foods, onion rings, breaded and fried | 117.0 | 1.0 package (18 onion rings) | 0.088 |
| 21138 | Fast foods, potato, french fried in vegetable oil | 71.0 | 1.0 serving small | 0.088 |
| 21139 | Fast foods, potato, mashed | 242.0 | 1.0 cup | 0.085 |
| 21026 | Fast foods, potatoes, hash browns, round pieces or patty | 5.5 | 1.0 round piece | 0.006 |
| 21488 | Fast foods, quesadilla, with chicken | 180.0 | 1.0 each quesadilla | 0.137 |
| 21121 | Fast foods, roast beef sandwich, plain | 149.0 | 1.0 sandwich | 0.162 |
| 21059 | Fast foods, shrimp, breaded and fried | 39.0 | 3.0 pieces shrimp | 0.038 |
| 21521 | Fast foods, strawberry banana smoothie made with ice and low-fat yogurt | 347.0 | 12.0 fl oz | 0.132 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21162 | Fast foods, submarine sandwich, bacon, lettuce, and tomato on white bread | 148.0 | 6.0 inch sub | 0.149 |
| 21124 | Fast foods, submarine sandwich, cold cut on white bread with lettuce and tomato | 196.0 | 6.0 inch sub | 0.165 |
| 21156 | Fast foods, submarine sandwich, ham on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 0.151 |
| 21158 | Fast foods, submarine sandwich, meatball marinara on white bread | 209.0 | 6.0 inch sub | 0.278 |
| 21154 | Fast foods, submarine sandwich, oven roasted chicken on white bread with lettuce and tomato | 198.0 | 6.0 inch sub | 0.150 |
| 21125 | Fast foods, submarine sandwich, roast beef on white bread with lettuce and tomato | 190.0 | 6.0 inch sub | 0.154 |
| 21160 | Fast foods, submarine sandwich, steak and cheese on white bread with cheese, lettuce and tomato | 201.0 | 6.0 inch sub | 0.173 |
| 21151 | Fast foods, submarine sandwich, sweet onion chicken teriyaki on white bread with lettuce, tomato and sweet onion sauce | 228.0 | 6.0 inch sub | 0.162 |
| 21126 | Fast foods, submarine sandwich, tuna on white bread with lettuce and tomato | 237.0 | 6.0 inch sub | 0.178 |
| 21155 | Fast foods, submarine sandwich, turkey breast on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 0.138 |
| 21153 | Fast foods, submarine sandwich, turkey, roast beef and ham on white bread with lettuce and tomato | 413.0 | 12.0 inch sub | 0.335 |
| 21032 | Fast foods, sundae, caramel | 155.0 | 1.0 sundae | 0.082 |
| 21033 | Fast foods, sundae, hot fudge | 158.0 | 1.0 sundae | 0.130 |
| 21034 | Fast foods, sundae, strawberry | 153.0 | 1.0 sundae | 0.076 |
| 21083 | Fast foods, taco salad | 198.0 | 1.5 cup | 0.224 |
| 21082 | Fast foods, taco with beef, cheese and lettuce, hard shell | 69.0 | 1.0 each taco | 0.053 |
| 21486 | Fast foods, taco with beef, cheese and lettuce, soft | 102.0 | 1.0 each taco | 0.068 |
| 21487 | Fast foods, taco with chicken, lettuce and cheese, soft | 98.0 | 1.0 each taco | 0.059 |
| 21028 | Fast foods, vanilla, light, soft-serve ice cream, with cone | 120.0 | 1.0 item | 0.028 |
| 01243 | Fat free ice cream, no sugar added, flavors other than chocolate | 68.0 | 0.5 cup | 0.020 |
| 04001 | Fat, beef tallow | 12.8 | 1.0 tbsp | 0.000 |
| 04542 | Fat, chicken | 12.8 | 1.0 tbsp | 0.000 |
| 04574 | Fat, duck | 12.8 | 1.0 tbsp | 0.000 |
| 04520 | Fat, mutton tallow | 12.8 | 1.0 tbsp | 0.000 |
| 04575 | Fat, turkey | 12.8 | 1.0 tbsp | 0.000 |
| 09334 | Feijoa, raw | 243.0 | 1.0 cup, pureed | 0.087 |
| 11957 | Fennel, bulb, raw | 87.0 | 1.0 cup, sliced | 0.057 |
| 09093 | Figs, canned, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup | 0.269 |
| 09092 | Figs, canned, heavy syrup pack, solids and liquids | 259.0 | 1.0 cup | 0.275 |
| 09091 | Figs, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup | 0.272 |
| 09090 | Figs, canned, water pack, solids and liquids | 248.0 | 1.0 cup | 0.273 |
| 09095 | Figs, dried, stewed | 259.0 | 1.0 cup | 0.321 |
| 09094 | Figs, dried, uncooked | 149.0 | 1.0 cup | 0.428 |
| 09089 | Figs, raw | 64.0 | 1.0 large (2-1/2" dia) | 0.045 |
| 11985 | Fireweed, leaves, raw | 23.0 | 1.0 cup, chopped | 0.074 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 06963 | Fish broth | 244.0 | 1.0 cup | 0.124 |
| 04589 | Fish oil, cod liver | 4.5 | 1.0 tsp | 0.000 |
| 04590 | Fish oil, herring | 13.6 | 1.0 tbsp | 0.000 |
| 04591 | Fish oil, menhaden | 13.6 | 1.0 tbsp | 0.000 |
| 04592 | Fish oil, menhaden, fully hydrogenated | 12.5 | 1.0 tbsp | 0.000 |
| 04593 | Fish oil, salmon | 13.6 | 1.0 tbsp | 0.000 |
| 04594 | Fish oil, sardine | 13.6 | 1.0 tbsp | 0.000 |
| 15002 | Fish, anchovy, european, canned in oil, drained solids | 28.35 | 1.0 oz, boneless | 0.096 |
| 15001 | Fish, anchovy, european, raw | 85.0 | 3.0 oz | 0.179 |
| 15003 | Fish, bass, fresh water, mixed species, raw | 79.0 | 1.0 fillet | 0.073 |
| 15187 | Fish, bass, freshwater, mixed species, cooked, dry heat | 62.0 | 1.0 fillet | 0.074 |
| 15188 | Fish, bass, striped, cooked, dry heat | 124.0 | 1.0 fillet | 0.050 |
| 15004 | Fish, bass, striped, raw | 85.0 | 3.0 oz | 0.026 |
| 15189 | Fish, bluefish, cooked, dry heat | 117.0 | 1.0 fillet | 0.080 |
| 15005 | Fish, bluefish, raw | 150.0 | 1.0 fillet | 0.080 |
| 15190 | Fish, burbot, cooked, dry heat | 90.0 | 1.0 fillet | 0.230 |
| 15006 | Fish, burbot, raw | 116.0 | 1.0 fillet | 0.232 |
| 15191 | Fish, butterfish, cooked, dry heat | 25.0 | 1.0 fillet | 0.017 |
| 15007 | Fish, butterfish, raw | 32.0 | 1.0 fillet | 0.017 |
| 15009 | Fish, carp, cooked, dry heat | 85.0 | 3.0 oz | 0.062 |
| 15008 | Fish, carp, raw | 85.0 | 3.0 oz | 0.048 |
| 15011 | Fish, catfish, channel, cooked, breaded and fried | 87.0 | 1.0 fillet | 0.088 |
| 15235 | Fish, catfish, channel, farmed, cooked, dry heat | 143.0 | 1.0 fillet | 0.056 |
| 15234 | Fish, catfish, channel, farmed, raw | 85.0 | 3.0 oz | 0.027 |
| 15233 | Fish, catfish, channel, wild, cooked, dry heat | 143.0 | 1.0 fillet | 0.056 |
| 15010 | Fish, catfish, channel, wild, raw | 85.0 | 3.0 oz | 0.029 |
| 15012 | Fish, caviar, black and red, granular | 16.0 | 1.0 tbsp | 0.018 |
| 15013 | Fish, cisco, raw | 79.0 | 1.0 fillet | 0.057 |
| 15014 | Fish, cisco, smoked | 28.35 | 1.0 oz | 0.061 |
| 15017 | Fish, cod, Atlantic, canned, solids and liquid | 85.0 | 3.0 oz | 0.031 |
| 15016 | Fish, cod, Atlantic, cooked, dry heat | 85.0 | 3.0 oz | 0.031 |
| 15018 | Fish, cod, Atlantic, dried and salted | 28.35 | 1.0 oz | 0.050 |
| 15015 | Fish, cod, Atlantic, raw | 85.0 | 3.0 oz | 0.024 |
| 15269 | Fish, cod, Pacific, cooked (not previously frozen) | 85.0 | 3.0 oz | 0.016 |
| 15192 | Fish, cod, Pacific, cooked, dry heat (may have been previously frozen) | 90.0 | 1.0 fillet | 0.022 |
| 15019 | Fish, cod, Pacific, raw (may have been previously frozen) | 116.0 | 1.0 fillet | 0.022 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 15268 | Fish, cod, Pacific, raw (not previously frozen) | 85.0 | 3.0 oz | 0.019 |
| 15021 | Fish, croaker, Atlantic, cooked, breaded and fried | 87.0 | 1.0 fillet | 0.057 |
| 15020 | Fish, croaker, Atlantic, raw | 79.0 | 1.0 fillet | 0.033 |
| 15193 | Fish, cusk, cooked, dry heat | 95.0 | 1.0 fillet | 0.022 |
| 15022 | Fish, cusk, raw | 122.0 | 1.0 fillet | 0.022 |
| 15195 | Fish, drum, freshwater, cooked, dry heat | 85.0 | 3.0 oz | 0.252 |
| 15024 | Fish, drum, freshwater, raw | 85.0 | 3.0 oz | 0.197 |
| 15026 | Fish, eel, mixed species, cooked, dry heat | 28.35 | 1.0 oz, boneless | 0.008 |
| 15025 | Fish, eel, mixed species, raw | 85.0 | 3.0 oz | 0.020 |
| 15027 | Fish, fish sticks, frozen, prepared | 57.0 | 1.0 piece (4" x 2" x 1/2") | 0.034 |
| 15029 | Fish, flatfish (flounder and sole species), cooked, dry heat | 127.0 | 1.0 fillet | 0.029 |
| 15028 | Fish, flatfish (flounder and sole species), raw | 28.35 | 1.0 oz, boneless | 0.005 |
| 15030 | Fish, gefiltefish, commercial, sweet recipe | 42.0 | 1.0 piece | 0.082 |
| 15032 | Fish, grouper, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 0.038 |
| 15031 | Fish, grouper, mixed species, raw | 85.0 | 3.0 oz | 0.017 |
| 15034 | Fish, haddock, cooked, dry heat | 150.0 | 1.0 fillet | 0.039 |
| 15033 | Fish, haddock, raw | 85.0 | 3.0 oz | 0.018 |
| 15035 | Fish, haddock, smoked | 28.35 | 1.0 oz, boneless | 0.012 |
| 15037 | Fish, halibut, Atlantic and Pacific, cooked, dry heat | 85.0 | 3.0 oz | 0.024 |
| 15036 | Fish, halibut, Atlantic and Pacific, raw | 85.0 | 3.0 oz | 0.020 |
| 15196 | Fish, halibut, greenland, cooked, dry heat | 85.0 | 3.0 oz | 0.032 |
| 15038 | Fish, halibut, Greenland, raw | 85.0 | 3.0 oz | 0.026 |
| 15040 | Fish, herring, Atlantic, cooked, dry heat | 143.0 | 1.0 fillet | 0.169 |
| 15042 | Fish, herring, Atlantic, kippered | 28.35 | 1.0 oz, boneless | 0.038 |
| 15041 | Fish, herring, Atlantic, pickled | 140.0 | 1.0 cup | 0.147 |
| 15039 | Fish, herring, Atlantic, raw | 28.35 | 1.0 oz, boneless | 0.026 |
| 15197 | Fish, herring, Pacific, cooked, dry heat | 144.0 | 1.0 fillet | 0.144 |
| 15043 | Fish, herring, Pacific, raw | 85.0 | 3.0 oz | 0.066 |
| 15198 | Fish, ling, cooked, dry heat | 85.0 | 3.0 oz | 0.120 |
| 15044 | Fish, ling, raw | 85.0 | 3.0 oz | 0.094 |
| 15199 | Fish, lingcod, cooked, dry heat | 85.0 | 3.0 oz | 0.030 |
| 15045 | Fish, lingcod, raw | 85.0 | 3.0 oz | 0.023 |
| 15047 | Fish, mackerel, Atlantic, cooked, dry heat | 88.0 | 1.0 fillet | 0.083 |
| 15046 | Fish, mackerel, Atlantic, raw | 112.0 | 1.0 fillet | 0.082 |
| 15048 | Fish, mackerel, jack, canned, drained solids | 28.35 | 1.0 oz, boneless | 0.042 |
| 15200 | Fish, mackerel, king, cooked, dry heat | 85.0 | 3.0 oz | 0.028 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 15049 | Fish, mackerel, king, raw | 85.0 | 3.0 oz | 0.022 |
| 15201 | Fish, mackerel, Pacific and jack, mixed species, cooked, dry heat | 28.35 | 1.0 oz, boneless | 0.034 |
| 15050 | Fish, mackerel, Pacific and jack, mixed species, raw | 85.0 | 3.0 oz | 0.079 |
| 83110 | Fish, mackerel, salted | 80.0 | 1.0 piece (5-1/2" x 1-1/2" x 1/2") | 0.080 |
| 15052 | Fish, mackerel, spanish, cooked, dry heat | 146.0 | 1.0 fillet | 0.095 |
| 15051 | Fish, mackerel, spanish, raw | 85.0 | 3.0 oz | 0.047 |
| 15194 | Fish, mahimahi, cooked, dry heat | 85.0 | 3.0 oz | 0.045 |
| 15023 | Fish, mahimahi, raw | 85.0 | 3.0 oz | 0.035 |
| 15202 | Fish, milkfish, cooked, dry heat | 85.0 | 3.0 oz | 0.037 |
| 15053 | Fish, milkfish, raw | 85.0 | 3.0 oz | 0.029 |
| 15203 | Fish, monkfish, cooked, dry heat | 85.0 | 3.0 oz | 0.031 |
| 15054 | Fish, monkfish, raw | 85.0 | 3.0 oz | 0.024 |
| 15056 | Fish, mullet, striped, cooked, dry heat | 93.0 | 1.0 fillet | 0.131 |
| 15055 | Fish, mullet, striped, raw | 28.35 | 1.0 oz | 0.014 |
| 15058 | Fish, ocean perch, Atlantic, cooked, dry heat | 50.0 | 1.0 fillet | 0.013 |
| 15057 | Fish, ocean perch, Atlantic, raw | 28.35 | 1.0 oz, boneless | 0.006 |
| 15061 | Fish, perch, mixed species, cooked, dry heat | 46.0 | 1.0 fillet | 0.088 |
| 15060 | Fish, perch, mixed species, raw | 60.0 | 1.0 fillet | 0.090 |
| 15063 | Fish, pike, northern, cooked, dry heat | 85.0 | 3.0 oz | 0.055 |
| 15062 | Fish, pike, northern, raw | 85.0 | 3.0 oz | 0.043 |
| 15204 | Fish, pike, walleye, cooked, dry heat | 124.0 | 1.0 fillet | 0.283 |
| 15064 | Fish, pike, walleye, raw | 85.0 | 3.0 oz | 0.151 |
| 15267 | Fish, pollock, Alaska, cooked (not previously frozen) | 85.0 | 3.0 oz | 0.037 |
| 15067 | Fish, pollock, Alaska, cooked, dry heat (may have been previously frozen) | 60.0 | 1.0 fillet | 0.036 |
| 15066 | Fish, pollock, Alaska, raw (may have been previously frozen) | 77.0 | 1.0 fillet | 0.024 |
| 15266 | Fish, pollock, Alaska, raw (not previously frozen) | 85.0 | 3.0 oz | 0.035 |
| 15205 | Fish, pollock, Atlantic, cooked, dry heat | 85.0 | 3.0 oz | 0.054 |
| 15065 | Fish, pollock, Atlantic, raw | 85.0 | 3.0 oz | 0.042 |
| 15069 | Fish, pompano, florida, cooked, dry heat | 88.0 | 1.0 fillet | 0.069 |
| 15068 | Fish, pompano, florida, raw | 28.35 | 1.0 oz, boneless | 0.011 |
| 15206 | Fish, pout, ocean, cooked, dry heat | 137.0 | 0.5 fillet | 0.056 |
| 15059 | Fish, pout, ocean, raw | 85.0 | 3.0 oz | 0.027 |
| 15071 | Fish, rockfish, Pacific, mixed species, cooked, dry heat | 149.0 | 1.0 fillet | 0.061 |
| 15070 | Fish, rockfish, Pacific, mixed species, raw | 85.0 | 3.0 oz | 0.029 |
| 15207 | Fish, roe, mixed species, cooked, dry heat | 28.35 | 1.0 oz | 0.036 |
| 15072 | Fish, roe, mixed species, raw | 14.0 | 1.0 tbsp | 0.014 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 15232 | Fish, roughy, orange, cooked, dry heat | 85.0 | 3.0 oz | 0.064 |
| 15073 | Fish, roughy, orange, raw | 85.0 | 3.0 oz | 0.064 |
| 15208 | Fish, sablefish, cooked, dry heat | 85.0 | 3.0 oz | 0.024 |
| 15074 | Fish, sablefish, raw | 85.0 | 3.0 oz | 0.019 |
| 15075 | Fish, sablefish, smoked | 28.35 | 1.0 oz | 0.010 |
| 15237 | Fish, salmon, Atlantic, farmed, cooked, dry heat | 85.0 | 3.0 oz | 0.042 |
| 15236 | Fish, salmon, Atlantic, farmed, raw | 85.0 | 3.0 oz | 0.038 |
| 15209 | Fish, salmon, Atlantic, wild, cooked, dry heat | 85.0 | 3.0 oz | 0.273 |
| 15076 | Fish, salmon, Atlantic, wild, raw | 85.0 | 3.0 oz | 0.212 |
| 15210 | Fish, salmon, chinook, cooked, dry heat | 85.0 | 3.0 oz | 0.045 |
| 15078 | Fish, salmon, chinook, raw | 85.0 | 3.0 oz | 0.035 |
| 15077 | Fish, salmon, chinook, smoked | 28.35 | 1.0 oz, boneless | 0.065 |
| 15179 | Fish, salmon, chinook, smoked, (lox), regular | 28.35 | 1.0 oz | 0.065 |
| 15080 | Fish, salmon, chum, canned, drained solids with bone | 85.0 | 3.0 oz | 0.085 |
| 15180 | Fish, salmon, chum, canned, without salt, drained solids with bone | 85.0 | 3.0 oz | 0.085 |
| 15211 | Fish, salmon, chum, cooked, dry heat | 85.0 | 3.0 oz | 0.060 |
| 15079 | Fish, salmon, chum, raw | 85.0 | 3.0 oz | 0.047 |
| 15239 | Fish, salmon, coho, farmed, cooked, dry heat | 143.0 | 1.0 fillet | 0.127 |
| 15238 | Fish, salmon, coho, farmed, raw | 85.0 | 3.0 oz | 0.041 |
| 15247 | Fish, salmon, coho, wild, cooked, dry heat | 85.0 | 3.0 oz | 0.060 |
| 15082 | Fish, salmon, coho, wild, cooked, moist heat | 85.0 | 3.0 oz | 0.055 |
| 15081 | Fish, salmon, coho, wild, raw | 85.0 | 3.0 oz | 0.043 |
| 15260 | Fish, salmon, pink, canned, drained solids | 85.0 | 3.0 oz | 0.070 |
| 15265 | Fish, Salmon, pink, canned, drained solids, without skin and bones | 85.0 | 3.0 oz | 0.065 |
| 15084 | Fish, salmon, pink, canned, total can contents | 85.0 | 3.0 oz | 0.059 |
| 15181 | Fish, salmon, pink, canned, without salt, solids with bone and liquid | 85.0 | 3.0 oz | 0.087 |
| 15212 | Fish, salmon, pink, cooked, dry heat | 85.0 | 3.0 oz | 0.064 |
| 15083 | Fish, salmon, pink, raw | 85.0 | 3.0 oz | 0.054 |
| 15087 | Fish, salmon, sockeye, canned, drained solids | 85.0 | 3.0 oz | 0.061 |
| 15182 | Fish, salmon, sockeye, canned, without salt, drained solids with bone | 85.0 | 3.0 oz | 0.071 |
| 15086 | Fish, salmon, sockeye, cooked, dry heat | 85.0 | 3.0 oz | 0.065 |
| 15085 | Fish, salmon, sockeye, raw | 28.35 | 1.0 oz, boneless | 0.018 |
| 15088 | Fish, sardine, Atlantic, canned in oil, drained solids with bone | 149.0 | 1.0 cup, drained | 0.277 |
| 15089 | Fish, sardine, Pacific, canned in tomato sauce, drained solids with bone | 89.0 | 1.0 cup | 0.242 |
| 15213 | Fish, scup, cooked, dry heat | 50.0 | 1.0 fillet | 0.032 |
| 15090 | Fish, scup, raw | 85.0 | 3.0 oz | 0.043 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 15092 | Fish, sea bass, mixed species, cooked, dry heat | 101.0 | 1.0 fillet | 0.024 |
| 15091 | Fish, sea bass, mixed species, raw | 129.0 | 1.0 fillet | 0.025 |
| 15214 | Fish, seatrout, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 0.032 |
| 15093 | Fish, seatrout, mixed species, raw | 85.0 | 3.0 oz | 0.026 |
| 15215 | Fish, shad, american, cooked, dry heat | 144.0 | 1.0 fillet | 0.118 |
| 15094 | Fish, shad, american, raw | 85.0 | 3.0 oz | 0.054 |
| 15096 | Fish, shark, mixed species, cooked, batter-dipped and fried | 85.0 | 3.0 oz | 0.036 |
| 15095 | Fish, shark, mixed species, raw | 85.0 | 3.0 oz | 0.028 |
| 15098 | Fish, sheepshead, cooked, dry heat | 85.0 | 3.0 oz | 0.104 |
| 15097 | Fish, sheepshead, raw | 85.0 | 3.0 oz | 0.026 |
| 15100 | Fish, smelt, rainbow, cooked, dry heat | 85.0 | 3.0 oz | 0.151 |
| 15099 | Fish, smelt, rainbow, raw | 85.0 | 3.0 oz | 0.118 |
| 15102 | Fish, snapper, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 0.039 |
| 15101 | Fish, snapper, mixed species, raw | 85.0 | 3.0 oz | 0.024 |
| 15216 | Fish, spot, cooked, dry heat | 50.0 | 1.0 fillet | 0.030 |
| 15103 | Fish, spot, raw | 64.0 | 1.0 fillet | 0.029 |
| 15105 | Fish, sturgeon, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 0.045 |
| 15104 | Fish, sturgeon, mixed species, raw | 85.0 | 3.0 oz | 0.035 |
| 15106 | Fish, sturgeon, mixed species, smoked | 28.35 | 1.0 oz | 0.014 |
| 15217 | Fish, sucker, white, cooked, dry heat | 124.0 | 1.0 fillet | 0.310 |
| 15107 | Fish, sucker, white, raw | 85.0 | 3.0 oz | 0.166 |
| 15218 | Fish, sunfish, pumpkin seed, cooked, dry heat | 37.0 | 1.0 fillet | 0.142 |
| 15108 | Fish, sunfish, pumpkin seed, raw | 48.0 | 1.0 fillet | 0.144 |
| 15109 | Fish, surimi | 28.35 | 1.0 oz | 0.009 |
| 15111 | Fish, swordfish, cooked, dry heat | 85.0 | 3.0 oz | 0.039 |
| 15110 | Fish, swordfish, raw | 85.0 | 3.0 oz | 0.033 |
| 15262 | Fish, tilapia, cooked, dry heat | 87.0 | 1.0 fillet | 0.065 |
| 15261 | Fish, tilapia, raw | 116.0 | 1.0 fillet | 0.087 |
| 15113 | Fish, tilefish, cooked, dry heat | 150.0 | 0.5 fillet | 0.078 |
| 15112 | Fish, tilefish, raw | 85.0 | 3.0 oz | 0.035 |
| 15274 | Fish, trout, brook, raw, New York State | 149.0 | 1.0 filet | 0.067 |
| 15219 | Fish, trout, mixed species, cooked, dry heat | 62.0 | 1.0 fillet | 0.149 |
| 15114 | Fish, trout, mixed species, raw | 79.0 | 1.0 fillet | 0.149 |
| 15241 | Fish, trout, rainbow, farmed, cooked, dry heat | 71.0 | 1.0 fillet | 0.039 |
| 15240 | Fish, trout, rainbow, farmed, raw | 79.0 | 1.0 fillet | 0.036 |
| 15116 | Fish, trout, rainbow, wild, cooked, dry heat | 143.0 | 1.0 fillet | 0.083 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 15115 | Fish, trout, rainbow, wild, raw | 85.0 | 3.0 oz | 0.093 |
| 15128 | Fish, tuna salad | 85.0 | 3.0 oz | 0.123 |
| 15118 | Fish, tuna, fresh, bluefin, cooked, dry heat | 85.0 | 3.0 oz | 0.094 |
| 15117 | Fish, tuna, fresh, bluefin, raw | 85.0 | 3.0 oz | 0.073 |
| 15123 | Fish, tuna, fresh, skipjack, raw | 85.0 | 3.0 oz | 0.073 |
| 15127 | Fish, tuna, fresh, yellowfin, raw | 28.35 | 1.0 oz, boneless | 0.010 |
| 15119 | Fish, tuna, light, canned in oil, drained solids | 146.0 | 1.0 cup, solid or chunks | 0.104 |
| 15183 | Fish, tuna, light, canned in oil, without salt, drained solids | 85.0 | 3.0 oz | 0.060 |
| 15121 | Fish, tuna, light, canned in water, drained solids | 28.35 | 1.0 oz | 0.014 |
| 15184 | Fish, tuna, light, canned in water, without salt, drained solids | 85.0 | 3.0 oz | 0.043 |
| 15220 | Fish, tuna, skipjack, fresh, cooked, dry heat | 85.0 | 3.0 oz | 0.094 |
| 15124 | Fish, tuna, white, canned in oil, drained solids | 85.0 | 3.0 oz | 0.110 |
| 15185 | Fish, tuna, white, canned in oil, without salt, drained solids | 85.0 | 3.0 oz | 0.110 |
| 15126 | Fish, tuna, white, canned in water, drained solids | 85.0 | 3.0 oz | 0.033 |
| 15186 | Fish, tuna, white, canned in water, without salt, drained solids | 85.0 | 3.0 oz | 0.033 |
| 15221 | Fish, tuna, yellowfin, fresh, cooked, dry heat | 85.0 | 3.0 oz | 0.037 |
| 15222 | Fish, turbot, european, cooked, dry heat | 85.0 | 3.0 oz | 0.040 |
| 15129 | Fish, turbot, european, raw | 85.0 | 3.0 oz | 0.031 |
| 15223 | Fish, whitefish, mixed species, cooked, dry heat | 85.0 | 3.0 oz | 0.078 |
| 15130 | Fish, whitefish, mixed species, raw | 85.0 | 3.0 oz | 0.061 |
| 15131 | Fish, whitefish, mixed species, smoked | 136.0 | 1.0 cup, cooked | 0.428 |
| 15133 | Fish, whiting, mixed species, cooked, dry heat | 72.0 | 1.0 fillet | 0.029 |
| 15132 | Fish, whiting, mixed species, raw | 92.0 | 1.0 fillet | 0.029 |
| 15224 | Fish, wolffish, Atlantic, cooked, dry heat | 119.0 | 0.5 fillet | 0.044 |
| 15134 | Fish, wolffish, Atlantic, raw | 85.0 | 3.0 oz | 0.025 |
| 15225 | Fish, yellowtail, mixed species, cooked, dry heat | 146.0 | 0.5 fillet | 0.085 |
| 15135 | Fish, yellowtail, mixed species, raw | 85.0 | 3.0 oz | 0.038 |
| 19187 | Flan, caramel custard, dry mix | 85.0 | 1.0 package (3 oz) | 0.013 |
| 43075 | Fluid replacement, electrolyte solution (include PEDIALYTE) | 31.2 | 1.0 fl oz | 0.003 |
| 18973 | Focaccia, Italian flatbread, plain | 57.0 | 1.0 piece | 0.052 |
| 25045 | Formulated bar, high fiber, chewy, oats and chocolate | 40.0 | 1.0 bar | 0.105 |
| 25021 | Formulated bar, LUNA BAR, NUTZ OVER CHOCOLATE | 48.0 | 1.0 bar | 0.677 |
| 25016 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Energy Bar, all flavors | 55.0 | 1.0 bar | 0.249 |
| 25008 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Honey Nut Oat Bar | 55.0 | 1.0 bar | 0.249 |
| 25015 | Formulated bar, MARS SNACKFOOD US, SNICKERS MARATHON Protein Performance Bar, Caramel Nut Rush | 80.0 | 1.0 bar | 0.782 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 25017 | Formulated bar, POWER BAR, chocolate | 68.0 | 1.0 bar | 0.972 |
| 25020 | Formulated bar, SLIM-FAST OPTIMA meal bar, milk chocolate peanut | 55.0 | 1.0 bar | 0.156 |
| 25031 | Formulated bar, ZONE PERFECT CLASSIC CRUNCH BAR, mixed flavors | 50.0 | 1.0 bar | 0.387 |
| 07945 | Frankfurter, beef, heated | 48.0 | 1.0 frankfurter | 0.023 |
| 42179 | Frankfurter, beef, low fat | 57.0 | 1.0 frankfurter | 0.037 |
| 07905 | Frankfurter, beef, pork, and turkey, fat free | 57.0 | 1.0 frank 1 NLEA serving | 0.067 |
| 07022 | Frankfurter, beef, unheated | 49.0 | 1.0 hot dog | 0.022 |
| 07024 | Frankfurter, chicken | 85.0 | 3.0 oz | 0.066 |
| 43507 | Frankfurter, low sodium | 57.0 | 1.0 frankfurter | 0.034 |
| 07950 | Frankfurter, meat | 52.0 | 1.0 serving (1 hot dog) | 0.050 |
| 07963 | Frankfurter, meat and poultry, cooked, boiled | 50.0 | 1.0 frankfurter | 0.020 |
| 07964 | Frankfurter, meat and poultry, cooked, grilled | 48.0 | 1.0 frankfurter | 0.021 |
| 42280 | Frankfurter, meat and poultry, low fat | 143.0 | 1.0 cup, sliced | 0.090 |
| 07962 | Frankfurter, meat and poultry, unheated | 51.0 | 1.0 frankfurter | 0.021 |
| 07949 | Frankfurter, meat, heated | 52.0 | 1.0 serving (1 hot dog) | 0.079 |
| 43130 | Frankfurter, meatless | 140.0 | 1.0 cup, sliced | 0.988 |
| 07939 | Frankfurter, pork | 76.0 | 1.0 link | 0.056 |
| 07025 | Frankfurter, turkey | 28.35 | 1.0 oz | 0.020 |
| 18268 | French toast, frozen, ready-to-heat | 28.35 | 1.0 oz | 0.024 |
| 18269 | French toast, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.016 |
| 16173 | Frijoles rojos volteados (Refried beans, red, canned) | 233.0 | 1.0 cup | 0.513 |
| 80200 | Frog legs, raw | 45.0 | 1.0 leg | 0.112 |
| 19240 | Frostings, chocolate, creamy, dry mix | 388.0 | 1.0 package | 1.141 |
| 19241 | Frostings, chocolate, creamy, dry mix, prepared with butter | 33.0 | 2.0 tablespoon | 0.076 |
| 19372 | Frostings, chocolate, creamy, dry mix, prepared with margarine | 33.0 | 2.0 tablespoon | 0.075 |
| 19226 | Frostings, chocolate, creamy, ready-to-eat | 41.0 | 2.0 tbsp creamy | 0.082 |
| 19227 | Frostings, coconut-nut, ready-to-eat | 38.0 | 0.083 package | 0.048 |
| 19228 | Frostings, cream cheese-flavor, ready-to-eat | 33.0 | 2.0 tbsp creamy | 0.007 |
| 19409 | Frostings, glaze, chocolate, prepared-from-recipe, with butter, NFSMI Recipe No. C-32 | 33.0 | 2.0 tablespoon | 0.045 |
| 19375 | Frostings, glaze, prepared-from-recipe | 327.0 | 1.0 recipe yield | 0.020 |
| 19244 | Frostings, vanilla, creamy, dry mix | 411.0 | 1.0 package | 0.144 |
| 19371 | Frostings, vanilla, creamy, dry mix, prepared with margarine | 33.0 | 2.0 tablespoon | 0.009 |
| 19230 | Frostings, vanilla, creamy, ready-to-eat | 38.0 | 0.083 package | 0.000 |
| 19246 | Frostings, white, fluffy, dry mix | 207.0 | 1.0 package | 0.077 |
| 19247 | Frostings, white, fluffy, dry mix, prepared with water | 315.0 | 1.0 package yields | 0.085 |
| 19263 | Frozen novelties, fruit and juice bars | 77.0 | 1.0 bar (2.5 fl oz) | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 43506 | Frozen novelties, ice cream type, chocolate or caramel covered, with nuts | 54.0 | 1.0 bar | 0.069 |
| 42074 | Frozen novelties, ice cream type, vanilla ice cream, light, no sugar added, chocolate coated | 78.0 | 1.0 bar | 0.059 |
| 19217 | Frozen novelties, ice type, fruit, no sugar added | 51.0 | 1.0 bar | 0.009 |
| 19281 | Frozen novelties, ice type, italian, restaurant-prepared | 29.0 | 1.0 fl oz | 0.003 |
| 19280 | Frozen novelties, ice type, lime | 99.0 | 0.5 cup (4 fl oz) | 0.013 |
| 19387 | Frozen novelties, ice type, pineapple-coconut | 99.0 | 0.5 cup (4 fl oz) | 0.044 |
| 19283 | Frozen novelties, ice type, pop | 52.0 | 1.0 serving 1.75 fl oz pop | 0.000 |
| 43514 | Frozen novelties, ice type, pop, with low calorie sweetener | 55.0 | 1.0 serving 1.75 fl oz pop | 0.000 |
| 19873 | Frozen novelties, ice type, sugar free, orange, cherry, and grape POPSICLE pops | 55.0 | 1.0 serving 1.75 fl oz pop | 0.000 |
| 43450 | Frozen novelties, juice type, juice with cream | 71.0 | 2.5 oz | 0.009 |
| 43346 | Frozen novelties, juice type, orange | 29.8 | 1.0 fl oz | 0.007 |
| 19856 | Frozen novelties, juice type, POPSICLE SCRIBBLERS | 33.0 | 1.0 serving 1.2 fl oz pop | 0.000 |
| 19871 | Frozen novelties, No Sugar Added, FUDGSICLE pops | 84.0 | 1.0 serving | 0.090 |
| 42186 | Frozen yogurts, chocolate | 174.0 | 1.0 cup | 0.094 |
| 42185 | Frozen yogurts, chocolate, nonfat milk, sweetened without sugar | 186.0 | 1.0 cup | 0.378 |
| 19393 | Frozen yogurts, chocolate, soft-serve | 72.0 | 0.5 cup (4 fl oz) | 0.094 |
| 42187 | Frozen yogurts, flavors other than chocolate | 174.0 | 1.0 cup | 0.016 |
| 19293 | Frozen yogurts, vanilla, soft-serve | 72.0 | 0.5 cup | 0.029 |
| 19294 | Fruit butters, apple | 17.0 | 1.0 tbsp | 0.014 |
| 09101 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra heavy syrup, solids and liquids | 130.0 | 0.5 cup | 0.087 |
| 09098 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, extra light syrup, solids and liquids | 123.0 | 0.5 cup | 0.123 |
| 09100 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, heavy syrup, solids and liquids | 248.0 | 1.0 cup | 0.171 |
| 09097 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, juice pack, solids and liquids | 237.0 | 1.0 cup | 0.147 |
| 09099 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, light syrup, solids and liquids | 242.0 | 1.0 cup | 0.169 |
| 09096 | Fruit cocktail, (peach and pineapple and pear and grape and cherry), canned, water pack, solids and liquids | 237.0 | 1.0 cup | 0.168 |
| 09351 | Fruit cocktail, canned, heavy syrup, drained | 214.0 | 1.0 cup | 0.184 |
| 09515 | Fruit juice smoothie, BOLTHOUSE FARMS, GREEN GOODNESS | 230.0 | 1.0 cup | 0.113 |
| 09516 | Fruit juice smoothie, BOLTHOUSE FARMS, strawberry banana | 233.0 | 1.0 cup | 0.089 |
| 09508 | Fruit juice smoothie, NAKED JUICE, GREEN MACHINE | 275.0 | 1.0 cup | 0.146 |
| 09531 | Fruit juice smoothie, NAKED JUICE, strawberry banana | 228.0 | 1.0 cup | 0.091 |
| 09513 | Fruit juice smoothie, ODWALLA, ORIGINAL SUPERFOOD | 227.0 | 1.0 cup | 0.091 |
| 09530 | Fruit juice smoothie, ODWALLA, strawberry banana | 233.0 | 1.0 cup | 0.093 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09106 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, extra heavy syrup, solids and liquids | 259.0 | 1.0 cup | 0.163 |
| 09105 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, heavy syrup, solids and liquids | 255.0 | 1.0 cup | 0.163 |
| 09103 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, juice pack, solids and liquids | 249.0 | 1.0 cup | 0.125 |
| 09104 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, light syrup, solids and liquids | 252.0 | 1.0 cup | 0.164 |
| 09102 | Fruit salad, (peach and pear and apricot and pineapple and cherry), canned, water pack, solids and liquids | 245.0 | 1.0 cup | 0.164 |
| 09325 | Fruit salad, (pineapple and papaya and banana and guava), tropical, canned, heavy syrup, solids and liquids | 257.0 | 1.0 cup | 0.206 |
| 19018 | Fruit syrup | 334.0 | 1.0 cup | 0.060 |
| 35142 | Frybread, made with lard (Navajo) | 152.0 | 1.0 piece | 0.138 |
| 11988 | Fungi, Cloud ears, dried | 28.0 | 1.0 cup | 0.051 |
| 17330 | Game meat , bison, ground, raw | 85.0 | 1.0 serving ( 3 oz ) | 0.111 |
| 17332 | Game meat , bison, top sirloin, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.179 |
| 17145 | Game meat, antelope, cooked, roasted | 85.0 | 3.0 oz | 0.181 |
| 17144 | Game meat, antelope, raw | 28.35 | 1.0 oz | 0.051 |
| 17147 | Game meat, bear, cooked, simmered | 85.0 | 3.0 oz | 0.126 |
| 17151 | Game meat, beaver, cooked, roasted | 85.0 | 3.0 oz | 0.161 |
| 17333 | Game meat, bison, chuck, shoulder clod, separable lean only, cooked, braised | 85.0 | 1.0 serving ( 3 oz ) | 0.177 |
| 17334 | Game meat, bison, chuck, shoulder clod, separable lean only, raw | 85.0 | 1.0 serving ( 3 oz ) | 0.172 |
| 17331 | Game meat, bison, ground, cooked, pan-broiled | 87.0 | 1.0 patty ( yield from 112.7 g raw meat ) | 0.127 |
| 17335 | Game meat, bison, ribeye, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.171 |
| 17268 | Game meat, bison, ribeye, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 0.037 |
| 17157 | Game meat, bison, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.091 |
| 17156 | Game meat, bison, separable lean only, raw | 28.35 | 1.0 oz | 0.026 |
| 17269 | Game meat, bison, shoulder clod, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 0.042 |
| 17336 | Game meat, bison, top round, separable lean only, 1" steak, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.178 |
| 17337 | Game meat, bison, top round, separable lean only, 1" steak, raw | 85.0 | 1.0 serving ( 3 oz ) | 0.111 |
| 17267 | Game meat, bison, top sirloin, separable lean only, trimmed to 0" fat, raw | 28.35 | 1.0 oz | 0.044 |
| 17159 | Game meat, boar, wild, cooked, roasted | 85.0 | 3.0 oz | 0.048 |
| 17161 | Game meat, buffalo, water, cooked, roasted | 85.0 | 3.0 oz | 0.151 |
| 17160 | Game meat, buffalo, water, raw | 28.35 | 1.0 oz | 0.043 |
| 17163 | Game meat, caribou, cooked, roasted | 85.0 | 3.0 oz | 0.224 |
| 17162 | Game meat, caribou, raw | 28.35 | 1.0 oz | 0.063 |
| 17165 | Game meat, deer, cooked, roasted | 85.0 | 3.0 oz | 0.255 |
| 17344 | Game meat, deer, ground, cooked, pan-broiled | 93.0 | 1.0 patty | 0.093 |
| 17343 | Game meat, deer, ground, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 0.119 |
| 17345 | Game meat, deer, loin, separable lean only, 1" steak, cooked, broiled | 54.0 | 1.0 steak | 0.123 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17164 | Game meat, deer, raw | 28.35 | 1.0 oz | 0.072 |
| 17346 | Game meat, deer, shoulder clod, separable lean only, cooked, braised | 85.0 | 1.0 serving ( 3 oz ) | 0.242 |
| 17347 | Game meat, deer, tenderloin, separable lean only, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.216 |
| 17348 | Game meat, deer, top round, separable lean only, 1" steak, cooked, broiled | 102.0 | 1.0 steak ( yield from 134.9 g raw meat ) | 0.277 |
| 17167 | Game meat, elk, cooked, roasted | 85.0 | 3.0 oz | 0.121 |
| 17339 | Game meat, elk, ground, cooked, pan-broiled | 95.0 | 1.0 patty ( yield from 104.1 g raw meat ) | 0.135 |
| 17338 | Game meat, elk, ground, raw | 102.0 | 1.0 patty ( yield from 102.2 g raw meat ) | 0.153 |
| 17340 | Game meat, elk, loin, separable lean only, cooked, broiled | 114.0 | 1.0 steak ( yield from 148.1 g raw meat ) | 0.197 |
| 17166 | Game meat, elk, raw | 28.35 | 1.0 oz | 0.034 |
| 17341 | Game meat, elk, round, separable lean only, cooked, broiled | 85.0 | 1.0 serving ( 3 oz ) | 0.188 |
| 17342 | Game meat, elk, tenderloin, separable lean only, cooked, broiled | 92.0 | 1.0 steak ( yield from 123.5 g raw meat ) | 0.321 |
| 17169 | Game meat, goat, cooked, roasted | 85.0 | 3.0 oz | 0.258 |
| 17171 | Game meat, horse, cooked, roasted | 85.0 | 3.0 oz | 0.145 |
| 17170 | Game meat, horse, raw | 28.35 | 1.0 oz | 0.041 |
| 17173 | Game meat, moose, cooked, roasted | 85.0 | 3.0 oz | 0.067 |
| 17172 | Game meat, moose, raw | 28.35 | 1.0 oz | 0.019 |
| 17175 | Game meat, muskrat, cooked, roasted | 85.0 | 3.0 oz | 0.161 |
| 17176 | Game meat, opossum, cooked, roasted | 85.0 | 3.0 oz | 0.161 |
| 17178 | Game meat, rabbit, domesticated, composite of cuts, cooked, roasted | 85.0 | 3.0 oz | 0.161 |
| 17179 | Game meat, rabbit, domesticated, composite of cuts, cooked, stewed | 85.0 | 3.0 oz | 0.150 |
| 17177 | Game meat, rabbit, domesticated, composite of cuts, raw | 28.35 | 1.0 oz | 0.041 |
| 17181 | Game meat, rabbit, wild, cooked, stewed | 85.0 | 3.0 oz | 0.150 |
| 17182 | Game meat, raccoon, cooked, roasted | 85.0 | 3.0 oz | 0.161 |
| 17184 | Game meat, squirrel, cooked, roasted | 85.0 | 3.0 oz | 0.126 |
| 18963 | Garlic bread, frozen | 43.0 | 1.0 slice presliced | 0.046 |
| 11215 | Garlic, raw | 136.0 | 1.0 cup | 0.407 |
| 19172 | Gelatin desserts, dry mix | 85.0 | 1.0 package (3 oz) | 0.100 |
| 19173 | Gelatin desserts, dry mix, prepared with water | 135.0 | 0.5 cup | 0.032 |
| 19175 | Gelatin desserts, dry mix, reduced calorie, with aspartame | 6.4 | 1.0 serving | 0.000 |
| 19703 | Gelatin desserts, dry mix, reduced calorie, with aspartame, added phosphorus, potassium, sodium, vitamin C | 9.0 | 1.0 tbsp | 0.091 |
| 19704 | Gelatin desserts, dry mix, reduced calorie, with aspartame, no added sodium | 9.0 | 1.0 tbsp | 0.091 |
| 19176 | Gelatin desserts, dry mix, reduced calorie, with aspartame, prepared with water | 117.0 | 0.5 cup | 0.008 |
| 19702 | Gelatin desserts, dry mix, with added ascorbic acid, sodium-citrate and salt | 85.0 | 1.0 package (3 oz) | 0.100 |
| 19177 | Gelatins, dry powder, unsweetened | 7.0 | 1.0 envelope (1 tbsp) | 0.151 |
| 31033 | Ginger root, pickled, canned, with artificial sweetener | 25.0 | 2.0 tablespoon | 0.004 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11216 | Ginger root, raw | 2.0 | 1.0 tsp | 0.005 |
| 28356 | GLUTINO, Gluten Free Cookies, Chocolate Vanilla Creme | 44.0 | 3.0 cookies | 0.115 |
| 28357 | GLUTINO, Gluten Free Cookies, Vanilla Creme | 45.0 | 3.0 cookies | 0.013 |
| 28358 | GLUTINO, Gluten Free Wafers, Lemon Flavored | 30.0 | 3.0 cookies | 0.000 |
| 28359 | GLUTINO, Gluten Free Wafers, Milk Chocolate | 23.0 | 3.0 cookies | 0.060 |
| 17168 | Goat, raw | 28.35 | 1.0 oz | 0.073 |
| 05147 | Goose, domesticated, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.370 |
| 05146 | Goose, domesticated, meat and skin, raw | 85.0 | 3.0 oz | 0.230 |
| 05149 | Goose, domesticated, meat only, cooked, roasted | 143.0 | 1.0 unit (yield from 1 lb ready-to-cook goose) | 0.395 |
| 05148 | Goose, domesticated, meat only, raw | 85.0 | 3.0 oz | 0.260 |
| 05150 | Goose, liver, raw | 94.0 | 1.0 liver | 7.071 |
| 09109 | Gooseberries, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup | 0.547 |
| 09107 | Gooseberries, raw | 150.0 | 1.0 cup | 0.105 |
| 11785 | Gourd, dishcloth (towelgourd), cooked, boiled, drained, with salt | 178.0 | 1.0 cup (1" pieces) | 0.151 |
| 11221 | Gourd, dishcloth (towelgourd), cooked, boiled, drained, without salt | 178.0 | 1.0 cup (1" pieces) | 0.151 |
| 11220 | Gourd, dishcloth (towelgourd), raw | 95.0 | 1.0 cup (1" pieces) | 0.033 |
| 11784 | Gourd, white-flowered (calabash), cooked, boiled, drained, with salt | 146.0 | 1.0 cup (1" cubes) | 0.038 |
| 11219 | Gourd, white-flowered (calabash), cooked, boiled, drained, without salt | 146.0 | 1.0 cup (1" cubes) | 0.038 |
| 11218 | Gourd, white-flowered (calabash), raw | 58.0 | 0.5 cup (1" pieces) | 0.015 |
| 42139 | Granola bar, soft, milk chocolate coated, peanut butter | 28.35 | 1.0 oz | 0.092 |
| 09130 | Grape juice, canned or bottled, unsweetened, with added ascorbic acid | 253.0 | 1.0 cup | 0.046 |
| 09512 | Grape juice, canned or bottled, unsweetened, with added ascorbic acid and calcium | 253.0 | 1.0 cup | 0.046 |
| 09135 | Grape juice, canned or bottled, unsweetened, without added ascorbic acid | 253.0 | 1.0 cup | 0.046 |
| 11975 | Grape leaves, canned | 4.0 | 1.0 leaf | 0.074 |
| 11974 | Grape leaves, raw | 14.0 | 1.0 cup | 0.058 |
| 09127 | Grapefruit juice, pink or red, with added calcium | 240.0 | 8.0 fl oz | 0.079 |
| 09404 | Grapefruit juice, pink, raw | 247.0 | 1.0 cup | 0.082 |
| 09416 | Grapefruit juice, white, bottled, unsweetened, OCEAN SPRAY | 247.0 | 1.0 cup | 0.077 |
| 09123 | Grapefruit juice, white, canned or bottled, unsweetened | 247.0 | 1.0 cup | 0.077 |
| 09124 | Grapefruit juice, white, canned, sweetened | 250.0 | 1.0 cup | 0.120 |
| 09126 | Grapefruit juice, white, frozen concentrate, unsweetened, diluted with 3 volume water | 247.0 | 1.0 cup | 0.082 |
| 09125 | Grapefruit juice, white, frozen concentrate, unsweetened, undiluted | 207.0 | 1.0 can (6 fl oz) | 0.244 |
| 09128 | Grapefruit juice, white, raw | 247.0 | 1.0 cup | 0.082 |
| 09111 | Grapefruit, raw, pink and red and white, all areas | 230.0 | 1.0 cup sections, with juice | 0.108 |
| 09112 | Grapefruit, raw, pink and red, all areas | 230.0 | 1.0 cup sections, with juice | 0.074 |
| 09113 | Grapefruit, raw, pink and red, California and Arizona | 230.0 | 1.0 cup sections, with juice | 0.074 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09114 | Grapefruit, raw, pink and red, Florida | 230.0 | 1.0 cup sections, with juice | 0.101 |
| 09116 | Grapefruit, raw, white, all areas | 230.0 | 1.0 cup sections, with juice | 0.115 |
| 09117 | Grapefruit, raw, white, California | 230.0 | 1.0 cup sections, with juice | 0.074 |
| 09118 | Grapefruit, raw, white, Florida | 230.0 | 1.0 cup sections, with juice | 0.129 |
| 09120 | Grapefruit, sections, canned, juice pack, solids and liquids | 249.0 | 1.0 cup | 0.092 |
| 09121 | Grapefruit, sections, canned, light syrup pack, solids and liquids | 254.0 | 1.0 cup | 0.168 |
| 09119 | Grapefruit, sections, canned, water pack, solids and liquids | 244.0 | 1.0 cup | 0.163 |
| 09131 | Grapes, american type (slip skin), raw | 92.0 | 1.0 cup | 0.037 |
| 09134 | Grapes, canned, thompson seedless, heavy syrup pack, solids and liquids | 256.0 | 1.0 cup | 0.138 |
| 09133 | Grapes, canned, thompson seedless, water pack, solids and liquids | 245.0 | 1.0 cup | 0.137 |
| 09129 | Grapes, muscadine, raw | 6.0 | 1.0 grape | 0.007 |
| 09132 | Grapes, red or green (European type, such as Thompson seedless), raw | 151.0 | 1.0 cup | 0.192 |
| 06114 | Gravy, au jus, canned | 59.0 | 0.25 cup | 0.059 |
| 06115 | Gravy, au jus, dry | 3.0 | 1.0 tsp | 0.004 |
| 06116 | Gravy, beef, canned, ready-to-serve | 233.0 | 1.0 cup | 0.233 |
| 06957 | Gravy, brown instant, dry | 6.7 | 1.0 serving | 0.010 |
| 06118 | Gravy, brown, dry | 6.0 | 1.0 tbsp | 0.011 |
| 06999 | Gravy, CAMPBELL'S, chicken | 56.0 | 0.25 cup | 0.010 |
| 06119 | Gravy, chicken, canned or bottled, ready-to-serve | 57.0 | 0.25 cup | 0.011 |
| 06120 | Gravy, chicken, dry | 8.0 | 1.0 tbsp | 0.009 |
| 27061 | Gravy, HEINZ Home Style, classic chicken | 58.0 | 0.25 cup | 0.011 |
| 06985 | Gravy, HEINZ Home Style, savory beef | 57.0 | 1.0 serving 1/4 cup 2 oz | 0.011 |
| 06958 | Gravy, instant beef, dry | 6.7 | 1.0 serving | 0.010 |
| 06959 | Gravy, instant turkey, dry | 6.7 | 1.0 serving | 0.011 |
| 06977 | Gravy, meat or poultry, low sodium, prepared | 236.0 | 1.0 cup | 0.236 |
| 06121 | Gravy, mushroom, canned | 238.0 | 1.0 cup | 0.238 |
| 06122 | Gravy, mushroom, dry, powder | 21.0 | 1.0 cup (8 fl oz) | 0.112 |
| 06123 | Gravy, onion, dry, mix | 24.0 | 1.0 cup (8 fl oz) | 0.041 |
| 06124 | Gravy, pork, dry, powder | 6.7 | 1.0 serving | 0.010 |
| 06125 | Gravy, turkey, canned, ready-to-serve | 238.0 | 1.0 cup | 0.238 |
| 06126 | Gravy, turkey, dry | 7.0 | 1.0 serving | 0.009 |
| 06127 | Gravy, unspecified type, dry | 25.0 | 1.0 cup (8 fl oz) | 0.025 |
| 05669 | Ground turkey, 85% lean, 15% fat, pan-broiled crumbles | 85.0 | 3.0 oz | 0.165 |
| 05670 | Ground turkey, 85% lean, 15% fat, patties, broiled | 85.0 | 3.0 oz | 0.218 |
| 05668 | Ground turkey, 85% lean, 15% fat, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 0.105 |
| 05666 | Ground turkey, 93% lean, 7% fat, pan-broiled crumbles | 85.0 | 3.0 oz | 0.141 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05667 | Ground turkey, 93% lean, 7% fat, patties, broiled | 85.0 | 3.0 oz | 0.137 |
| 05665 | Ground turkey, 93% lean, 7% fat, raw | 28.35 | 1.0 oz | 0.030 |
| 05306 | Ground turkey, cooked | 82.0 | 1.0 patty (4 oz, raw) (yield after cooking) | 0.124 |
| 05663 | Ground turkey, fat free, pan-broiled crumbles | 85.0 | 3.0 oz | 0.057 |
| 05664 | Ground turkey, fat free, patties, broiled | 85.0 | 1.0 patty | 0.052 |
| 05662 | Ground turkey, fat free, raw | 85.0 | 1.0 patty (cooked from 4 oz raw) | 0.049 |
| 05305 | Ground turkey, raw | 453.6 | 1.0 lb | 0.435 |
| 09434 | Guanabana nectar, canned | 251.0 | 1.0 cup | 0.025 |
| 09435 | Guava nectar, canned, with added ascorbic acid | 251.0 | 1.0 cup | 0.043 |
| 09519 | Guava nectar, with sucralose, canned | 335.0 | 11.3 fl oz | 0.084 |
| 09143 | Guava sauce, cooked | 238.0 | 1.0 cup | 0.183 |
| 09139 | Guavas, common, raw | 165.0 | 1.0 cup | 0.380 |
| 05151 | Guinea hen, meat and skin, raw | 85.0 | 3.0 oz | 0.037 |
| 05152 | Guinea hen, meat only, raw | 85.0 | 3.0 oz | 0.037 |
| 42281 | Gums, seed gums (includes locust bean, guar) | 28.35 | 1.0 oz | 0.000 |
| 07032 | Ham and cheese loaf or roll | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.022 |
| 07033 | Ham and cheese spread | 15.0 | 1.0 tbsp | 0.013 |
| 07031 | Ham salad spread | 15.0 | 1.0 tbsp | 0.010 |
| 07026 | Ham, chopped, canned | 28.35 | 1.0 oz | 0.014 |
| 07027 | Ham, chopped, not canned | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.017 |
| 07938 | Ham, honey, smoked, cooked | 55.0 | 1.94 oz (1 serving) | 0.023 |
| 07030 | Ham, minced | 28.35 | 1.0 oz | 0.023 |
| 07028 | Ham, sliced, pre-packaged, deli meat (96%fat free, water added) | 13.0 | 1.0 slice | 0.007 |
| 07029 | Ham, sliced, regular (approximately 11% fat) | 56.0 | 56.0 grams 1 serving | 0.050 |
| 35233 | Hazelnuts, beaked (Northern Plains Indians) | 0.4 | 1.0 nut | 0.005 |
| 07034 | Headcheese, pork | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.034 |
| 11961 | Hearts of palm, canned | 146.0 | 1.0 cup | 0.194 |
| 20030 | Hominy, canned, white | 165.0 | 1.0 cup | 0.050 |
| 20330 | Hominy, canned, yellow | 160.0 | 1.0 cup | 0.048 |
| 19296 | Honey | 339.0 | 1.0 cup | 0.122 |
| 07088 | Honey roll sausage, beef | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 0.023 |
| 10856 | HORMEL ALWAYS TENDER, Boneless Pork Loin, Fresh Pork | 28.0 | 1.0 oz | 0.028 |
| 10855 | HORMEL ALWAYS TENDER, Center Cut Chops, Fresh Pork | 28.35 | 1.0 oz | 0.028 |
| 10854 | HORMEL ALWAYS TENDER, Pork Loin Filets, Lemon Garlic-Flavored | 28.0 | 1.0 oz | 0.000 |
| 10853 | HORMEL ALWAYS TENDER, Pork Tenderloin, Peppercorn-Flavored | 112.0 | 4.0 oz | 0.112 |
| 10852 | HORMEL ALWAYS TENDER, Pork Tenderloin, Teriyaki-Flavored | 112.0 | 4.0 oz | 0.112 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10857 | HORMEL Canadian Style Bacon | 56.0 | 1.0 serving | 0.056 |
| 07278 | HORMEL Pillow Pak Sliced Turkey Pepperoni | 30.0 | 1.0 serving | 0.060 |
| 10851 | HORMEL, Cure 81 Ham | 84.0 | 1.0 serving | 0.084 |
| 09451 | Horned melon (Kiwano) | 233.0 | 1.0 cup | 0.047 |
| 02055 | Horseradish, prepared | 5.0 | 1.0 tsp | 0.003 |
| 22537 | HOT POCKETS Ham 'N Cheese Stuffed Sandwich, frozen | 127.0 | 1.0 serving (1 hot pocket) | 0.144 |
| 22535 | HOT POCKETS, CROISSANT POCKETS Chicken, Broccoli, and Cheddar Stuffed Sandwich, frozen | 127.0 | 1.0 serving (1 hot pocket) | 0.144 |
| 22961 | HOT POCKETS, meatballs & mozzarella stuffed sandwich, frozen | 127.0 | 1.0 hot pocket (1 NLEA serving) | 0.109 |
| 16158 | Hummus, commercial | 15.0 | 1.0 tbsp | 0.079 |
| 16137 | Hummus, home prepared | 15.0 | 1.0 tablespoon | 0.034 |
| 32034 | HUNGRY MAN, Salisbury Steak With Gravy, frozen, unprepared | 64.0 | 1.0 patty | 0.050 |
| 18270 | Hush puppies, prepared from recipe | 28.35 | 1.0 oz | 0.019 |
| 16368 | Hyacinth beans, mature seeds, cooked, boiled, with salt | 194.0 | 1.0 cup | 0.662 |
| 16068 | Hyacinth beans, mature seeds, cooked, boiled, without salt | 194.0 | 1.0 cup | 0.662 |
| 16067 | Hyacinth beans, mature seeds, raw | 210.0 | 1.0 cup | 2.803 |
| 11788 | Hyacinth-beans, immature seeds, cooked, boiled, drained, with salt | 87.0 | 1.0 cup | 0.042 |
| 11225 | Hyacinth-beans, immature seeds, cooked, boiled, drained, without salt | 87.0 | 1.0 cup | 0.042 |
| 11224 | Hyacinth-beans, immature seeds, raw | 80.0 | 1.0 cup | 0.038 |
| 01264 | Ice cream bar, stick or nugget, with crunch coating | 95.0 | 26.0 pieces | 0.029 |
| 01240 | Ice cream cone, chocolate covered, with nuts, flavors other than chocolate | 96.0 | 1.0 unit | 0.123 |
| 18271 | Ice cream cones, cake or wafer-type | 28.35 | 1.0 oz | 0.058 |
| 18272 | Ice cream cones, sugar, rolled-type | 28.35 | 1.0 oz | 0.076 |
| 01239 | Ice cream cookie sandwich | 82.0 | 1.0 serving | 0.087 |
| 01238 | Ice cream sandwich | 70.0 | 1.0 serving | 0.178 |
| 01241 | Ice cream sandwich, made with light ice cream, vanilla | 70.0 | 1.0 serving | 0.063 |
| 01242 | Ice cream sandwich, vanilla, light, no sugar added | 70.0 | 1.0 serving | 0.063 |
| 01237 | Ice cream, bar or stick, chocolate covered | 50.0 | 1.0 bar | 0.038 |
| 01263 | Ice cream, light, soft serve, chocolate | 298.0 | 1.0 medium | 0.647 |
| 01236 | Ice cream, soft serve, chocolate | 86.0 | 0.5 cup | 0.026 |
| 19270 | Ice creams, chocolate | 58.0 | 1.0 individual (3.5 fl oz) | 0.078 |
| 19114 | Ice creams, chocolate, light | 68.0 | 1.0 serving | 0.070 |
| 19265 | Ice creams, chocolate, light, no sugar added | 72.0 | 1.0 serving 1/2 cup | 0.013 |
| 43541 | Ice creams, chocolate, rich | 148.0 | 1.0 cup | 0.259 |
| 19090 | Ice creams, french vanilla, soft-serve | 86.0 | 0.5 cup (4 fl oz) | 0.026 |
| 19899 | Ice creams, regular, low carbohydrate, chocolate | 58.0 | 1.0 individual (3.5 fl oz) | 0.078 |
| 19898 | Ice creams, regular, low carbohydrate, vanilla | 58.0 | 1.0 individual (3.5 fl oz) | 0.013 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19271 | Ice creams, strawberry | 58.0 | 1.0 individual (3.5 fl oz) | 0.021 |
| 19095 | Ice creams, vanilla | 66.0 | 1.0 serving 1/2 cup | 0.015 |
| 19867 | Ice creams, vanilla, fat free | 67.0 | 0.5 cup | 0.019 |
| 19088 | Ice creams, vanilla, light | 76.0 | 1.0 serving 1/2 cup | 0.013 |
| 19260 | Ice creams, vanilla, light, no sugar added | 68.0 | 1.0 serving 1/2 cup | 0.020 |
| 19096 | Ice creams, vanilla, light, soft-serve | 88.0 | 1.0 serving 1/2 cup | 0.024 |
| 19089 | Ice creams, vanilla, rich | 107.0 | 0.5 cup | 0.009 |
| 42117 | Imitation cheese, american or cheddar, low cholesterol | 113.0 | 1.0 cup, shredded | 0.034 |
| 08580 | Incaparina, dry mix (corn and soy flours), unprepared | 8.9 | 1.0 tbsp | 0.054 |
| 03957 | Infant formula, ABBOTT NUTRITION, ALIMENTUM ADVANCE, with iron, powder, not reconstituted, with DHA and ARA | 8.7 | 1.0 scoop | 0.033 |
| 03944 | Infant formula, ABBOTT NUTRITION, SIMILAC NEOSURE, ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 0.025 |
| 03951 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.036 |
| 03950 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, powder, not reconstituted | 8.5 | 1.0 scoop | 0.040 |
| 03949 | Infant formula, ABBOTT NUTRITION, SIMILAC, ADVANCE, with iron, ready-to-feed | 30.4 | 1.0 fl oz | 0.018 |
| 03935 | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, ADVANCE, ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 0.015 |
| 03846 | Infant formula, ABBOTT NUTRITION, SIMILAC, ALIMENTUM, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03992 | Infant formula, ABBOTT NUTRITION, SIMILAC, Expert Care, Diarrhea, ready- to- feed with ARA and DHA | 30.4 | 1.0 fl oz | 0.015 |
| 03999 | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, powder, with ARA and DHA | 9.5 | 1.0 scoop | 0.044 |
| 03993 | Infant formula, ABBOTT NUTRITION, SIMILAC, For Spit Up, ready-to-feed, with ARA and DHA | 30.4 | 1.0 fl oz | 0.018 |
| 33871 | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, powder, with ARA and DHA | 9.6 | 1.0 scoop | 0.044 |
| 03991 | Infant formula, ABBOTT NUTRITION, SIMILAC, GO AND GROW, ready-to-feed, with ARA and DHA | 153.0 | 5.0 fl oz | 0.090 |
| 03952 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, liquid concentrate | 31.4 | 1.0 fl oz | 0.030 |
| 03954 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, powder, not reconstituted | 8.7 | 1.0 scoop | 0.034 |
| 03953 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, ADVANCE with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03842 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, liquid concentrate | 31.4 | 1.0 fl oz | 0.030 |
| 03843 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, powder, not reconstituted | 8.7 | 1.0 scoop | 0.034 |
| 03841 | Infant formula, ABBOTT NUTRITION, SIMILAC, ISOMIL, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03856 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.036 |
| 03858 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, powder, not reconstituted | 8.7 | 1.0 scoop | 0.041 |
| 03855 | Infant formula, ABBOTT NUTRITION, SIMILAC, low iron, ready-to-feed | 31.0 | 1.0 fl oz | 0.018 |
| 03839 | Infant formula, ABBOTT NUTRITION, SIMILAC, NATURAL CARE, ADVANCE, ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 0.059 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03945 | Infant formula, ABBOTT NUTRITION, SIMILAC, NEOSURE, powder, with ARA and DHA | 30.5 | 1.0 fl oz | 0.188 |
| 03837 | Infant formula, ABBOTT NUTRITION, SIMILAC, PM 60/40, powder not reconstituted | 8.7 | 1.0 scoop | 0.040 |
| 03946 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE (LACTOSE FREE) ready-to-feed, with ARA and DHA | 30.5 | 1.0 fl oz | 0.018 |
| 03947 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), liquid concentrate, with ARA and DHA | 30.5 | 1.0 fl oz | 0.019 |
| 03948 | Infant formula, ABBOTT NUTRITION, SIMILAC, SENSITIVE, (LACTOSE FREE), powder, with ARA and DHA | 30.5 | 1.0 fl oz | 0.138 |
| 03840 | Infant formula, ABBOTT NUTRITION, SIMILAC, SPECIAL CARE, ADVANCE 24, with iron, ready-to-feed, with ARA and DHA | 30.8 | 1.0 fl oz | 0.060 |
| 03851 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.036 |
| 03853 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, powder, not reconstituted | 8.5 | 1.0 scoop | 0.040 |
| 03850 | Infant formula, ABBOTT NUTRITION, SIMILAC, with iron, ready-to-feed | 30.4 | 1.0 fl oz | 0.018 |
| 33868 | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, powder | 9.4 | 1.0 scoop | 0.037 |
| 03989 | Infant Formula, GERBER GOOD START 2, GENTLE PLUS, ready-to-feed | 30.4 | 1.0 fl oz | 0.016 |
| 33872 | Infant formula, GERBER, GOOD START 2 SOY, with iron, powder | 9.4 | 1.0 scoop | 0.038 |
| 03987 | Infant formula, GERBER, GOOD START 2 Soy, with iron, ready-to-feed | 30.4 | 1.0 fl oz | 0.015 |
| 33869 | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, powder | 9.4 | 1.0 scoop | 0.039 |
| 03990 | Infant formula, GERBER, GOOD START 2, PROTECT PLUS, ready-to-feed | 30.4 | 1.0 fl oz | 0.024 |
| 33867 | Infant formula, GERBER, GOOD START, PROTECT PLUS, powder | 9.4 | 1.0 scoop | 0.039 |
| 03988 | Infant formula, GERBER, GOOD START, PROTECT PLUS, ready-to-feed | 30.4 | 1.0 fl oz | 0.024 |
| 03963 | Infant Formula, MEAD JOHNSON, ENFAMIL GENTLEASE LIPIL, with iron, prepared from powder | 30.5 | 1.0 fl oz | 0.015 |
| 03815 | Infant formula, MEAD JOHNSON, ENFAMIL LIPIL, with iron, ready-to-feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 0.053 |
| 03943 | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, powder, with ARA and DHA | 8.7 | 1.0 scoop | 0.033 |
| 03942 | Infant formula, MEAD JOHNSON, ENFAMIL, AR LIPIL, ready-to-feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 0.054 |
| 03955 | Infant Formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, ready-to-feed, with ARA and DHA | 30.8 | 1.0 fl oz | 0.026 |
| 03849 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFACARE LIPIL, with iron, powder, with ARA and DHA | 9.4 | 1.0 scoop | 0.055 |
| 33866 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, LIPIL, powder | 9.6 | 1.0 scoop | 0.036 |
| 03981 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, GENTLEASE, Toddler, ready-to-feed | 152.0 | 5.0 fl oz | 0.074 |
| 03982 | Infant formula, MEAD JOHNSON, ENFAMIL, Enfagrow, Soy, Toddler ready-to-feed | 30.4 | 1.0 fl oz | 0.015 |
| 33870 | Infant formula, MEAD JOHNSON, ENFAMIL, ENFAGROW, Soy, Toddler, LIPIL, powder | 9.4 | 1.0 scoop | 0.034 |
| 03980 | Infant Formula, MEAD JOHNSON, ENFAMIL, GENTLEASE, powder | 8.7 | 1.0 scoop | 0.034 |
| 03827 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE LIPIL, with iron, powder, with ARA and DHA | 8.5 | 1.0 scoop | 0.033 |
| 03830 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, LIPIL, with iron, liquid concentrate, not reconstituted, with ARA and DHA | 31.3 | 1.0 fl oz | 0.030 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03868 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03869 | Infant formula, MEAD JOHNSON, ENFAMIL, LACTOFREE, with iron, powder, not reconstituted | 8.5 | 1.0 scoop | 0.033 |
| 03818 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, liquid concentrate, with ARA and DHA | 31.3 | 1.0 fl oz | 0.031 |
| 03825 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, low iron, ready to feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 0.053 |
| 03832 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, ready-to-feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 0.053 |
| 03812 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, liquid concentrate, with ARA and DHA | 31.3 | 1.0 fl oz | 0.031 |
| 03808 | Infant formula, MEAD JOHNSON, ENFAMIL, LIPIL, with iron, powder, with ARA and DHA | 8.5 | 1.0 scoop | 0.033 |
| 03809 | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, powder, not reconstituted | 8.3 | 1.0 scoop | 0.032 |
| 03806 | Infant formula, MEAD JOHNSON, ENFAMIL, low iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03983 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN AA, ready-to-feed | 30.4 | 1.0 fl oz | 0.015 |
| 03838 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 9.0 | 1.0 scoop | 0.033 |
| 33873 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, AA LIPIL, powder, not reconstituted | 9.4 | 1.0 scoop | 0.035 |
| 03844 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, liquid concentrate not reconstituted, with ARA and DHA | 31.6 | 1.0 fl oz | 0.030 |
| 03845 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, LIPIL, with iron, ready-to-feed, with ARA and DHA | 107.0 | 1.0 serving 100 ml | 0.054 |
| 03816 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, liquid concentrate, not reconstituted | 31.5 | 1.0 fl oz | 0.030 |
| 03814 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, powder, not reconstituted | 9.6 | 1.0 scoop | 0.036 |
| 03813 | Infant formula, MEAD JOHNSON, ENFAMIL, NUTRAMIGEN, with iron, ready-to-feed | 107.0 | 1.0 Serving 100 ml | 0.054 |
| 03984 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed | 30.4 | 1.0 fl oz | 0.024 |
| 33874 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 20 calories ready-to-feed Low iron | 30.4 | 1.0 fl oz | 0.024 |
| 03985 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calo ready-to-feed | 30.4 | 1.0 fl oz | 0.024 |
| 33875 | Infant formula, MEAD JOHNSON, ENFAMIL, Premature, 24 calories ready-to-feed Low iron | 30.0 | 5.0 fl oz | 0.024 |
| 33864 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, Liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.030 |
| 33863 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium LIPIL, Infant, powder | 8.7 | 1.0 scoop | 0.033 |
| 33865 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, Liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.030 |
| 33877 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, powder | 8.7 | 1.0 scoop | 0.033 |
| 33876 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Infant, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 33862 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, powder | 9.6 | 1.0 scoop | 0.036 |
| 03986 | Infant Formula, MEAD JOHNSON, ENFAMIL, Premium, Newborn, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03852 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE LIPIL, with iron, powder, not reconstituted, with ARA and DHA | 8.8 | 1.0 scoop | 0.033 |
| 03854 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, LIPIL, liquid concentrate, not reconstituted, with ARA and DHA | 31.3 | 1.0 fl oz | 0.030 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 03826 | Infant formula, MEAD JOHNSON, ENFAMIL, PROSOBEE, with iron, powder, not reconstituted | 8.8 | 1.0 scoop | 0.033 |
| 03805 | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, powder | 8.3 | 1.0 scoop | 0.032 |
| 03803 | Infant formula, MEAD JOHNSON, ENFAMIL, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.015 |
| 03929 | Infant formula, MEAD JOHNSON, NEXT STEP PROSOBEE, powder, not reconstituted | 9.3 | 1.0 scoop | 0.033 |
| 03861 | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE LIPIL, powder, with ARA and DHA | 28.0 | 3.0 scoop | 0.101 |
| 03864 | Infant formula, MEAD JOHNSON, NEXT STEP, PROSOBEE, LIPIL, ready to feed, with ARA and DHA | 103.0 | 1.0 serving 100 ml | 0.052 |
| 03821 | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, powder, not reconstituted | 8.8 | 1.0 scoop | 0.033 |
| 03822 | Infant formula, MEAD JOHNSON, PREGESTIMIL, with iron, prepared from powder | 103.0 | 1.0 serving 100 ml | 0.050 |
| 03857 | Infant formula, MEAD JOHNSON, PROSOBEE LIPIL, with iron, ready to feed, with ARA and DHA | 106.0 | 1.0 serving 100 ml | 0.053 |
| 03824 | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, liquid concentrate, not reconstituted | 30.8 | 1.0 fl oz | 0.030 |
| 03823 | Infant formula, MEAD JOHNSON, PROSOBEE, with iron, ready-to-feed | 106.0 | 1.0 Serving 100 ml | 0.053 |
| 03930 | Infant formula, MEAD JOHNSON,NEXT STEP PROSOBEE, prepared from powder | 30.5 | 1.0 fl oz | 0.015 |
| 03901 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, liquid concentrate, not reconstituted | 31.9 | 1.0 fl oz | 0.034 |
| 03913 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, powder | 9.4 | 1.0 scoop | 0.038 |
| 03900 | Infant formula, NESTLE, GOOD START 2 ESSENTIALS, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.017 |
| 03926 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.048 |
| 03928 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, powder | 8.5 | 1.0 scoop | 0.051 |
| 03925 | Infant formula, NESTLE, GOOD START ESSENTIALS SOY, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.024 |
| 03867 | Infant formula, NESTLE, GOOD START SOY, with ARA and DHA, powder | 9.4 | 1.0 scoop | 0.038 |
| 03966 | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, liquid concentrate | 29.2 | 1.0 fl oz | 0.031 |
| 03859 | Infant formula, NESTLE, GOOD START SOY, with DHA and ARA, ready-to-feed | 29.0 | 1.0 oz | 0.015 |
| 03961 | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, prepared from liquid concentrate | 31.4 | 1.0 fl oz | 0.017 |
| 03960 | Infant formula, NESTLE, GOOD START SUPREME, with iron, DHA and ARA, ready-to-feed | 30.5 | 1.0 fl oz | 0.016 |
| 03801 | Infant formula, NESTLE, GOOD START SUPREME, with iron, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.031 |
| 03802 | Infant formula, NESTLE, GOOD START SUPREME, with iron, powder | 8.7 | 1.0 scoop | 0.036 |
| 03800 | Infant formula, NESTLE, GOOD START SUPREME, with iron, ready-to-feed | 30.5 | 1.0 fl oz | 0.016 |
| 03937 | Infant formula, PBM PRODUCTS, store brand, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.029 |
| 03938 | Infant formula, PBM PRODUCTS, store brand, powder | 8.4 | 1.0 scoop | 0.031 |
| 03936 | Infant formula, PBM PRODUCTS, store brand, ready-to-feed | 30.4 | 1.0 fl oz | 0.014 |
| 03940 | Infant formula, PBM PRODUCTS, store brand, soy, liquid concentrate, not reconstituted | 31.4 | 1.0 fl oz | 0.029 |
| 03941 | Infant formula, PBM PRODUCTS, store brand, soy, powder | 8.7 | 1.0 scoop | 0.031 |
| 03939 | Infant formula, PBM PRODUCTS, store brand, soy, ready-to-feed | 30.4 | 1.0 fl oz | 0.014 |
| 09420 | Jackfruit, canned, syrup pack | 178.0 | 1.0 cup, drained | 0.089 |
| 09144 | Jackfruit, raw | 165.0 | 1.0 cup, sliced | 0.125 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19297 | Jams and preserves | 20.0 | 1.0 tbsp | 0.020 |
| 19719 | Jams and preserves, apricot | 20.0 | 1.0 tbsp | 0.020 |
| 43028 | Jams and preserves, no sugar (with sodium saccharin), any flavor | 224.0 | 1.0 cup | 0.054 |
| 19300 | Jellies | 21.0 | 1.0 serving 1 tbsp | 0.002 |
| 43027 | Jellies, no sugar (with sodium saccharin), any flavors | 300.0 | 1.0 cup | 0.096 |
| 44110 | Jellies, reduced sugar, home preserved | 19.0 | 1.0 tbsp | 0.004 |
| 43497 | Jellyfish, dried, salted | 58.0 | 1.0 cup | 0.081 |
| 11226 | Jerusalem-artichokes, raw | 150.0 | 1.0 cup slices | 0.210 |
| 11228 | Jew's ear, (pepeao), raw | 99.0 | 1.0 cup slices | 0.441 |
| 32036 | JIMMY DEAN, Sausage, Egg, and Cheese Breakfast Biscuit, frozen, unprepared | 128.0 | 1.0 biscuit | 0.087 |
| 09443 | Juice, apple and grape blend, with added ascorbic acid | 250.0 | 8.0 fl oz | 0.025 |
| 09444 | Juice, apple, grape and pear blend, with added ascorbic acid and calcium | 250.0 | 8.0 fl oz | 0.032 |
| 11789 | Jute, potherb, cooked, boiled, drained, with salt | 87.0 | 1.0 cup | 0.222 |
| 11232 | Jute, potherb, cooked, boiled, drained, without salt | 87.0 | 1.0 cup | 0.222 |
| 11231 | Jute, potherb, raw | 28.0 | 1.0 cup | 0.071 |
| 11790 | Kale, cooked, boiled, drained, with salt | 130.0 | 1.0 cup, chopped | 0.203 |
| 11234 | Kale, cooked, boiled, drained, without salt | 130.0 | 1.0 cup, chopped | 0.203 |
| 11791 | Kale, frozen, cooked, boiled, drained, with salt | 130.0 | 1.0 cup, chopped | 0.061 |
| 11236 | Kale, frozen, cooked, boiled, drained, without salt | 130.0 | 1.0 cup, chopped | 0.061 |
| 11235 | Kale, frozen, unprepared | 94.0 | 0.333 package (10 oz) | 0.043 |
| 11233 | Kale, raw | 16.0 | 1.0 cup 1" pieces, loosely packed | 0.240 |
| 11792 | Kale, scotch, cooked, boiled, drained, with salt | 130.0 | 1.0 cup, chopped | 0.203 |
| 11623 | Kale, scotch, cooked, boiled, drained, without salt | 130.0 | 1.0 cup, chopped | 0.203 |
| 11622 | Kale, scotch, raw | 67.0 | 1.0 cup, chopped | 0.163 |
| 11237 | Kanpyo, (dried gourd strips) | 6.3 | 1.0 strip | 0.027 |
| 18956 | Keikitos (muffins), Latino bakery item | 42.0 | 1.0 piece | 0.030 |
| 18501 | KELLOGG, KELLOG'S NUTRI-GRAIN CEREAL BARS, Mixed Berry | 116.0 | 1.0 bar (NLEA serving) | 0.116 |
| 18499 | KELLOGG, KELLOGG'S EGGO, Buttermilk Pancake | 116.0 | 3.0 pancakes (NLEA serving) | 0.000 |
| 21419 | KFC, biscuit | 49.0 | 1.0 biscuit | 0.043 |
| 21420 | KFC, Coleslaw | 112.0 | 1.0 package | 0.018 |
| 21421 | KFC, Crispy Chicken Strips | 47.0 | 1.0 strip | 0.035 |
| 21438 | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat and skin with breading | 212.0 | 1.0 breast, with skin | 0.848 |
| 21430 | KFC, Fried Chicken, EXTRA CRISPY, Breast, meat only, skin and breading removed | 140.0 | 1.0 breast, without skin | 0.062 |
| 21439 | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat and skin with breading | 81.0 | 1.0 drumstick, with skin | 0.333 |
| 21431 | KFC, Fried Chicken, EXTRA CRISPY, Drumstick, meat only, skin and breading removed | 41.0 | 1.0 drumstick, bone and skin removed | 0.034 |
| 21440 | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat and skin with breading | 152.0 | 1.0 thigh, with skin | 0.774 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21432 | KFC, Fried Chicken, EXTRA CRISPY, Thigh, meat only, skin and breading removed | 91.0 | 1.0 thigh, without skin | 0.079 |
| 21441 | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat and skin with breading | 68.0 | 1.0 wing, with skin | 0.328 |
| 21433 | KFC, Fried Chicken, EXTRA CRISPY, Wing, meat only, skin and breading removed | 44.0 | 1.0 wing, without skin | 0.027 |
| 21434 | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat and skin with breading | 212.0 | 1.0 breast, with skin | 0.114 |
| 21425 | KFC, Fried Chicken, ORIGINAL RECIPE, Breast, meat only, skin and breading removed | 152.0 | 1.0 breast without skin | 0.096 |
| 21435 | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat and skin with breading | 75.0 | 1.0 drumstick, with skin | 0.060 |
| 21426 | KFC, Fried Chicken, ORIGINAL RECIPE, Drumstick, meat only, skin and breading removed | 40.0 | 1.0 drumstick, bone and skin removed | 0.033 |
| 21436 | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat and skin with breading | 135.0 | 1.0 thigh, with skin | 0.111 |
| 21427 | KFC, Fried Chicken, ORIGINAL RECIPE, Thigh, meat only, skin and breading removed | 86.0 | 1.0 thigh without skin | 0.071 |
| 21437 | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat and skin with breading | 60.0 | 1.0 wing, with skin | 0.045 |
| 21428 | KFC, Fried Chicken, ORIGINAL RECIPE, Wing, meat only, skin and breading removed | 39.0 | 1.0 wing wing without skin | 0.027 |
| 21422 | KFC, Popcorn Chicken | 6.4 | 1.0 piece | 0.005 |
| 07968 | Kielbasa, fully cooked, grilled | 85.0 | 3.0 oz | 0.048 |
| 07969 | Kielbasa, fully cooked, pan-fried | 370.0 | 1.0 link | 0.218 |
| 07970 | Kielbasa, fully cooked, unheated | 85.0 | 3.0 oz | 0.056 |
| 09148 | Kiwifruit, green, raw | 180.0 | 1.0 cup, sliced | 0.234 |
| 09520 | Kiwifruit, ZESPRI SunGold, raw | 81.0 | 1.0 fruit | 0.122 |
| 07038 | Knackwurst, knockwurst, pork, beef | 72.0 | 1.0 link | 0.043 |
| 11793 | Kohlrabi, cooked, boiled, drained, with salt | 165.0 | 1.0 cup slices | 0.218 |
| 11242 | Kohlrabi, cooked, boiled, drained, without salt | 165.0 | 1.0 cup slices | 0.218 |
| 11241 | Kohlrabi, raw | 135.0 | 1.0 cup | 0.174 |
| 09149 | Kumquats, raw | 19.0 | 1.0 fruit without refuse | 0.018 |
| 17281 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 0.121 |
| 17280 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.041 |
| 17283 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 0.130 |
| 17282 | Lamb, Australian, imported, fresh, composite of trimmed retail cuts, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.047 |
| 17449 | Lamb, Australian, imported, fresh, external fat, cooked | 85.0 | 3.0 oz | 0.060 |
| 17287 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 17286 | Lamb, Australian, imported, fresh, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.026 |
| 17289 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.106 |
| 17288 | Lamb, Australian, imported, fresh, foreshank, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.028 |
| 17453 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.102 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17454 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.113 |
| 17439 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.106 |
| 17444 | Lamb, Australian, imported, fresh, leg, bottom, boneless, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.124 |
| 17307 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.140 |
| 17306 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.041 |
| 17309 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.147 |
| 17308 | Lamb, Australian, imported, fresh, leg, center slice, bone-in, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.044 |
| 17455 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.095 |
| 17456 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.100 |
| 17440 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 17441 | Lamb, Australian, imported, fresh, leg, hindshank, heel on, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.114 |
| 17295 | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.117 |
| 17294 | Lamb, Australian, imported, fresh, leg, shank half, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.051 |
| 17297 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.125 |
| 17296 | Lamb, Australian, imported, fresh, leg, shank half, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.057 |
| 17303 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.138 |
| 17302 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.039 |
| 17305 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.147 |
| 17304 | Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.044 |
| 17299 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.147 |
| 17298 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.042 |
| 17301 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.165 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17300 | Lamb, Australian, imported, fresh, leg, sirloin half, boneless, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.051 |
| 17457 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.116 |
| 17458 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.135 |
| 17445 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.124 |
| 17446 | Lamb, Australian, imported, fresh, leg, trotter off, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.147 |
| 17291 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.125 |
| 17290 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.049 |
| 17293 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.134 |
| 17292 | Lamb, Australian, imported, fresh, leg, whole (shank and sirloin), separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.056 |
| 17311 | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.128 |
| 17310 | Lamb, Australian, imported, fresh, loin, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.037 |
| 17313 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.133 |
| 17312 | Lamb, Australian, imported, fresh, loin, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.040 |
| 17463 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.089 |
| 17448 | Lamb, Australian, imported, fresh, rack, roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.097 |
| 17462 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, roasted | 85.0 | 3.0 oz | 0.078 |
| 17447 | Lamb, Australian, imported, fresh, rack, roast, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, roasted | 85.0 | 3.0 oz | 0.080 |
| 17315 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, cooked, grilled | 85.0 | 3.0 oz | 0.101 |
| 17317 | Lamb, Australian, imported, fresh, rib chop, frenched, bone-in, separable lean only, trimmed to 1/8" fat, cooked, grilled | 85.0 | 3.0 oz | 0.114 |
| 17464 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean and fat, trimmed to 0" fat, cooked, grilled | 85.0 | 3.0 oz | 0.116 |
| 17461 | Lamb, Australian, imported, fresh, rib chop, frenched, denuded, bone-in, separable lean only, trimmed to 0" fat, cooked, grilled | 85.0 | 3.0 oz | 0.125 |
| 17314 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.104 |
| 17316 | Lamb, Australian, imported, fresh, rib chop/rack roast, frenched, bone-in, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.124 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17285 | Lamb, Australian, imported, fresh, separable fat, cooked | 85.0 | 3.0 oz | 0.055 |
| 17284 | Lamb, Australian, imported, fresh, separable fat, raw | 28.35 | 1.0 oz | 0.013 |
| 17329 | Lamb, Australian, imported, fresh, shoulder ,blade, separable lean only, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.111 |
| 17323 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.160 |
| 17322 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.034 |
| 17325 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.183 |
| 17324 | Lamb, Australian, imported, fresh, shoulder, arm, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.039 |
| 17327 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.103 |
| 17326 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.031 |
| 17328 | Lamb, Australian, imported, fresh, shoulder, blade, separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.036 |
| 17319 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 0.116 |
| 17318 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.032 |
| 17320 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.037 |
| 17321 | Lamb, Australian, imported, fresh, shoulder, whole (arm and blade), separable lean only, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 0.128 |
| 17459 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.116 |
| 17460 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean and fat, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.144 |
| 17442 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.116 |
| 17443 | Lamb, Australian, imported, fresh, tenderloin, boneless, separable lean only, trimmed to 1/8" fat, raw | 114.0 | 4.0 oz | 0.146 |
| 17006 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, cooked | 85.0 | 3.0 oz | 0.075 |
| 17005 | Lamb, domestic, composite of trimmed retail cuts, separable fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.016 |
| 17002 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, cooked | 85.0 | 3.0 oz | 0.101 |
| 17001 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 17227 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, cooked | 85.0 | 3.0 oz | 0.103 |
| 17226 | Lamb, domestic, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.031 |
| 17004 | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, cooked | 85.0 | 3.0 oz | 0.109 |
| 17003 | Lamb, domestic, composite of trimmed retail cuts, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.034 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17060 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, braised | 85.0 | 3.0 oz | 0.120 |
| 17061 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, cooked, broiled | 85.0 | 3.0 oz | 0.128 |
| 17059 | Lamb, domestic, cubed for stew or kabob (leg and shoulder), separable lean only, trimmed to 1/4" fat, raw | 28.35 | 1.0 oz | 0.034 |
| 17008 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 148.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.182 |
| 17007 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 17228 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 17229 | Lamb, domestic, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 148.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.182 |
| 17010 | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 128.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.165 |
| 17009 | Lamb, domestic, foreshank, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.031 |
| 17016 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.099 |
| 17015 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.033 |
| 17233 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.100 |
| 17232 | Lamb, domestic, leg, shank half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.033 |
| 17018 | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.103 |
| 17017 | Lamb, domestic, leg, shank half, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.035 |
| 17020 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.095 |
| 17019 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.032 |
| 17235 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.096 |
| 17234 | Lamb, domestic, leg, sirloin half, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.032 |
| 17022 | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.101 |
| 17021 | Lamb, domestic, leg, sirloin half, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.037 |
| 17012 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.098 |
| 17011 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.032 |
| 17231 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.099 |
| 17230 | Lamb, domestic, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.033 |
| 17014 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.102 |
| 17013 | Lamb, domestic, leg, whole (shank and sirloin), separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.036 |
| 17024 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.110 |
| 17025 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.101 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17023 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.030 |
| 17237 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.113 |
| 17238 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.104 |
| 17236 | Lamb, domestic, loin, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.031 |
| 17027 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.123 |
| 17028 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.112 |
| 17026 | Lamb, domestic, loin, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.036 |
| 17030 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.103 |
| 17031 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.098 |
| 17029 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.025 |
| 17240 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.105 |
| 17241 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.099 |
| 17239 | Lamb, domestic, rib, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.026 |
| 17033 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 147.0 | 1.0 piece, cooked, excluding refuse (yield from 1 lb raw meat with refuse) | 0.204 |
| 17034 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.110 |
| 17032 | Lamb, domestic, rib, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.031 |
| 17044 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.118 |
| 17045 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.113 |
| 17046 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.096 |
| 17043 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 17247 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.120 |
| 17246 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.029 |
| 17249 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, choice, roasted | 85.0 | 3.0 oz | 0.097 |
| 17248 | Lamb, domestic, shoulder, arm, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.115 |
| 17048 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.131 |
| 17049 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.123 |
| 17050 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.102 |
| 17047 | Lamb, domestic, shoulder, arm, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.033 |
| 17052 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.103 |
| 17053 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.104 |
| 17054 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.090 |
| 17051 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.027 |
| 17251 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.103 |
| 17252 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.105 |
| 17253 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.091 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17250 | Lamb, domestic, shoulder, blade, separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.028 |
| 17056 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.109 |
| 17057 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.110 |
| 17058 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.094 |
| 17055 | Lamb, domestic, shoulder, blade, separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.030 |
| 17036 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 17037 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.109 |
| 17038 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.092 |
| 17035 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.027 |
| 17243 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.107 |
| 17244 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.107 |
| 17245 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.092 |
| 17242 | Lamb, domestic, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, choice, raw | 28.35 | 1.0 oz | 0.028 |
| 17040 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, braised | 85.0 | 3.0 oz | 0.112 |
| 17041 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, broiled | 85.0 | 3.0 oz | 0.116 |
| 17042 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, cooked, roasted | 85.0 | 3.0 oz | 0.096 |
| 17039 | Lamb, domestic, shoulder, whole (arm and blade), separable lean only, trimmed to 1/4" fat, choice, raw | 28.35 | 1.0 oz | 0.031 |
| 17225 | Lamb, ground, cooked, broiled | 85.0 | 3.0 oz | 0.109 |
| 17224 | Lamb, ground, raw | 28.35 | 1.0 oz | 0.029 |
| 17357 | Lamb, New Zealand, imported, brains, cooked, soaked and fried | 85.0 | 3.0 oz | 0.241 |
| 17358 | Lamb, New Zealand, imported, brains, raw | 113.0 | 4.0 oz | 0.337 |
| 17359 | Lamb, New Zealand, imported, breast, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.117 |
| 17360 | Lamb, New Zealand, imported, breast, separable lean only, raw | 113.0 | 4.0 oz | 0.101 |
| 17361 | Lamb, New Zealand, imported, chump, boneless, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 0.134 |
| 17363 | Lamb, New Zealand, imported, chump, boneless, separable lean only, raw | 113.0 | 4.0 oz | 0.158 |
| 17401 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.063 |
| 17402 | Lamb, New Zealand, imported, flap, boneless, separable lean and fat, raw | 113.0 | 4.0 oz | 0.061 |
| 17365 | Lamb, New Zealand, imported, flap, boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.081 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17366 | Lamb, New Zealand, imported, flap, boneless, separable lean only, raw | 113.0 | 4.0 oz | 0.079 |
| 17069 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, cooked, braised | 85.0 | 1.0 serving | 0.106 |
| 17068 | Lamb, New Zealand, imported, fore-shank, separable lean and fat, raw | 115.0 | 1.0 serving | 0.091 |
| 17071 | Lamb, New Zealand, imported, fore-shank, separable lean only, cooked, braised | 85.0 | 1.0 serving | 0.116 |
| 17070 | Lamb, New Zealand, imported, fore-shank, separable lean only, raw | 115.0 | 1.0 serving | 0.099 |
| 17067 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, cooked | 85.0 | 3.0 oz | 0.050 |
| 17066 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable fat, raw | 28.35 | 1.0 oz | 0.013 |
| 17063 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, cooked | 85.0 | 3.0 oz | 0.085 |
| 17062 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, raw | 28.35 | 1.0 oz | 0.024 |
| 17255 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, cooked | 85.0 | 3.0 oz | 0.087 |
| 17254 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.025 |
| 17065 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, cooked | 85.0 | 3.0 oz | 0.097 |
| 17064 | Lamb, New Zealand, imported, frozen, composite of trimmed retail cuts, separable lean only, raw | 28.35 | 1.0 oz | 0.028 |
| 17257 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.087 |
| 17256 | Lamb, New Zealand, imported, frozen, foreshank, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.027 |
| 17073 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.088 |
| 17259 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.089 |
| 17258 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.027 |
| 17075 | Lamb, New Zealand, imported, frozen, leg, whole (shank and sirloin), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.094 |
| 17077 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.093 |
| 17261 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, cooked, broiled | 85.0 | 3.0 oz | 0.095 |
| 17260 | Lamb, New Zealand, imported, frozen, loin, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.025 |
| 17079 | Lamb, New Zealand, imported, frozen, loin, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.110 |
| 17263 | Lamb, New Zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, cooked, roasted | 85.0 | 3.0 oz | 0.061 |
| 17262 | Lamb, new zealand, imported, frozen, rib, separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.019 |
| 17085 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.088 |
| 17265 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, cooked, braised | 85.0 | 3.0 oz | 0.090 |
| 17264 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean and fat, trimmed to 1/8" fat, raw | 28.35 | 1.0 oz | 0.024 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17087 | Lamb, New Zealand, imported, frozen, shoulder, whole (arm and blade), separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 17370 | Lamb, New Zealand, imported, ground lamb, cooked, braised | 85.0 | 3.0 oz | 0.085 |
| 17371 | Lamb, New Zealand, imported, ground lamb, raw | 113.0 | 4.0 oz | 0.102 |
| 17372 | Lamb, New Zealand, imported, heart, cooked, soaked and simmered | 85.0 | 3.0 oz | 0.547 |
| 17373 | Lamb, New Zealand, imported, heart, raw | 113.0 | 4.0 oz | 0.466 |
| 17403 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.122 |
| 17404 | Lamb, New Zealand, imported, hind-shank, separable lean and fat, raw | 113.0 | 4.0 oz | 0.110 |
| 17390 | Lamb, New Zealand, imported, hind-shank, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.134 |
| 17391 | Lamb, New Zealand, imported, hind-shank, separable lean only, raw | 113.0 | 4.0 oz | 0.122 |
| 17364 | Lamb, New Zealand, imported, kidney, cooked, soaked and fried | 85.0 | 3.0 oz | 0.353 |
| 17367 | Lamb, New Zealand, imported, kidney, raw | 113.0 | 4.0 oz | 0.408 |
| 17405 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 0.122 |
| 17072 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean and fat, raw | 115.0 | 1.0 serving | 0.121 |
| 17400 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 0.133 |
| 17074 | Lamb, New Zealand, imported, leg chop/steak, bone-in, separable lean only, raw | 115.0 | 1.0 serving | 0.137 |
| 17368 | Lamb, New Zealand, imported, liver, cooked, soaked and fried | 85.0 | 3.0 oz | 11.390 |
| 17369 | Lamb, New Zealand, imported, liver, raw | 113.0 | 4.0 oz | 12.882 |
| 17406 | Lamb, New Zealand, imported, loin chop, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 0.100 |
| 17076 | Lamb, New Zealand, imported, loin chop, separable lean and fat, raw | 115.0 | 1.0 serving | 0.101 |
| 17398 | Lamb, New Zealand, imported, loin chop, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 0.129 |
| 17078 | Lamb, New Zealand, imported, loin chop, separable lean only, raw | 115.0 | 1.0 serving | 0.133 |
| 17407 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 0.096 |
| 17408 | Lamb, New Zealand, imported, loin saddle, separable lean and fat, raw | 113.0 | 4.0 oz | 0.103 |
| 17386 | Lamb, New Zealand, imported, loin saddle, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 0.116 |
| 17387 | Lamb, New Zealand, imported, loin saddle, separable lean only, raw | 113.0 | 4.0 oz | 0.131 |
| 17409 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 0.142 |
| 17410 | Lamb, New Zealand, imported, loin, boneless, separable lean and fat, raw | 113.0 | 4.0 oz | 0.144 |
| 17388 | Lamb, New Zealand, imported, loin, boneless, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 0.142 |
| 17389 | Lamb, New Zealand, imported, loin, boneless, separable lean only, raw | 113.0 | 4.0 oz | 0.144 |
| 17411 | Lamb, New Zealand, imported, neck chops, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.096 |
| 17412 | Lamb, New Zealand, imported, neck chops, separable lean and fat, raw | 113.0 | 4.0 oz | 0.087 |
| 17393 | Lamb, New Zealand, imported, neck chops, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 17392 | Lamb, New Zealand, imported, neck chops, separable lean only, raw | 113.0 | 4.0 oz | 0.098 |
| 17413 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 0.086 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17414 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean and fat, raw | 113.0 | 4.0 oz | 0.087 |
| 17394 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 0.100 |
| 17395 | Lamb, New Zealand, imported, netted shoulder, rolled, boneless, separable lean only, raw | 113.0 | 4.0 oz | 0.104 |
| 17419 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, cooked, fast roasted | 85.0 | 3.0 oz | 0.104 |
| 17420 | Lamb, New Zealand, imported, rack - fully frenched, separable lean and fat, raw | 113.0 | 4.0 oz | 0.114 |
| 17396 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, cooked, fast roasted | 85.0 | 3.0 oz | 0.107 |
| 17397 | Lamb, New Zealand, imported, rack - fully frenched, separable lean only, raw | 113.0 | 4.0 oz | 0.119 |
| 17081 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, cooked, fast roasted | 85.0 | 1.0 serving | 0.092 |
| 17080 | Lamb, New Zealand, imported, rack - partly frenched, separable lean and fat, raw | 115.0 | 1.0 serving | 0.113 |
| 17083 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, cooked, fast roasted | 85.0 | 1.0 serving | 0.102 |
| 17082 | Lamb, New Zealand, imported, rack - partly frenched, separable lean only, raw | 115.0 | 1.0 serving | 0.129 |
| 17415 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.105 |
| 17416 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean and fat, raw | 113.0 | 4.0 oz | 0.084 |
| 17382 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.122 |
| 17383 | Lamb, New Zealand, imported, square-cut shoulder chops, separable lean only, raw | 113.0 | 4.0 oz | 0.101 |
| 17417 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 0.081 |
| 17084 | Lamb, New Zealand, imported, square-cut shoulder, separable lean and fat, raw | 115.0 | 1.0 serving | 0.087 |
| 17399 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 0.097 |
| 17086 | Lamb, New Zealand, imported, square-cut shoulder, separable lean only, raw | 115.0 | 1.0 serving | 0.106 |
| 17374 | Lamb, New Zealand, imported, sweetbread, cooked, soaked and simmered | 85.0 | 3.0 oz | 0.064 |
| 17375 | Lamb, New Zealand, imported, sweetbread, raw | 113.0 | 4.0 oz | 0.068 |
| 17418 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, cooked, fast fried | 85.0 | 3.0 oz | 0.153 |
| 17423 | Lamb, New Zealand, imported, tenderloin, separable lean and fat, raw | 113.0 | 4.0 oz | 0.153 |
| 17384 | Lamb, New Zealand, imported, tenderloin, separable lean only, cooked, fast fried | 85.0 | 3.0 oz | 0.153 |
| 17385 | Lamb, New Zealand, imported, tenderloin, separable lean only, raw | 113.0 | 4.0 oz | 0.154 |
| 17376 | Lamb, New Zealand, imported, testes, cooked, soaked and fried | 85.0 | 3.0 oz | 0.108 |
| 17377 | Lamb, New Zealand, imported, testes, raw | 113.0 | 4.0 oz | 0.103 |
| 17378 | Lamb, New Zealand, imported, tongue - swiss cut, cooked, soaked and simmered | 85.0 | 3.0 oz | 0.169 |
| 17379 | Lamb, New Zealand, imported, tongue - swiss cut, raw | 113.0 | 4.0 oz | 0.172 |
| 17421 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, cooked, slow roasted | 85.0 | 3.0 oz | 0.122 |
| 17422 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean and fat, raw | 113.0 | 4.0 oz | 0.139 |
| 17380 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, cooked, slow roasted | 85.0 | 3.0 oz | 0.132 |
| 17381 | Lamb, New Zealand, imported, tunnel-boned leg, chump off, shank off, separable lean only, raw | 113.0 | 4.0 oz | 0.139 |
| 17186 | Lamb, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 0.178 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17187 | Lamb, variety meats and by-products, brain, cooked, pan-fried | 85.0 | 3.0 oz | 0.408 |
| 17185 | Lamb, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 0.068 |
| 17192 | Lamb, variety meats and by-products, heart, cooked, braised | 85.0 | 3.0 oz | 0.518 |
| 17191 | Lamb, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 0.113 |
| 17196 | Lamb, variety meats and by-products, kidneys, cooked, braised | 85.0 | 3.0 oz | 0.314 |
| 17195 | Lamb, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 0.126 |
| 17200 | Lamb, variety meats and by-products, liver, cooked, braised | 85.0 | 3.0 oz | 6.013 |
| 17201 | Lamb, variety meats and by-products, liver, cooked, pan-fried | 85.0 | 3.0 oz | 8.356 |
| 17199 | Lamb, variety meats and by-products, liver, raw | 28.35 | 1.0 oz | 1.979 |
| 17206 | Lamb, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 0.199 |
| 17205 | Lamb, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 0.072 |
| 17209 | Lamb, variety meats and by-products, mechanically separated, raw | 28.35 | 1.0 oz | 0.016 |
| 17211 | Lamb, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 0.071 |
| 17210 | Lamb, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 0.017 |
| 17215 | Lamb, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 0.118 |
| 17214 | Lamb, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 0.034 |
| 17221 | Lamb, variety meats and by-products, tongue, cooked, braised | 85.0 | 3.0 oz | 0.178 |
| 17220 | Lamb, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 0.060 |
| 11794 | Lambsquarters, cooked, boiled, drained, with salt | 180.0 | 1.0 cup, chopped | 0.355 |
| 11245 | Lambsquarters, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, chopped | 0.355 |
| 35196 | Lambsquarters, raw (Northern Plains Indians) | 0.9 | 1.0 leaf | 0.001 |
| 35197 | Lambsquarters, steamed (Northern Plains Indians) | 65.0 | 1.0 cup | 0.065 |
| 04002 | Lard | 12.8 | 1.0 tbsp | 0.000 |
| 22916 | Lasagna with meat & sauce, frozen entree | 134.0 | 1.0 piece side | 0.115 |
| 22915 | Lasagna with meat & sauce, low-fat, frozen entree | 309.0 | 1.0 package | 0.516 |
| 22977 | Lasagna with meat sauce, frozen, prepared | 123.0 | 1.0 piece side | 0.111 |
| 22910 | Lasagna, cheese, frozen, prepared | 225.0 | 1.0 cup 1 serving | 0.245 |
| 32019 | Lasagna, cheese, frozen, unprepared | 237.0 | 1.0 cup 1 serving | 0.282 |
| 22956 | Lasagna, Vegetable, frozen, baked | 227.0 | 1.0 serving | 0.166 |
| 22962 | LEAN POCKETS, Ham N Cheddar | 127.0 | 1.0 hot pocket (1 NLEA serving) | 0.097 |
| 22963 | Lean Pockets, Meatballs & Mozzarella | 128.0 | 1.0 each | 0.105 |
| 18369 | Leavening agents, baking powder, double-acting, sodium aluminum sulfate | 4.6 | 1.0 tsp | 0.000 |
| 18370 | Leavening agents, baking powder, double-acting, straight phosphate | 4.6 | 1.0 tsp | 0.001 |
| 18371 | Leavening agents, baking powder, low-sodium | 5.0 | 1.0 tsp | 0.001 |
| 18372 | Leavening agents, baking soda | 4.6 | 1.0 tsp | 0.000 |
| 18373 | Leavening agents, cream of tartar | 3.0 | 1.0 tsp | 0.006 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18375 | Leavening agents, yeast, baker's, active dry | 4.0 | 1.0 tsp | 0.017 |
| 18374 | Leavening agents, yeast, baker's, compressed | 17.0 | 1.0 cake (0.6 oz) | 0.025 |
| 07039 | Lebanon bologna, beef | 57.0 | 1.0 serving 2 slices | 0.042 |
| 11795 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, with salt | 124.0 | 1.0 leek | 0.077 |
| 11247 | Leeks, (bulb and lower leaf-portion), cooked, boiled, drained, without salt | 124.0 | 1.0 leek | 0.077 |
| 11246 | Leeks, (bulb and lower leaf-portion), raw | 89.0 | 1.0 cup | 0.107 |
| 11624 | Leeks, (bulb and lower-leaf portion), freeze-dried | 0.2 | 1.0 tbsp | 0.001 |
| 11972 | Lemon grass (citronella), raw | 67.0 | 1.0 cup | 0.178 |
| 09523 | Lemon juice from concentrate, bottled, CONCORD | 15.0 | 1.0 tbsp | 0.003 |
| 09524 | Lemon juice from concentrate, bottled, REAL LEMON | 15.0 | 1.0 tbsp | 0.003 |
| 09153 | Lemon juice from concentrate, canned or bottled | 15.0 | 1.0 tbsp | 0.003 |
| 09154 | Lemon juice, frozen, unsweetened, single strength | 244.0 | 1.0 cup | 0.073 |
| 09152 | Lemon juice, raw | 244.0 | 1.0 cup | 0.039 |
| 09156 | Lemon peel, raw | 6.0 | 1.0 tbsp | 0.006 |
| 14542 | Lemonade, frozen concentrate, pink | 36.4 | 1.0 fl oz | 0.004 |
| 14292 | Lemonade, frozen concentrate, white | 36.5 | 1.0 fl oz | 0.005 |
| 14293 | Lemonade, frozen concentrate, white, prepared with water | 30.9 | 1.0 fl oz | 0.006 |
| 14288 | Lemonade, powder, prepared with water | 33.0 | 1.0 fl oz | 0.004 |
| 09150 | Lemons, raw, without peel | 212.0 | 1.0 cup, sections | 0.078 |
| 16370 | Lentils, mature seeds, cooked, boiled, with salt | 198.0 | 1.0 cup | 0.497 |
| 16070 | Lentils, mature seeds, cooked, boiled, without salt | 198.0 | 1.0 cup | 0.497 |
| 16144 | Lentils, pink or red, raw | 192.0 | 1.0 cup | 2.502 |
| 16069 | Lentils, raw | 192.0 | 1.0 cup | 1.448 |
| 11248 | Lentils, sprouted, raw | 77.0 | 1.0 cup | 0.271 |
| 11250 | Lettuce, butterhead (includes boston and bibb types), raw | 55.0 | 1.0 cup, shredded or chopped | 0.009 |
| 11251 | Lettuce, cos or romaine, raw | 47.0 | 1.0 cup shredded | 0.023 |
| 11253 | Lettuce, green leaf, raw | 36.0 | 1.0 cup shredded | 0.010 |
| 11252 | Lettuce, iceberg (includes crisphead types), raw | 72.0 | 1.0 cup shredded | 0.018 |
| 11257 | Lettuce, red leaf, raw | 28.0 | 1.0 cup shredded | 0.008 |
| 21413 | Light Ice Cream, soft serve, blended with cookie pieces | 337.0 | 12.0 fl oz cup | 0.101 |
| 21412 | Light Ice Cream, soft serve, blended with milk chocolate candies | 348.0 | 12.0 fl oz cup | 0.153 |
| 11715 | Lima beans, immature seeds, canned, no salt added, solids and liquids | 248.0 | 1.0 cup | 0.402 |
| 11033 | Lima beans, immature seeds, canned, regular pack, solids and liquids | 124.0 | 0.5 cup | 0.201 |
| 11714 | Lima beans, immature seeds, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 0.518 |
| 11032 | Lima beans, immature seeds, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 0.518 |
| 11716 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 0.355 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11040 | Lima beans, immature seeds, frozen, baby, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.355 |
| 11039 | Lima beans, immature seeds, frozen, baby, unprepared | 164.0 | 1.0 cup | 0.210 |
| 11717 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 0.289 |
| 11038 | Lima beans, immature seeds, frozen, fordhook, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 0.289 |
| 11037 | Lima beans, immature seeds, frozen, fordhook, unprepared | 160.0 | 1.0 cup | 0.099 |
| 11031 | Lima beans, immature seeds, raw | 156.0 | 1.0 cup | 0.496 |
| 16073 | Lima beans, large, mature seeds, canned | 241.0 | 1.0 cup | 0.434 |
| 16372 | Lima beans, large, mature seeds, cooked, boiled, with salt | 188.0 | 1.0 cup | 0.442 |
| 16072 | Lima beans, large, mature seeds, cooked, boiled, without salt | 188.0 | 1.0 cup | 0.442 |
| 16071 | Lima beans, large, mature seeds, raw | 178.0 | 1.0 cup | 1.317 |
| 16375 | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, with salt | 182.0 | 1.0 cup | 0.391 |
| 16075 | Lima beans, thin seeded (baby), mature seeds, cooked, boiled, without salt | 182.0 | 1.0 cup | 0.391 |
| 16074 | Lima beans, thin seeded (baby), mature seeds, raw | 202.0 | 1.0 cup | 1.343 |
| 09161 | Lime juice, canned or bottled, unsweetened | 246.0 | 1.0 cup | 0.074 |
| 09160 | Lime juice, raw | 242.0 | 1.0 cup | 0.065 |
| 14303 | Limeade, frozen concentrate, prepared with water | 30.9 | 1.0 fl oz | 0.005 |
| 09159 | Limes, raw | 67.0 | 1.0 fruit (2" dia) | 0.044 |
| 09165 | Litchis, dried | 2.5 | 1.0 fruit | 0.016 |
| 09164 | Litchis, raw | 190.0 | 1.0 cup | 0.281 |
| 21290 | LITTLE CAESARS 14" Cheese Pizza, Large Deep Dish Crust | 102.0 | 1.0 slice | 0.118 |
| 21292 | LITTLE CAESARS 14" Cheese Pizza, Thin Crust | 48.0 | 1.0 slice | 0.039 |
| 21287 | LITTLE CAESARS 14" Original Round Cheese Pizza, Regular Crust | 89.0 | 1.0 slice | 0.112 |
| 21289 | LITTLE CAESARS 14" Original Round Meat and Vegetable Pizza, Regular Crust | 115.0 | 1.0 slice | 0.163 |
| 21288 | LITTLE CAESARS 14" Original Round Pepperoni Pizza, Regular Crust | 90.0 | 1.0 slice | 0.112 |
| 21291 | LITTLE CAESARS 14" Pepperoni Pizza, Large Deep Dish Crust | 104.0 | 1.0 slice | 0.126 |
| 07040 | Liver cheese, pork | 28.35 | 1.0 oz | 0.109 |
| 07041 | Liver sausage, liverwurst, pork | 18.0 | 1.0 slice (2-1/2" dia x 1/4" thick) | 0.043 |
| 07911 | Liverwurst spread | 55.0 | 0.25 cup | 0.132 |
| 09167 | Loganberries, frozen | 147.0 | 1.0 cup, unthawed | 0.172 |
| 09173 | Longans, dried | 1.7 | 1.0 fruit | 0.014 |
| 09172 | Longans, raw | 3.2 | 1.0 fruit without refuse | 0.005 |
| 09174 | Loquats, raw | 149.0 | 1.0 cup, cubed | 0.060 |
| 11796 | Lotus root, cooked, boiled, drained, with salt | 60.0 | 0.5 cup | 0.130 |
| 11255 | Lotus root, cooked, boiled, drained, without salt | 60.0 | 0.5 cup | 0.130 |
| 11254 | Lotus root, raw | 81.0 | 10.0 slices (2-1/2" dia) | 0.208 |
| 07909 | Luncheon meat, pork and chicken, minced, canned, includes SPAM Lite | 56.0 | 2.0 oz (1 serving) | 0.056 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 07908 | Luncheon meat, pork with ham, minced, canned, includes SPAM (Hormel) | 56.0 | 2.0 oz 1 NLEA serving | 0.029 |
| 07045 | Luncheon meat, pork, canned | 28.35 | 1.0 oz | 0.010 |
| 07906 | Luncheon meat, pork, ham, and chicken, minced, canned, reduced sodium, added ascorbic acid, includes SPAM, 25% less sodium | 56.0 | 2.0 oz 1 NLEA serving | 0.026 |
| 07090 | Luncheon sausage, pork and beef | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 0.018 |
| 43131 | Luncheon slices, meatless | 14.0 | 1.0 slice, thin | 0.127 |
| 16377 | Lupins, mature seeds, cooked, boiled, with salt | 166.0 | 1.0 cup | 0.383 |
| 16077 | Lupins, mature seeds, cooked, boiled, without salt | 166.0 | 1.0 cup | 0.383 |
| 16076 | Lupins, mature seeds, raw | 180.0 | 1.0 cup | 1.840 |
| 07060 | Luxury loaf, pork | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.028 |
| 22959 | Macaroni and cheese dinner with dry sauce mix, boxed, uncooked | 70.0 | 1.0 serving (makes about 1 cup prepared) | 0.135 |
| 07940 | Macaroni and cheese loaf, chicken, pork and beef | 38.0 | 1.0 slice | 0.042 |
| 32005 | Macaroni and cheese, box mix with cheese sauce, prepared | 189.0 | 1.0 cup prepared | 0.127 |
| 32004 | Macaroni and cheese, box mix with cheese sauce, unprepared | 25.0 | 1.0 serving (3.5 oz) | 0.041 |
| 22247 | Macaroni and Cheese, canned entree | 244.0 | 1.0 serving | 0.722 |
| 22919 | Macaroni and Cheese, canned, microwavable | 213.0 | 7.5 oz 1 serving | 0.554 |
| 22960 | Macaroni and cheese, dry mix, prepared with 2% milk and 80% stick margarine from dry mix | 198.0 | 1.0 cup | 0.147 |
| 22970 | Macaroni and cheese, frozen entree | 137.0 | 1.0 cup | 0.070 |
| 32014 | Macaroni or noodles with cheese, made from reduced fat packaged mix, unprepared | 99.0 | 1.0 serving (3.5 oz) | 0.166 |
| 32016 | Macaroni or noodles with cheese, microwaveable, unprepared | 61.0 | 1.0 serving 1 pouch | 0.118 |
| 20106 | Macaroni, vegetable, enriched, cooked | 134.0 | 1.0 cup spiral shaped | 0.123 |
| 20105 | Macaroni, vegetable, enriched, dry | 84.0 | 1.0 cup spiral shaped | 0.168 |
| 11986 | Malabar spinach, cooked | 44.0 | 1.0 cup | 0.049 |
| 14305 | Malt beverage, includes non-alcoholic beer | 29.6 | 1.0 fl oz | 0.002 |
| 09175 | Mammy-apple, (mamey), raw | 846.0 | 1.0 fruit without refuse | 0.728 |
| 09436 | Mango nectar, canned | 251.0 | 1.0 cup | 0.038 |
| 09176 | Mangos, raw | 165.0 | 1.0 cup pieces | 0.183 |
| 09177 | Mangosteen, canned, syrup pack | 196.0 | 1.0 cup, drained | 0.135 |
| 09328 | Maraschino cherries, canned, drained | 5.0 | 1.0 cherry (NLEA serving) | 0.007 |
| 04630 | Margarine Spread, approximately 48% fat, tub | 14.0 | 1.0 tbsp | 0.001 |
| 04665 | Margarine, industrial, non-dairy, cottonseed, soy oil (partially hydrogenated ), for flaky pastries | 14.0 | 1.0 tbsp | 0.000 |
| 04610 | Margarine, regular, 80% fat, composite, stick, with salt | 14.0 | 1.0 tbsp | 0.000 |
| 04691 | Margarine, regular, 80% fat, composite, stick, with salt, with added vitamin D | 14.0 | 1.0 tablespoon | 0.000 |
| 04617 | Margarine, regular, 80% fat, composite, stick, without salt | 14.2 | 1.0 tbsp | 0.000 |
| 04696 | Margarine, regular, 80% fat, composite, stick, without salt, with added vitamin D | 14.0 | 1.0 tbsp | 0.000 |
| 04611 | Margarine, regular, 80% fat, composite, tub, with salt | 14.2 | 1.0 tbsp | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 04692 | Margarine, regular, 80% fat, composite, tub, with salt, with added vitamin D | 14.0 | 1.0 tbsp | 0.000 |
| 04618 | Margarine, regular, 80% fat, composite, tub, without salt | 14.2 | 1.0 tbsp | 0.000 |
| 04655 | Margarine-like shortening, industrial, soy (partially hydrogenated), cottonseed, and soy, principal use flaky pastries | 14.0 | 1.0 tbsp | 0.000 |
| 04626 | Margarine-like spread with yogurt, 70% fat, stick, with salt | 14.0 | 1.0 tablespoon | 0.000 |
| 04627 | Margarine-like spread with yogurt, approximately 40% fat, tub, with salt | 14.0 | 1.0 tablespoon | 0.001 |
| 04687 | Margarine-like spread, BENECOL Light Spread | 14.0 | 1.0 tablespoon (1 NLEA serving) | 0.000 |
| 04674 | Margarine-like spread, SMART BALANCE Light Buttery Spread | 14.0 | 1.0 tbsp | 0.000 |
| 04695 | Margarine-like vegetable-oil spread, stick/tub/bottle, 60% fat, with added vitamin D | 14.0 | 1.0 tbsp | 0.000 |
| 42307 | Margarine-like, butter-margarine blend, 80% fat, stick, without salt | 14.0 | 1.0 tablespoon | 0.001 |
| 04585 | Margarine-like, margarine-butter blend, soybean oil and butter | 14.1 | 1.0 tbsp | 0.001 |
| 04633 | Margarine-like, vegetable oil spread, 20% fat, with salt | 15.0 | 1.0 tbsp | 0.000 |
| 04634 | Margarine-like, vegetable oil spread, 20% fat, without salt | 12.8 | 1.0 tbsp | 0.000 |
| 04612 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt | 14.3 | 1.0 tbsp | 0.001 |
| 04693 | Margarine-like, vegetable oil spread, 60% fat, stick, with salt, with added vitamin D | 14.0 | 1.0 tbsp | 0.001 |
| 04614 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, with salt | 14.3 | 1.0 tbsp | 0.000 |
| 04620 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt | 14.0 | 1.0 tbsp | 0.000 |
| 04697 | Margarine-like, vegetable oil spread, 60% fat, stick/tub/bottle, without salt, with added vitamin D | 14.0 | 1.0 tbsp | 0.000 |
| 04613 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt | 14.0 | 1.0 tbsp | 0.000 |
| 04694 | Margarine-like, vegetable oil spread, 60% fat, tub, with salt, with added vitamin D | 14.0 | 1.0 tbsp | 0.000 |
| 04690 | Margarine-like, vegetable oil spread, approximately 37% fat, unspecified oils, with salt, with added vitamin D | 14.9 | 1.0 tbsp | 0.000 |
| 04624 | Margarine-like, vegetable oil spread, fat free, liquid, with salt | 15.0 | 1.0 tbsp | 0.001 |
| 04631 | Margarine-like, vegetable oil spread, fat-free, tub | 14.6 | 1.0 tbsp | 0.000 |
| 42256 | Margarine-like, vegetable oil spread, stick or tub, sweetened | 14.0 | 1.0 tablespoon | 0.000 |
| 04128 | Margarine-like, vegetable oil spread, unspecified oils, approximately 37% fat, with salt | 14.9 | 1.0 tbsp | 0.000 |
| 42309 | Margarine-like, vegetable oil-butter spread, reduced calorie, tub, with salt | 14.0 | 1.0 tablespoon | 0.001 |
| 04600 | Margarine-like, vegetable oil-butter spread, tub, with salt | 14.0 | 1.0 tablespoon | 0.000 |
| 19303 | Marmalade, orange | 20.0 | 1.0 tbsp | 0.018 |
| 28360 | MARY'S GONE CRACKERS, Original Crackers, Organic Gluten Free | 7.4 | 3.0 crackers | 0.048 |
| 43598 | Mayonnaise dressing, no cholesterol | 15.0 | 1.0 tbsp | 0.000 |
| 43355 | Mayonnaise, low sodium, low calorie or diet | 14.0 | 1.0 tbsp | 0.000 |
| 42178 | Mayonnaise, made with tofu | 15.0 | 1.0 tbsp | 0.013 |
| 04708 | Mayonnaise, reduced fat, with olive oil | 15.0 | 1.0 tbsp | 0.003 |
| 42138 | Mayonnaise, reduced-calorie or diet, cholesterol-free | 14.6 | 1.0 tbsp | 0.000 |
| 21360 | McDONALD'S, Bacon Egg & Cheese Biscuit | 142.0 | 1.0 item 4.9 oz | 0.104 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21324 | McDONALD'S, Baked Apple Pie | 77.0 | 2.7 oz | 0.043 |
| 21310 | McDONALD'S, Barbeque Sauce | 28.0 | 1.0 package | 0.010 |
| 21341 | McDONALD'S, BIG BREAKFAST | 269.0 | 1.0 item 9.5 oz | 0.221 |
| 21237 | McDONALD'S, BIG MAC | 219.0 | 1.0 item 7.6 oz | 0.215 |
| 21350 | McDONALD'S, BIG MAC (without Big Mac Sauce) | 200.0 | 1.0 item | 0.210 |
| 21233 | McDONALD'S, Cheeseburger | 119.0 | 1.0 item 4 oz | 0.115 |
| 21309 | McDONALD'S, Chicken McNUGGETS | 64.0 | 4.0 pieces | 0.031 |
| 21311 | McDONALD'S, Creamy Ranch Sauce | 43.0 | 1.5 oz | 0.016 |
| 21363 | McDONALD'S, Deluxe Breakfast, with syrup and margarine | 420.0 | 1.0 item 14.8 oz | 0.307 |
| 21344 | McDONALD'S, Double Cheeseburger | 155.0 | 1.0 sandwich | 0.119 |
| 21345 | McDONALD'S, DOUBLE QUARTER POUNDER with Cheese | 280.0 | 1.0 item | 0.255 |
| 21357 | McDONALD'S, Egg McMUFFIN | 126.0 | 1.0 sandwich | 0.106 |
| 21232 | McDONALD'S, FILET-O-FISH | 134.0 | 1.0 sandwich | 0.088 |
| 21382 | McDONALD'S, FILET-O-FISH (without tartar sauce) | 124.0 | 1.0 item | 0.081 |
| 21238 | McDONALD'S, french fries | 71.0 | 1.0 small serving | 0.081 |
| 21380 | McDONALD'S, Fruit 'n Yogurt Parfait | 149.0 | 1.0 item 5.2 oz | 0.076 |
| 21381 | McDONALD'S, Fruit 'n Yogurt Parfait (without granola) | 142.0 | 1.0 item | 0.058 |
| 21228 | McDONALD'S, Hamburger | 95.0 | 1.0 sandwich | 0.091 |
| 21319 | McDONALD'S, Hash Brown | 53.0 | 1.0 serving 1 patty | 0.049 |
| 21335 | McDONALD'S, Hot Caramel Sundae | 182.0 | 1.0 item (6.4 oz) | 0.027 |
| 21336 | McDONALD'S, Hot Fudge Sundae | 179.0 | 1.0 item (6.3 oz) | 0.091 |
| 21313 | McDONALD'S, Hot Mustard Sauce | 28.0 | 1.0 package | 0.010 |
| 21321 | McDONALD'S, Hotcakes (plain) | 149.0 | 3.0 hotcakes 5.3 oz | 0.136 |
| 21365 | McDONALD'S, Hotcakes (with 2 pats margarine & syrup) | 221.0 | 1.0 item | 0.146 |
| 21364 | McDONALD'S, Hotcakes and Sausage | 192.0 | 1.0 item | 0.127 |
| 21343 | McDONALD'S, Low Fat Caramel Sauce | 21.0 | 0.8 oz | 0.004 |
| 21355 | McDONALD'S, McCHICKEN Sandwich | 131.0 | 1.0 sandwich | 0.107 |
| 21356 | McDONALD'S, McCHICKEN Sandwich (without mayonnaise) | 138.0 | 1.0 item | 0.101 |
| 21338 | McDONALD'S, McFLURRY with M&M'S CANDIES | 348.0 | 1.0 regular (12 fl oz) | 0.153 |
| 21339 | McDONALD'S, McFLURRY with OREO cookies | 337.0 | 1.0 regular (12 fl oz) | 0.101 |
| 21346 | McDONALD'S, NEWMAN'S OWN Cobb Dressing | 62.0 | 2.0 fl oz | 0.000 |
| 21347 | McDONALD'S, NEWMAN'S OWN Creamy Caesar Dressing | 59.0 | 2.0 fl oz | 0.071 |
| 21348 | McDONALD'S, NEWMAN'S OWN Low Fat Balsamic Vinaigrette | 47.0 | 2.0 fl oz | 0.005 |
| 21349 | McDONALD'S, NEWMAN'S OWN Ranch Dressing | 56.0 | 2.0 fl oz | 0.006 |
| 21337 | McDONALD'S, Peanuts (for Sundaes) | 7.0 | 0.3 oz | 0.029 |
| 21403 | McDONALD'S, Premium Crispy Chicken Classic Sandwich | 230.0 | 1.0 item | 0.200 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21402 | McDONALD'S, Premium Grilled Chicken Classic Sandwich | 200.0 | 1.0 item 7 oz | 0.146 |
| 21234 | McDONALD'S, QUARTER POUNDER | 171.0 | 1.0 item | 0.183 |
| 21235 | McDONALD'S, QUARTER POUNDER with Cheese | 199.0 | 1.0 item 7.1 oz | 0.193 |
| 21523 | McDONALD'S, RANCH SNACK WRAP, Crispy | 133.0 | 1.0 wrap | 0.092 |
| 21524 | McDONALD'S, RANCH SNACK WRAP, Grilled | 123.0 | 1.0 wrap | 0.076 |
| 21361 | McDONALD'S, Sausage Biscuit | 117.0 | 1.0 item 4.1 oz | 0.087 |
| 21362 | McDONALD'S, Sausage Biscuit with Egg | 163.0 | 1.0 item 5.7 oz | 0.127 |
| 21340 | McDONALD'S, Sausage Burrito | 109.0 | 1.0 burrito | 0.082 |
| 21328 | McDONALD'S, Sausage McGRIDDLES | 135.0 | 1.0 item | 0.107 |
| 21358 | McDONALD'S, Sausage McMUFFIN | 115.0 | 1.0 item 4 oz | 0.105 |
| 21359 | McDONALD'S, Sausage McMUFFIN with Egg | 165.0 | 1.0 item 5.8 oz | 0.155 |
| 21329 | McDONALD'S, Sausage, Egg & Cheese McGRIDDLES | 199.0 | 1.0 item 7 oz | 0.157 |
| 21522 | McDONALD'S, Southern Style Chicken Biscuit | 132.0 | 1.0 biscuit regular size biscuit | 0.079 |
| 21314 | McDONALD'S, Spicy Buffalo Sauce | 43.0 | 1.5 oz | 0.016 |
| 21334 | McDONALD'S, Strawberry Sundae | 178.0 | 1.0 item (6.3 oz) | 0.027 |
| 21315 | McDONALD'S, Sweet 'N Sour Sauce | 28.0 | 1.0 package | 0.010 |
| 21316 | McDONALD'S, Tangy Honey Mustard Sauce | 43.0 | 1.5 oz | 0.016 |
| 21333 | McDONALD'S, Vanilla Reduced Fat Ice Cream Cone | 90.0 | 1.0 item (3.2 oz) | 0.021 |
| 04606 | Meat drippings (lard, beef tallow, mutton tallow) | 12.8 | 1.0 tablespoon | 0.000 |
| 16106 | Meat extender | 88.0 | 1.0 cup | 0.268 |
| 07972 | Meatballs, frozen, Italian style | 85.0 | 3.0 oz | 0.105 |
| 43132 | Meatballs, meatless | 144.0 | 1.0 cup | 1.017 |
| 09185 | Melon balls, frozen | 173.0 | 1.0 cup, unthawed | 0.104 |
| 09181 | Melons, cantaloupe, raw | 177.0 | 1.0 cup, balls | 0.073 |
| 09183 | Melons, casaba, raw | 170.0 | 1.0 cup, cubes | 0.102 |
| 09184 | Melons, honeydew, raw | 170.0 | 1.0 cup, diced (approx 20 pieces per cup) | 0.041 |
| 08510 | Milk and cereal bar | 25.0 | 1.0 bar | 0.012 |
| 01244 | Milk dessert bar, frozen, made from lowfat milk | 68.0 | 1.0 bar | 0.070 |
| 42131 | Milk dessert, frozen, milk-fat free, chocolate | 137.0 | 1.0 cup | 0.011 |
| 01110 | Milk shakes, thick chocolate | 28.4 | 1.0 fl oz | 0.018 |
| 01111 | Milk shakes, thick vanilla | 28.4 | 1.0 fl oz | 0.014 |
| 01076 | Milk substitutes, fluid, with lauric acid oil | 244.0 | 1.0 cup | 0.124 |
| 01094 | Milk, buttermilk, dried | 30.0 | 0.25 cup | 0.033 |
| 01088 | Milk, buttermilk, fluid, cultured, lowfat | 245.0 | 1.0 cup | 0.027 |
| 42189 | Milk, buttermilk, fluid, cultured, reduced fat | 245.0 | 1.0 cup | 0.020 |
| 01230 | Milk, buttermilk, fluid, whole | 245.0 | 1.0 cup | 0.061 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 01095 | Milk, canned, condensed, sweetened | 38.2 | 1.0 fl oz | 0.006 |
| 01097 | Milk, canned, evaporated, nonfat, with added vitamin A and vitamin D | 31.9 | 1.0 fl oz | 0.005 |
| 01153 | Milk, canned, evaporated, with added vitamin A | 31.5 | 1.0 fl oz | 0.005 |
| 01096 | Milk, canned, evaporated, with added vitamin D and without added vitamin A | 31.5 | 1.0 fl oz | 0.005 |
| 01214 | Milk, canned, evaporated, without added vitamin A and vitamin D | 252.0 | 1.0 cup | 0.040 |
| 01105 | Milk, chocolate beverage, hot cocoa, homemade | 250.0 | 1.0 cup | 0.258 |
| 01202 | Milk, chocolate, fluid, commercial, reduced fat, with added calcium | 250.0 | 1.0 cup | 0.188 |
| 01103 | Milk, chocolate, fluid, commercial, reduced fat, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 0.188 |
| 01102 | Milk, chocolate, fluid, commercial, whole, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 0.162 |
| 01104 | Milk, chocolate, lowfat, with added vitamin A and vitamin D | 250.0 | 1.0 cup | 0.070 |
| 01093 | Milk, dry, nonfat, calcium reduced | 28.35 | 1.0 oz | 0.005 |
| 01092 | Milk, dry, nonfat, instant, with added vitamin A and vitamin D | 68.0 | 1.0 cup | 0.028 |
| 01155 | Milk, dry, nonfat, instant, without added vitamin A and vitamin D | 68.0 | 1.0 cup | 0.028 |
| 01154 | Milk, dry, nonfat, regular, with added vitamin A and vitamin D | 30.0 | 0.25 cup | 0.012 |
| 01091 | Milk, dry, nonfat, regular, without added vitamin A and vitamin D | 30.0 | 0.25 cup | 0.012 |
| 01090 | Milk, dry, whole, with added vitamin D | 32.0 | 0.25 cup | 0.026 |
| 01212 | Milk, dry, whole, without added vitamin D | 128.0 | 1.0 cup | 0.102 |
| 01291 | Milk, evaporated, 2% fat, with added vitamin A and vitamin D | 252.0 | 1.0 cup | 0.040 |
| 01059 | Milk, filled, fluid, with blend of hydrogenated vegetable oils | 244.0 | 1.0 cup | 0.024 |
| 01060 | Milk, filled, fluid, with lauric acid oil | 244.0 | 1.0 cup | 0.024 |
| 01175 | Milk, fluid, 1% fat, without added vitamin A and vitamin D | 244.0 | 1.0 cup | 0.024 |
| 42290 | Milk, fluid, nonfat, calcium fortified (fat free or skim) | 247.0 | 1.0 cup | 0.027 |
| 01106 | Milk, goat, fluid, with added vitamin D | 30.5 | 1.0 fl oz | 0.014 |
| 01107 | Milk, human, mature, fluid | 30.8 | 1.0 fl oz | 0.016 |
| 43543 | Milk, imitation, non-soy | 244.0 | 1.0 cup | 0.049 |
| 01108 | Milk, indian buffalo, fluid | 244.0 | 1.0 cup | 0.112 |
| 01089 | Milk, low sodium, fluid | 244.0 | 1.0 cup | 0.024 |
| 01084 | Milk, lowfat, fluid, 1% milkfat, protein fortified, with added vitamin A and vitamin D | 246.0 | 1.0 cup | 0.025 |
| 01083 | Milk, lowfat, fluid, 1% milkfat, with added nonfat milk solids, vitamin A and vitamin D | 245.0 | 1.0 cup | 0.024 |
| 01082 | Milk, lowfat, fluid, 1% milkfat, with added vitamin A and vitamin D | 244.0 | 1.0 cup | 0.024 |
| 01087 | Milk, nonfat, fluid, protein fortified, with added vitamin A and vitamin D (fat free and skim) | 246.0 | 1.0 cup | 0.027 |
| 01086 | Milk, nonfat, fluid, with added nonfat milk solids, vitamin A and vitamin D (fat free or skim) | 245.0 | 1.0 cup | 0.027 |
| 01085 | Milk, nonfat, fluid, with added vitamin A and vitamin D (fat free or skim) | 245.0 | 1.0 cup | 0.032 |
| 01151 | Milk, nonfat, fluid, without added vitamin A and vitamin D (fat free or skim) | 245.0 | 1.0 cup | 0.032 |
| 01078 | Milk, producer, fluid, 3.7% milkfat | 244.0 | 1.0 cup | 0.024 |
| 01081 | Milk, reduced fat, fluid, 2% milkfat, protein fortified, with added vitamin A and vitamin D | 246.0 | 1.0 cup | 0.020 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 01080 | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids and vitamin A and vitamin D | 245.0 | 1.0 cup | 0.020 |
| 01152 | Milk, reduced fat, fluid, 2% milkfat, with added nonfat milk solids, without added vitamin A | 245.0 | 1.0 cup | 0.027 |
| 01079 | Milk, reduced fat, fluid, 2% milkfat, with added vitamin A and vitamin D | 244.0 | 1.0 cup | 0.015 |
| 01174 | Milk, reduced fat, fluid, 2% milkfat, without added vitamin A and vitamin D | 246.0 | 1.0 cup | 0.015 |
| 01109 | Milk, sheep, fluid | 245.0 | 1.0 cup | 0.113 |
| 01077 | Milk, whole, 3.25% milkfat, with added vitamin D | 244.0 | 1.0 cup | 0.061 |
| 01211 | Milk, whole, 3.25% milkfat, without added vitamin A and vitamin D | 244.0 | 1.0 cup | 0.061 |
| 20647 | Millet flour | 119.0 | 1.0 cup | 0.637 |
| 20032 | Millet, cooked | 174.0 | 1.0 cup | 0.280 |
| 43483 | Millet, puffed | 21.0 | 1.0 cup | 0.147 |
| 20031 | Millet, raw | 200.0 | 1.0 cup | 1.500 |
| 16112 | Miso | 17.0 | 1.0 tbsp | 0.071 |
| 19304 | Molasses | 337.0 | 1.0 cup | 1.641 |
| 15156 | Mollusks, abalone, mixed species, cooked, fried | 85.0 | 3.0 oz | 0.194 |
| 15155 | Mollusks, abalone, mixed species, raw | 85.0 | 3.0 oz | 0.167 |
| 15160 | Mollusks, clam, mixed species, canned, drained solids | 85.0 | 3.0 oz | 0.074 |
| 15162 | Mollusks, clam, mixed species, canned, liquid | 85.0 | 3.0 oz | 0.331 |
| 15158 | Mollusks, clam, mixed species, cooked, breaded and fried | 85.0 | 3.0 oz | 0.303 |
| 15159 | Mollusks, clam, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 0.585 |
| 15157 | Mollusks, clam, mixed species, raw | 85.0 | 3.0 oz | 0.045 |
| 15250 | Mollusks, conch, baked or broiled | 127.0 | 1.0 cup, sliced | 0.552 |
| 15229 | Mollusks, cuttlefish, mixed species, cooked, moist heat | 85.0 | 3.0 oz | 0.848 |
| 15163 | Mollusks, cuttlefish, mixed species, raw | 85.0 | 3.0 oz | 0.499 |
| 15165 | Mollusks, mussel, blue, cooked, moist heat | 85.0 | 3.0 oz | 0.127 |
| 15164 | Mollusks, mussel, blue, raw | 150.0 | 1.0 cup | 0.141 |
| 15230 | Mollusks, octopus, common, cooked, moist heat | 85.0 | 3.0 oz | 0.628 |
| 15166 | Mollusks, octopus, common, raw | 85.0 | 3.0 oz | 0.370 |
| 15170 | Mollusks, oyster, eastern, canned | 85.0 | 3.0 oz | 3.792 |
| 15168 | Mollusks, oyster, eastern, cooked, breaded and fried | 85.0 | 3.0 oz | 3.650 |
| 15246 | Mollusks, oyster, eastern, farmed, cooked, dry heat | 85.0 | 3.0 oz | 1.219 |
| 15245 | Mollusks, oyster, eastern, farmed, raw | 85.0 | 3.0 oz | 0.627 |
| 15244 | Mollusks, oyster, eastern, wild, cooked, dry heat | 85.0 | 3.0 oz | 3.773 |
| 15169 | Mollusks, oyster, eastern, wild, cooked, moist heat | 85.0 | 3.0 oz | 4.851 |
| 15167 | Mollusks, oyster, eastern, wild, raw | 84.0 | 6.0 medium | 2.401 |
| 15231 | Mollusks, oyster, Pacific, cooked, moist heat | 25.0 | 1.0 medium | 0.670 |
| 15171 | Mollusks, oyster, Pacific, raw | 50.0 | 1.0 medium | 0.788 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 90240 | Mollusks, scallop, (bay and sea), cooked, steamed | 85.0 | 3.0 oz | 0.028 |
| 15173 | Mollusks, scallop, mixed species, cooked, breaded and fried | 31.0 | 2.0 large | 0.024 |
| 15174 | Mollusks, scallop, mixed species, imitation, made from surimi | 85.0 | 3.0 oz | 0.027 |
| 15172 | Mollusks, scallop, mixed species, raw | 30.0 | 1.0 unit 2 large or 5 small | 0.007 |
| 90560 | Mollusks, snail, raw | 85.0 | 3.0 oz | 0.340 |
| 15176 | Mollusks, squid, mixed species, cooked, fried | 85.0 | 3.0 oz | 1.797 |
| 15175 | Mollusks, squid, mixed species, raw | 28.35 | 1.0 oz, boneless | 0.536 |
| 15178 | Mollusks, whelk, unspecified, cooked, moist heat | 85.0 | 3.0 oz | 1.751 |
| 15177 | Mollusks, whelk, unspecified, raw | 85.0 | 3.0 oz | 0.876 |
| 16163 | MORI-NU, Tofu, silken, extra firm | 84.0 | 1.0 slice | 0.168 |
| 16162 | MORI-NU, Tofu, silken, firm | 84.0 | 1.0 slice | 0.171 |
| 16165 | MORI-NU, Tofu, silken, lite extra firm | 84.0 | 1.0 slice | 0.108 |
| 16164 | MORI-NU, Tofu, silken, lite firm | 84.0 | 1.0 slice | 0.102 |
| 16161 | MORI-NU, Tofu, silken, soft | 84.0 | 1.0 slice | 0.174 |
| 07050 | Mortadella, beef, pork | 28.35 | 1.0 oz | 0.017 |
| 16379 | Mothbeans, mature seeds, cooked, boiled, with salt | 177.0 | 1.0 cup | 0.290 |
| 16079 | Mothbeans, mature seeds, cooked, boiled, without salt | 177.0 | 1.0 cup | 0.290 |
| 16078 | Mothbeans, mature seeds, raw | 196.0 | 1.0 cup | 1.348 |
| 07061 | Mother's loaf, pork | 28.35 | 1.0 oz | 0.026 |
| 11927 | Mountain yam, hawaii, cooked, steamed, with salt | 145.0 | 1.0 cup, cubes | 0.187 |
| 11259 | Mountain yam, hawaii, cooked, steamed, without salt | 145.0 | 1.0 cup, cubes | 0.187 |
| 11258 | Mountain yam, hawaii, raw | 68.0 | 0.5 cup, cubes | 0.075 |
| 18940 | Muffin, blueberry, commercially prepared, low-fat | 71.0 | 1.0 muffin small | 0.057 |
| 18274 | Muffins, blueberry, commercially prepared (Includes mini-muffins) | 28.35 | 1.0 oz | 0.017 |
| 18275 | Muffins, blueberry, dry mix | 43.0 | 1.0 serving | 0.038 |
| 18278 | Muffins, blueberry, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.020 |
| 18277 | Muffins, blueberry, toaster-type | 28.35 | 1.0 oz | 0.024 |
| 18386 | Muffins, blueberry, toaster-type, toasted | 28.35 | 1.0 oz | 0.028 |
| 18279 | Muffins, corn, commercially prepared | 28.35 | 1.0 oz | 0.085 |
| 18280 | Muffins, corn, dry mix, prepared | 28.35 | 1.0 oz | 0.018 |
| 18282 | Muffins, corn, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.017 |
| 18281 | Muffins, corn, toaster-type | 28.35 | 1.0 oz | 0.020 |
| 18283 | Muffins, oat bran | 28.35 | 1.0 oz | 0.094 |
| 18273 | Muffins, plain, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.020 |
| 18284 | Muffins, wheat bran, dry mix | 28.35 | 1.0 oz | 0.057 |
| 18388 | Muffins, wheat bran, toaster-type with raisins, toasted | 28.35 | 1.0 oz | 0.034 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09190 | Mulberries, raw | 140.0 | 1.0 cup | 0.084 |
| 16381 | Mung beans, mature seeds, cooked, boiled, with salt | 202.0 | 1.0 cup | 0.315 |
| 16081 | Mung beans, mature seeds, cooked, boiled, without salt | 202.0 | 1.0 cup | 0.315 |
| 16080 | Mung beans, mature seeds, raw | 207.0 | 1.0 cup | 1.948 |
| 11718 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, with salt | 124.0 | 1.0 cup | 0.151 |
| 11044 | Mung beans, mature seeds, sprouted, cooked, boiled, drained, without salt | 124.0 | 1.0 cup | 0.151 |
| 11045 | Mung beans, mature seeds, sprouted, cooked, stir-fried | 124.0 | 1.0 cup | 0.316 |
| 11043 | Mung beans, mature seeds, sprouted, raw | 104.0 | 1.0 cup | 0.171 |
| 16384 | Mungo beans, mature seeds, cooked, boiled, with salt | 180.0 | 1.0 cup | 0.250 |
| 16084 | Mungo beans, mature seeds, cooked, boiled, without salt | 180.0 | 1.0 cup | 0.250 |
| 16083 | Mungo beans, mature seeds, raw | 207.0 | 1.0 cup | 2.031 |
| 11938 | Mushroom, white, exposed to ultraviolet light, raw | 70.0 | 1.0 cup pieces or slices | 0.223 |
| 11936 | Mushrooms, brown, italian, or crimini, exposed to ultraviolet light, raw | 87.0 | 1.0 cup whole | 0.435 |
| 11266 | Mushrooms, brown, italian, or crimini, raw | 87.0 | 1.0 cup whole | 0.435 |
| 11264 | Mushrooms, canned, drained solids | 156.0 | 1.0 cup | 0.367 |
| 11239 | Mushrooms, Chanterelle, raw | 54.0 | 1.0 cup | 0.191 |
| 11950 | Mushrooms, enoki, raw | 5.0 | 1.0 large | 0.005 |
| 11993 | Mushrooms, maitake, raw | 70.0 | 1.0 cup diced | 0.176 |
| 11240 | Mushrooms, morel, raw | 66.0 | 1.0 cup | 0.412 |
| 11987 | Mushrooms, oyster, raw | 148.0 | 1.0 large | 0.361 |
| 11939 | Mushrooms, portabella, exposed to ultraviolet light, grilled | 121.0 | 1.0 cup sliced | 0.471 |
| 11998 | Mushrooms, portabella, exposed to ultraviolet light, raw | 86.0 | 1.0 cup diced | 0.246 |
| 11243 | Mushrooms, portabella, grilled | 121.0 | 1.0 cup sliced | 0.471 |
| 11265 | Mushrooms, portabella, raw | 86.0 | 1.0 cup diced | 0.246 |
| 11798 | Mushrooms, shiitake, cooked, with salt | 145.0 | 1.0 cup pieces | 1.299 |
| 11269 | Mushrooms, shiitake, cooked, without salt | 145.0 | 1.0 cup pieces | 1.299 |
| 11268 | Mushrooms, shiitake, dried | 3.6 | 1.0 mushroom | 0.186 |
| 11238 | Mushrooms, shiitake, raw | 19.0 | 1.0 piece whole | 0.027 |
| 11267 | Mushrooms, shiitake, stir-fried | 89.0 | 1.0 cup whole | 0.145 |
| 11989 | Mushrooms, straw, canned, drained solids | 182.0 | 1.0 cup | 0.242 |
| 11797 | Mushrooms, white, cooked, boiled, drained, with salt | 156.0 | 1.0 cup pieces | 0.786 |
| 11261 | Mushrooms, white, cooked, boiled, drained, without salt | 156.0 | 1.0 cup pieces | 0.786 |
| 11260 | Mushrooms, white, raw | 70.0 | 1.0 cup, pieces or slices | 0.223 |
| 11263 | Mushrooms, white, stir-fried | 108.0 | 1.0 cup sliced | 0.314 |
| 11799 | Mustard greens, cooked, boiled, drained, with salt | 140.0 | 1.0 cup, chopped | 0.137 |
| 11271 | Mustard greens, cooked, boiled, drained, without salt | 140.0 | 1.0 cup, chopped | 0.204 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11800 | Mustard greens, frozen, cooked, boiled, drained, with salt | 150.0 | 1.0 cup, chopped or diced | 0.087 |
| 11273 | Mustard greens, frozen, cooked, boiled, drained, without salt | 150.0 | 1.0 cup, chopped | 0.087 |
| 11272 | Mustard greens, frozen, unprepared | 146.0 | 1.0 cup, chopped | 0.098 |
| 11270 | Mustard greens, raw | 56.0 | 1.0 cup, chopped | 0.092 |
| 11801 | Mustard spinach, (tendergreen), cooked, boiled, drained, with salt | 180.0 | 1.0 cup, chopped | 0.090 |
| 11275 | Mustard spinach, (tendergreen), cooked, boiled, drained, without salt | 180.0 | 1.0 cup, chopped | 0.090 |
| 11274 | Mustard spinach, (tendergreen), raw | 150.0 | 1.0 cup, chopped | 0.112 |
| 02046 | Mustard, prepared, yellow | 5.0 | 1.0 tsp or 1 packet | 0.004 |
| 35141 | Mutton, cooked, roasted (Navajo) | 28.35 | 1.0 oz | 0.018 |
| 18617 | NABISCO, NABISCO GRAHAMS Crackers | 28.0 | 1.0 serving | 0.008 |
| 18619 | NABISCO, NABISCO OREO CRUNCHIES, Cookie Crumb Topping | 11.0 | 1.0 serving | 0.030 |
| 18621 | NABISCO, NABISCO RITZ Crackers | 3.3 | 1.0 cracker | 0.004 |
| 18651 | NABISCO, NABISCO SNACKWELL'S Fat Free Devil's Food Cookie Cakes | 16.0 | 1.0 serving | 0.027 |
| 09448 | Nance, canned, syrup, drained | 11.1 | 3.0 fruit without pits | 0.006 |
| 09449 | Nance, frozen, unsweetened | 112.0 | 1.0 cup without pits, thawed | 0.046 |
| 09450 | Naranjilla (lulo) pulp, frozen, unsweetened | 120.0 | 1.0 cup thawed | 0.034 |
| 16113 | Natto | 175.0 | 1.0 cup | 1.167 |
| 09191 | Nectarines, raw | 143.0 | 1.0 cup slices | 0.123 |
| 07091 | New england brand sausage, pork, beef | 23.0 | 1.0 slice (4" dia x 1/8" thick) | 0.023 |
| 11802 | New zealand spinach, cooked, boiled, drained, with salt | 180.0 | 1.0 cup, chopped | 0.139 |
| 11277 | New Zealand spinach, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, chopped | 0.139 |
| 11276 | New Zealand spinach, raw | 56.0 | 1.0 cup, chopped | 0.052 |
| 16082 | Noodles, chinese, cellophane or long rice (mung beans), dehydrated | 140.0 | 1.0 cup | 0.113 |
| 20113 | Noodles, chinese, chow mein | 28.0 | 0.5 cup dry | 0.047 |
| 20310 | Noodles, egg, cooked, enriched, with added salt | 160.0 | 1.0 cup | 0.157 |
| 20510 | Noodles, egg, cooked, unenriched, with added salt | 160.0 | 1.0 cup | 0.157 |
| 20109 | Noodles, egg, dry, enriched | 38.0 | 1.0 cup | 0.113 |
| 20409 | Noodles, egg, dry, unenriched | 38.0 | 1.0 cup | 0.113 |
| 20110 | Noodles, egg, enriched, cooked | 160.0 | 1.0 cup | 0.157 |
| 20112 | Noodles, egg, spinach, enriched, cooked | 160.0 | 1.0 cup | 0.128 |
| 20111 | Noodles, egg, spinach, enriched, dry | 38.0 | 1.0 cup | 0.098 |
| 20410 | Noodles, egg, unenriched, cooked, without added salt | 160.0 | 1.0 cup | 0.157 |
| 20118 | Noodles, flat, crunchy, Chinese restaurant | 45.0 | 1.0 cup | 0.055 |
| 20115 | Noodles, japanese, soba, cooked | 114.0 | 1.0 cup | 0.009 |
| 20114 | Noodles, japanese, soba, dry | 57.0 | 2.0 oz | 0.131 |
| 20117 | Noodles, japanese, somen, cooked | 176.0 | 1.0 cup | 0.044 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 20116 | Noodles, japanese, somen, dry | 57.0 | 2.0 oz | 0.082 |
| 11964 | Nopales, cooked, without salt | 149.0 | 1.0 cup | 0.073 |
| 11963 | Nopales, raw | 86.0 | 1.0 cup, sliced | 0.045 |
| 01250 | Nutritional supplement for people with diabetes, liquid | 227.0 | 1.0 can | 0.499 |
| 12060 | Nuts, acorn flour, full fat | 28.35 | 1.0 oz | 0.173 |
| 12059 | Nuts, acorns, dried | 28.35 | 1.0 oz | 0.232 |
| 12058 | Nuts, acorns, raw | 28.35 | 1.0 oz | 0.176 |
| 12695 | Nuts, almond butter, plain, with salt added | 16.0 | 1.0 tbsp | 0.149 |
| 12195 | Nuts, almond butter, plain, without salt added | 16.0 | 1.0 tbsp | 0.149 |
| 12071 | Nuts, almond paste | 28.35 | 1.0 oz | 0.129 |
| 12061 | Nuts, almonds | 143.0 | 1.0 cup, whole | 1.474 |
| 12062 | Nuts, almonds, blanched | 145.0 | 1.0 cup whole kernels | 1.489 |
| 12563 | Nuts, almonds, dry roasted, with salt added | 138.0 | 1.0 cup whole kernels | 1.517 |
| 12063 | Nuts, almonds, dry roasted, without salt added | 138.0 | 1.0 cup whole kernels | 1.517 |
| 12206 | Nuts, almonds, honey roasted, unblanched | 144.0 | 1.0 cup whole kernels | 1.397 |
| 12665 | Nuts, almonds, oil roasted, lightly salted | 157.0 | 1.0 cup whole kernels | 1.499 |
| 12565 | Nuts, almonds, oil roasted, with salt added | 157.0 | 1.0 cup whole kernels | 1.499 |
| 12065 | Nuts, almonds, oil roasted, without salt added | 157.0 | 1.0 cup whole kernels | 1.499 |
| 12077 | Nuts, beechnuts, dried | 28.35 | 1.0 oz | 0.190 |
| 12078 | Nuts, brazilnuts, dried, unblanched | 133.0 | 1.0 cup, whole | 2.318 |
| 12084 | Nuts, butternuts, dried | 120.0 | 1.0 cup | 0.540 |
| 12588 | Nuts, cashew butter, plain, with salt added | 16.0 | 1.0 tbsp | 0.281 |
| 12088 | Nuts, cashew butter, plain, without salt added | 16.0 | 1.0 tbsp | 0.350 |
| 12585 | Nuts, cashew nuts, dry roasted, with salt added | 137.0 | 1.0 cup, halves and whole | 3.041 |
| 12085 | Nuts, cashew nuts, dry roasted, without salt added | 137.0 | 1.0 cup, halves and whole | 3.041 |
| 12586 | Nuts, cashew nuts, oil roasted, with salt added | 129.0 | 1.0 cup, whole | 2.635 |
| 12086 | Nuts, cashew nuts, oil roasted, without salt added | 129.0 | 1.0 cup, whole | 2.635 |
| 12087 | Nuts, cashew nuts, raw | 28.35 | 1.0 oz | 0.622 |
| 12095 | Nuts, chestnuts, chinese, boiled and steamed | 28.35 | 1.0 oz | 0.071 |
| 12094 | Nuts, chestnuts, chinese, dried | 28.35 | 1.0 oz | 0.167 |
| 12093 | Nuts, chestnuts, chinese, raw | 28.35 | 1.0 oz | 0.103 |
| 12096 | Nuts, chestnuts, chinese, roasted | 28.35 | 1.0 oz | 0.110 |
| 12101 | Nuts, chestnuts, european, boiled and steamed | 28.35 | 1.0 oz | 0.134 |
| 12100 | Nuts, chestnuts, european, dried, peeled | 28.35 | 1.0 oz | 0.185 |
| 12099 | Nuts, chestnuts, european, dried, unpeeled | 28.35 | 1.0 oz | 0.184 |
| 12098 | Nuts, chestnuts, european, raw, peeled | 28.35 | 1.0 oz | 0.119 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 12097 | Nuts, chestnuts, european, raw, unpeeled | 145.0 | 1.0 cup | 0.648 |
| 12167 | Nuts, chestnuts, european, roasted | 143.0 | 1.0 cup | 0.725 |
| 12203 | Nuts, chestnuts, japanese, boiled and steamed | 28.35 | 1.0 oz | 0.058 |
| 12175 | Nuts, chestnuts, japanese, dried | 155.0 | 1.0 cup | 2.034 |
| 12202 | Nuts, chestnuts, japanese, raw | 28.35 | 1.0 oz | 0.159 |
| 12204 | Nuts, chestnuts, japanese, roasted | 28.35 | 1.0 oz | 0.207 |
| 12116 | Nuts, coconut cream, canned, sweetened | 19.0 | 1.0 tbsp | 0.045 |
| 12115 | Nuts, coconut cream, raw (liquid expressed from grated meat) | 15.0 | 1.0 tbsp | 0.057 |
| 12177 | Nuts, coconut meat, dried (desiccated), creamed | 28.35 | 1.0 oz | 0.229 |
| 12108 | Nuts, coconut meat, dried (desiccated), not sweetened | 28.35 | 1.0 oz | 0.226 |
| 12110 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, canned | 77.0 | 1.0 cup | 0.237 |
| 12109 | Nuts, coconut meat, dried (desiccated), sweetened, flaked, packaged | 85.0 | 1.0 cup | 0.251 |
| 12179 | Nuts, coconut meat, dried (desiccated), sweetened, shredded | 93.0 | 1.0 cup, shredded | 0.291 |
| 12114 | Nuts, coconut meat, dried (desiccated), toasted | 28.35 | 1.0 oz | 0.230 |
| 12104 | Nuts, coconut meat, raw | 80.0 | 1.0 cup, shredded | 0.348 |
| 12118 | Nuts, coconut milk, canned (liquid expressed from grated meat and water) | 226.0 | 1.0 cup | 0.504 |
| 12176 | Nuts, coconut milk, frozen (liquid expressed from grated meat and water) | 240.0 | 1.0 cup | 0.564 |
| 12117 | Nuts, coconut milk, raw (liquid expressed from grated meat and water) | 240.0 | 1.0 cup | 0.638 |
| 12119 | Nuts, coconut water (liquid from coconuts) | 240.0 | 1.0 cup | 0.096 |
| 12200 | Nuts, formulated, wheat-based, all flavors except macadamia, without salt | 28.35 | 1.0 oz | 0.051 |
| 12140 | Nuts, formulated, wheat-based, unflavored, with salt added | 28.35 | 1.0 oz | 0.051 |
| 12129 | Nuts, ginkgo nuts, canned | 155.0 | 1.0 cup (78 kernels) | 0.257 |
| 12128 | Nuts, ginkgo nuts, dried | 28.35 | 1.0 oz | 0.152 |
| 12127 | Nuts, ginkgo nuts, raw | 28.35 | 1.0 oz | 0.078 |
| 12120 | Nuts, hazelnuts or filberts | 115.0 | 1.0 cup, chopped | 1.984 |
| 12121 | Nuts, hazelnuts or filberts, blanched | 28.35 | 1.0 oz | 0.454 |
| 12122 | Nuts, hazelnuts or filberts, dry roasted, without salt added | 28.35 | 1.0 oz | 0.496 |
| 12130 | Nuts, hickorynuts, dried | 120.0 | 1.0 cup | 0.886 |
| 12632 | Nuts, macadamia nuts, dry roasted, with salt added | 132.0 | 1.0 cup, whole or halves | 0.752 |
| 12132 | Nuts, macadamia nuts, dry roasted, without salt added | 132.0 | 1.0 cup, whole or halves | 0.752 |
| 12131 | Nuts, macadamia nuts, raw | 134.0 | 1.0 cup, whole or halves | 1.013 |
| 12141 | Nuts, mixed nuts, dry roasted, with peanuts, salt added, CHOSEN ROASTER | 132.0 | 1.0 cup | 1.505 |
| 12136 | Nuts, mixed nuts, dry roasted, with peanuts, salt added, PLANTERS pistachio blend | 147.0 | 1.0 cup | 1.482 |
| 12635 | Nuts, mixed nuts, dry roasted, with peanuts, with salt added | 137.0 | 1.0 cup | 1.752 |
| 12135 | Nuts, mixed nuts, dry roasted, with peanuts, without salt added | 131.0 | 1.0 cup | 1.991 |
| 12737 | Nuts, mixed nuts, oil roasted, with peanuts, lightly salted | 28.35 | 1.0 oz | 0.257 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 12637 | Nuts, mixed nuts, oil roasted, with peanuts, with salt added | 134.0 | 1.0 cup | 1.215 |
| 12137 | Nuts, mixed nuts, oil roasted, with peanuts, without salt added | 134.0 | 1.0 cup | 1.215 |
| 12738 | Nuts, mixed nuts, oil roasted, without peanuts, lightly salted | 28.35 | 1.0 oz | 0.476 |
| 12638 | Nuts, mixed nuts, oil roasted, without peanuts, with salt added | 144.0 | 1.0 cup | 2.585 |
| 12138 | Nuts, mixed nuts, oil roasted, without peanuts, without salt added | 144.0 | 1.0 cup | 2.585 |
| 12142 | Nuts, pecans | 109.0 | 1.0 cup, chopped | 1.308 |
| 12643 | Nuts, pecans, dry roasted, with salt added | 28.35 | 1.0 oz | 0.331 |
| 12143 | Nuts, pecans, dry roasted, without salt added | 28.35 | 1.0 oz | 0.331 |
| 12644 | Nuts, pecans, oil roasted, with salt added | 110.0 | 1.0 cup | 1.320 |
| 12144 | Nuts, pecans, oil roasted, without salt added | 110.0 | 1.0 cup | 1.320 |
| 12145 | Nuts, pilinuts, dried | 120.0 | 1.0 cup | 1.150 |
| 12147 | Nuts, pine nuts, dried | 135.0 | 1.0 cup | 1.787 |
| 12149 | Nuts, pine nuts, pinyon, dried | 28.35 | 1.0 oz | 0.293 |
| 12652 | Nuts, pistachio nuts, dry roasted, with salt added | 123.0 | 1.0 cup | 1.590 |
| 12152 | Nuts, pistachio nuts, dry roasted, without salt added | 123.0 | 1.0 cup | 1.590 |
| 12151 | Nuts, pistachio nuts, raw | 123.0 | 1.0 cup | 1.599 |
| 12154 | Nuts, walnuts, black, dried | 125.0 | 1.0 cup, chopped | 1.700 |
| 12157 | Nuts, walnuts, dry roasted, with salt added | 28.0 | 1.0 oz | 0.416 |
| 12155 | Nuts, walnuts, english | 117.0 | 1.0 cup, chopped | 1.856 |
| 20034 | Oat bran, cooked | 219.0 | 1.0 cup | 0.145 |
| 20033 | Oat bran, raw | 94.0 | 1.0 cup | 0.379 |
| 20132 | Oat flour, partially debranned | 104.0 | 1.0 cup | 0.454 |
| 20038 | Oats | 156.0 | 1.0 cup | 0.977 |
| 04529 | Oil, almond | 13.6 | 1.0 tablespoon | 0.000 |
| 04581 | Oil, avocado | 14.0 | 1.0 tbsp | 0.000 |
| 04582 | Oil, canola | 14.0 | 1.0 tbsp | 0.000 |
| 04501 | Oil, cocoa butter | 13.6 | 1.0 tablespoon | 0.000 |
| 04047 | Oil, coconut | 13.6 | 1.0 tbsp | 0.000 |
| 42289 | Oil, corn and canola | 14.0 | 1.0 tbsp | 0.000 |
| 04518 | Oil, corn, industrial and retail, all purpose salad or cooking | 13.6 | 1.0 tbsp | 0.000 |
| 44005 | Oil, corn, peanut, and olive | 14.0 | 1.0 tablespoon | 0.000 |
| 04502 | Oil, cottonseed, salad or cooking | 13.6 | 1.0 tablespoon | 0.000 |
| 42231 | Oil, flaxseed, cold pressed | 13.6 | 1.0 tbsp | 0.000 |
| 04707 | Oil, flaxseed, contains added sliced flaxseed | 13.7 | 1.0 tablespoon | 0.009 |
| 04645 | Oil, industrial, canola (partially hydrogenated) oil for deep fat frying | 13.6 | 1.0 tablespoon | 0.000 |
| 04644 | Oil, industrial, canola for salads, woks and light frying | 13.6 | 1.0 tablespoon | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 04643 | Oil, industrial, canola with antifoaming agent, principal uses salads, woks and light frying | 13.6 | 1.0 tablespoon | 0.000 |
| 04698 | Oil, industrial, canola, high oleic | 14.0 | 1.0 tablespoon | 0.000 |
| 04661 | Oil, industrial, coconut (hydrogenated), used for whipped toppings and coffee whiteners | 13.6 | 1.0 tbsp | 0.000 |
| 04659 | Oil, industrial, coconut, confection fat, typical basis for ice cream coatings | 13.6 | 1.0 tbsp | 0.000 |
| 04646 | Oil, industrial, coconut, principal uses candy coatings, oil sprays, roasting nuts | 13.6 | 1.0 tbsp | 0.000 |
| 04702 | Oil, industrial, cottonseed, fully hydrogenated | 13.6 | 1.0 tablespoon | 0.000 |
| 04662 | Oil, industrial, palm and palm kernel, filling fat (non-hydrogenated) | 13.6 | 1.0 tbsp | 0.000 |
| 04660 | Oil, industrial, palm kernel (hydrogenated) , used for whipped toppings, non-dairy | 13.6 | 1.0 tbsp | 0.000 |
| 04658 | Oil, industrial, palm kernel (hydrogenated), confection fat, intermediate grade product | 13.6 | 1.0 tbsp | 0.000 |
| 04657 | Oil, industrial, palm kernel (hydrogenated), confection fat, uses similar to 95 degree hard butter | 13.6 | 1.0 tbsp | 0.000 |
| 04663 | Oil, industrial, palm kernel (hydrogenated), filling fat | 13.6 | 1.0 tbsp | 0.000 |
| 04656 | Oil, industrial, palm kernel, confection fat, uses similar to high quality cocoa butter | 13.6 | 1.0 tbsp | 0.000 |
| 04652 | Oil, industrial, soy ( partially hydrogenated), all purpose | 13.6 | 1.0 tbsp | 0.000 |
| 04653 | Oil, industrial, soy (partially hydrogenated ) and soy (winterized), pourable clear fry | 13.6 | 1.0 tbsp | 0.000 |
| 04664 | Oil, industrial, soy (partially hydrogenated ), palm, principal uses icings and fillings | 13.6 | 1.0 tbsp | 0.000 |
| 04654 | Oil, industrial, soy (partially hydrogenated) and cottonseed, principal use as a tortilla shortening | 13.6 | 1.0 tbsp | 0.000 |
| 04651 | Oil, industrial, soy (partially hydrogenated), multiuse for non-dairy butter flavor | 13.6 | 1.0 tbsp | 0.000 |
| 04648 | Oil, industrial, soy (partially hydrogenated), principal uses popcorn and flavoring vegetables | 13.6 | 1.0 tbsp | 0.000 |
| 04701 | Oil, industrial, soy, fully hydrogenated | 13.6 | 1.0 tablespoon | 0.000 |
| 04699 | Oil, industrial, soy, low linolenic | 14.0 | 1.0 tablespoon | 0.000 |
| 04650 | Oil, industrial, soy, refined, for woks and light frying | 13.6 | 1.0 tbsp | 0.000 |
| 04700 | Oil, industrial, soy, ultra low linolenic | 13.6 | 1.0 tablespoon | 0.000 |
| 04583 | Oil, mustard | 14.0 | 1.0 tbsp | 0.000 |
| 04588 | Oil, oat | 13.6 | 1.0 tbsp | 0.000 |
| 04053 | Oil, olive, salad or cooking | 13.5 | 1.0 tablespoon | 0.000 |
| 04055 | Oil, palm | 13.6 | 1.0 tbsp | 0.000 |
| 04679 | Oil, PAM cooking spray, original | 0.3 | 1.0 spray , about 1/3 second (1 NLEA serving) | 0.000 |
| 04042 | Oil, peanut, salad or cooking | 13.5 | 1.0 tbsp | 0.000 |
| 04511 | Oil, safflower, salad or cooking, high oleic (primary safflower oil of commerce) | 13.6 | 1.0 tablespoon | 0.000 |
| 04510 | Oil, safflower, salad or cooking, linoleic, (over 70%) | 13.6 | 1.0 tbsp | 0.000 |
| 04058 | Oil, sesame, salad or cooking | 13.6 | 1.0 tablespoon | 0.000 |
| 04531 | Oil, soybean lecithin | 13.6 | 1.0 tablespoon | 0.000 |
| 04044 | Oil, soybean, salad or cooking | 13.6 | 1.0 tbsp | 0.000 |
| 04034 | Oil, soybean, salad or cooking, (partially hydrogenated) | 13.6 | 1.0 tbsp | 0.000 |
| 04543 | Oil, soybean, salad or cooking, (partially hydrogenated) and cottonseed | 13.6 | 1.0 tablespoon | 0.000 |
| 04584 | Oil, sunflower, high oleic (70% and over) | 14.0 | 1.0 tbsp | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 04506 | Oil, sunflower, linoleic, (approx. 65%) | 13.6 | 1.0 tbsp | 0.000 |
| 04545 | Oil, sunflower, linoleic, (partially hydrogenated) | 13.6 | 1.0 tbsp | 0.000 |
| 04528 | Oil, walnut | 13.6 | 1.0 tbsp | 0.000 |
| 04038 | Oil, wheat germ | 4.5 | 1.0 tsp | 0.000 |
| 16130 | Okara | 122.0 | 1.0 cup | 0.244 |
| 11803 | Okra, cooked, boiled, drained, with salt | 80.0 | 0.5 cup slices | 0.068 |
| 11279 | Okra, cooked, boiled, drained, without salt | 80.0 | 0.5 cup slices | 0.068 |
| 11804 | Okra, frozen, cooked, boiled, drained, with salt | 92.0 | 0.5 cup slices | 0.070 |
| 11281 | Okra, frozen, cooked, boiled, drained, without salt | 92.0 | 0.5 cup slices | 0.070 |
| 11280 | Okra, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 0.079 |
| 11278 | Okra, raw | 100.0 | 1.0 cup | 0.109 |
| 36054 | OLIVE GARDEN, cheese ravioli with marinara sauce | 454.0 | 1.0 serving varied from 7-9 ravioli per serving | 0.345 |
| 36058 | OLIVE GARDEN, chicken parmigiana without pasta | 304.0 | 1.0 serving | 0.188 |
| 36042 | OLIVE GARDEN, lasagna classico | 422.0 | 1.0 serving | 0.257 |
| 36631 | OLIVE GARDEN, spaghetti with meat sauce | 525.0 | 1.0 serving | 0.515 |
| 36047 | OLIVE GARDEN, spaghetti with pomodoro sauce | 478.0 | 1.0 serving | 0.320 |
| 07051 | Olive loaf, pork | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.014 |
| 09195 | Olives, pickled, canned or bottled, green | 2.7 | 1.0 olive | 0.003 |
| 09194 | Olives, ripe, canned (jumbo-super colossal) | 15.0 | 1.0 super colossal | 0.034 |
| 09193 | Olives, ripe, canned (small-extra large) | 8.4 | 1.0 tbsp | 0.021 |
| 36049 | ON THE BORDER, cheese enchilada | 250.0 | 1.0 serving serving size varied from 1 to 3 enchiladas | 0.170 |
| 36051 | ON THE BORDER, cheese quesadilla | 203.0 | 1.0 serving 1 quesadilla | 0.124 |
| 36044 | ON THE BORDER, Mexican rice | 114.0 | 1.0 cup | 0.083 |
| 36045 | ON THE BORDER, refried beans | 135.0 | 1.0 cup | 0.275 |
| 36060 | ON THE BORDER, soft taco with ground beef, cheese and lettuce | 324.0 | 1.0 serving varied from 2-3 tacos per serving | 0.421 |
| 11296 | Onion rings, breaded, par fried, frozen, prepared, heated in oven | 48.0 | 1.0 cup | 0.035 |
| 11295 | Onion rings, breaded, par fried, frozen, unprepared | 85.0 | 6.0 rings | 0.063 |
| 11285 | Onions, canned, solids and liquids | 63.0 | 1.0 onion | 0.035 |
| 11805 | Onions, cooked, boiled, drained, with salt | 210.0 | 1.0 cup | 0.141 |
| 11283 | Onions, cooked, boiled, drained, without salt | 210.0 | 1.0 cup | 0.141 |
| 11284 | Onions, dehydrated flakes | 5.0 | 1.0 tbsp | 0.021 |
| 11806 | Onions, frozen, chopped, cooked, boiled, drained, with salt | 15.0 | 1.0 tbsp chopped | 0.003 |
| 11288 | Onions, frozen, chopped, cooked, boiled, drained, without salt | 15.0 | 1.0 tbsp chopped | 0.003 |
| 11287 | Onions, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 0.018 |
| 11807 | Onions, frozen, whole, cooked, boiled, drained, with salt | 210.0 | 1.0 cup | 0.050 |
| 11290 | Onions, frozen, whole, cooked, boiled, drained, without salt | 210.0 | 1.0 cup | 0.050 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11289 | Onions, frozen, whole, unprepared | 95.0 | 0.33 package (10 oz) | 0.048 |
| 11282 | Onions, raw | 160.0 | 1.0 cup, chopped | 0.062 |
| 11291 | Onions, spring or scallions (includes tops and bulb), raw | 100.0 | 1.0 cup, chopped | 0.083 |
| 11294 | Onions, sweet, raw | 148.0 | 1.0 NLEA serving | 0.083 |
| 11286 | Onions, yellow, sauteed | 87.0 | 1.0 cup chopped | 0.015 |
| 11292 | Onions, young green, tops only | 6.0 | 1.0 tbsp | 0.002 |
| 09207 | Orange juice, canned, unsweetened | 249.0 | 1.0 cup | 0.055 |
| 09209 | Orange juice, chilled, includes from concentrate | 249.0 | 1.0 cup | 0.105 |
| 09211 | Orange juice, chilled, includes from concentrate, with added calcium | 249.0 | 1.0 cup | 0.105 |
| 09210 | Orange juice, chilled, includes from concentrate, with added calcium and vitamin D | 249.0 | 1.0 cup | 0.105 |
| 09506 | Orange juice, chilled, includes from concentrate, with added calcium and vitamins A, D, E | 249.0 | 1.0 cup | 0.105 |
| 09215 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water | 249.0 | 1.0 cup | 0.052 |
| 09212 | Orange juice, frozen concentrate, unsweetened, diluted with 3 volume water, with added calcium | 249.0 | 1.0 cup | 0.052 |
| 09214 | Orange juice, frozen concentrate, unsweetened, undiluted | 262.0 | 1.0 cup | 0.155 |
| 09213 | Orange juice, frozen concentrate, unsweetened, undiluted, with added calcium | 262.0 | 1.0 cup | 0.155 |
| 09206 | Orange juice, raw | 248.0 | 1.0 cup | 0.109 |
| 09216 | Orange peel, raw | 6.0 | 1.0 tbsp | 0.006 |
| 09452 | Orange Pineapple Juice Blend | 246.0 | 8.0 fl oz | 0.084 |
| 09217 | Orange-grapefruit juice, canned or bottled, unsweetened | 247.0 | 1.0 cup | 0.188 |
| 09200 | Oranges, raw, all commercial varieties | 180.0 | 1.0 cup, sections | 0.081 |
| 09201 | Oranges, raw, California, valencias | 180.0 | 1.0 cup sections, without membranes | 0.067 |
| 09203 | Oranges, raw, Florida | 185.0 | 1.0 cup sections, without membranes | 0.072 |
| 09202 | Oranges, raw, navels | 165.0 | 1.0 cup sections, without membranes | 0.064 |
| 09205 | Oranges, raw, with peel | 170.0 | 1.0 cup | 0.097 |
| 07201 | OSCAR MAYER, Bologna (beef) | 28.0 | 1.0 serving (1 slice) | 0.031 |
| 07207 | OSCAR MAYER, Braunschweiger Liver Sausage (sliced) | 85.0 | 3.0 oz | 0.425 |
| 07209 | OSCAR MAYER, Chicken Breast (honey glazed) | 52.0 | 1.0 serving (4 slices) | 0.088 |
| 07212 | OSCAR MAYER, Ham (chopped with natural juice) | 28.0 | 1.0 serving (1 slice) | 0.067 |
| 07230 | OSCAR MAYER, Salami (hard) | 27.0 | 1.0 serving 3 slices | 0.051 |
| 07236 | OSCAR MAYER, Smokies Sausage Little Cheese (pork, turkey) | 9.0 | 1.0 link | 0.027 |
| 07241 | OSCAR MAYER, Wieners (beef franks) | 45.0 | 1.0 serving | 0.063 |
| 05643 | Ostrich, fan, raw | 85.0 | 1.0 serving ( cooked from 4oz raw) | 0.116 |
| 05642 | Ostrich, ground, cooked, pan-broiled | 93.0 | 1.0 patty | 0.126 |
| 05641 | Ostrich, ground, raw | 109.0 | 1.0 patty | 0.140 |
| 05645 | Ostrich, inside leg, cooked | 85.0 | 1.0 serving ( 3 oz ) | 0.126 |
| 05644 | Ostrich, inside leg, raw | 85.0 | 1.0 serving ( cooked from 4 oz raw ) | 0.120 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05647 | Ostrich, inside strip, cooked | 85.0 | 1.0 serving ( 3 oz ) | 0.130 |
| 05646 | Ostrich, inside strip, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 0.123 |
| 05648 | Ostrich, outside leg, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 0.121 |
| 05650 | Ostrich, outside strip, cooked | 85.0 | 1.0 serving ( 3 oz ) | 0.131 |
| 05649 | Ostrich, outside strip, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 0.125 |
| 05652 | Ostrich, oyster, cooked | 85.0 | 1.0 serving ( 3 oz ) | 0.153 |
| 05651 | Ostrich, oyster, raw | 85.0 | 1.0 serving ( cooked from 4 oz raw) | 0.111 |
| 05653 | Ostrich, round, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 0.118 |
| 05654 | Ostrich, tenderloin, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 0.120 |
| 05656 | Ostrich, tip trimmed, cooked | 85.0 | 1.0 serving ( 3 oz ) | 0.129 |
| 05655 | Ostrich, tip trimmed, raw | 85.0 | 1.0 serving ( cooked from 4 oz raw) | 0.116 |
| 05658 | Ostrich, top loin, cooked | 85.0 | 1.0 serving ( 3 oz ) | 0.126 |
| 05657 | Ostrich, top loin, raw | 85.0 | 1.0 serving (cooked from 4 oz raw) | 0.116 |
| 07935 | Oven-roasted chicken breast roll | 56.0 | 1.0 serving 2 oz | 0.039 |
| 18958 | Pan Dulce, LA RICURA, Salpora de Arroz con Azucar, cookie-like, contains wheat flour and rice flour | 42.0 | 1.0 piece (1 serving) | 0.110 |
| 18288 | Pancakes plain, frozen, ready-to-heat (includes buttermilk) | 28.35 | 1.0 oz | 0.020 |
| 18294 | Pancakes, blueberry, prepared from recipe | 28.35 | 1.0 oz | 0.016 |
| 18295 | Pancakes, buckwheat, dry mix, incomplete | 28.35 | 1.0 oz | 0.118 |
| 18390 | Pancakes, buttermilk, prepared from recipe | 28.35 | 1.0 oz | 0.015 |
| 28347 | Pancakes, gluten-free, frozen, ready-to-heat | 48.0 | 1.0 pancake | 0.052 |
| 18289 | Pancakes, plain, dry mix, complete (includes buttermilk) | 52.0 | 0.333 cup | 0.066 |
| 18290 | Pancakes, plain, dry mix, complete, prepared | 28.35 | 1.0 oz | 0.027 |
| 18291 | Pancakes, plain, dry mix, incomplete (includes buttermilk) | 28.35 | 1.0 oz | 0.033 |
| 18292 | Pancakes, plain, dry mix, incomplete, prepared | 28.35 | 1.0 oz | 0.013 |
| 18936 | Pancakes, plain, frozen, ready-to-heat, microwave (includes buttermilk) | 28.35 | 1.0 oz | 0.010 |
| 28323 | Pancakes, plain, low fat, dry mix, incomplete (includes buttermilk) | 41.0 | 0.33 cup 1 serving | 0.050 |
| 18293 | Pancakes, plain, prepared from recipe | 28.35 | 1.0 oz | 0.014 |
| 28305 | Pancakes, plain, reduced fat | 105.0 | 1.0 serving 3 pancakes | 0.098 |
| 18297 | Pancakes, special dietary, dry mix | 28.35 | 1.0 oz | 0.039 |
| 28324 | Pancakes, whole wheat, dry mix, incomplete | 38.0 | 0.25 cup mix 1 serving | 0.108 |
| 18299 | Pancakes, whole-wheat, dry mix, incomplete | 28.35 | 1.0 oz | 0.159 |
| 18300 | Pancakes, whole-wheat, dry mix, incomplete, prepared | 28.35 | 1.0 oz | 0.023 |
| 21283 | PAPA JOHN'S 14" Cheese Pizza, Original Crust | 117.0 | 1.0 slice | 0.146 |
| 21286 | PAPA JOHN'S 14" Cheese Pizza, Thin Crust | 87.0 | 1.0 slice | 0.130 |
| 21284 | PAPA JOHN'S 14" Pepperoni Pizza, Original Crust | 123.0 | 1.0 slice | 0.157 |
| 21285 | PAPA JOHN'S 14" The Works Pizza, Original Crust | 153.0 | 1.0 slice | 0.228 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09229 | Papaya nectar, canned | 250.0 | 1.0 cup | 0.032 |
| 09228 | Papaya, canned, heavy syrup, drained | 39.0 | 1.0 piece | 0.004 |
| 09226 | Papayas, raw | 145.0 | 1.0 cup 1" pieces | 0.065 |
| 01185 | Parmesan cheese topping, fat free | 5.0 | 1.0 tablespoon | 0.001 |
| 11625 | Parsley, freeze-dried | 0.4 | 1.0 tbsp | 0.002 |
| 11297 | Parsley, fresh | 60.0 | 1.0 cup chopped | 0.089 |
| 11808 | Parsnips, cooked, boiled, drained, with salt | 78.0 | 0.5 cup slices | 0.108 |
| 11299 | Parsnips, cooked, boiled, drained, without salt | 78.0 | 0.5 cup slices | 0.108 |
| 11298 | Parsnips, raw | 133.0 | 1.0 cup slices | 0.160 |
| 09232 | Passion-fruit juice, purple, raw | 247.0 | 1.0 cup | 0.131 |
| 09233 | Passion-fruit juice, yellow, raw | 247.0 | 1.0 cup | 0.124 |
| 09231 | Passion-fruit, (granadilla), purple, raw | 236.0 | 1.0 cup | 0.203 |
| 32009 | Pasta mix, classic beef, unprepared | 122.0 | 1.0 package | 0.199 |
| 32008 | Pasta mix, classic cheeseburger macaroni, unprepared | 123.0 | 1.0 package | 0.172 |
| 32017 | Pasta mix, Italian four cheese lasagna, unprepared | 117.0 | 1.0 package | 0.192 |
| 32010 | Pasta mix, Italian lasagna, unprepared | 141.0 | 1.0 package | 0.217 |
| 22522 | Pasta with Sliced Franks in Tomato Sauce, canned entree | 252.0 | 1.0 serving (1 cup) | 0.343 |
| 22914 | Pasta with tomato sauce, no meat, canned | 252.0 | 1.0 serving (1 NLEA serving) | 0.136 |
| 20321 | Pasta, cooked, enriched, with added salt | 124.0 | 1.0 cup spaghetti not packed | 0.124 |
| 20121 | Pasta, cooked, enriched, without added salt | 124.0 | 1.0 cup spaghetti not packed | 0.124 |
| 20521 | Pasta, cooked, unenriched, with added salt | 124.0 | 1.0 cup spaghetti not packed | 0.124 |
| 20421 | Pasta, cooked, unenriched, without added salt | 124.0 | 1.0 cup spaghetti not packed | 0.124 |
| 20120 | Pasta, dry, enriched | 91.0 | 1.0 cup spaghetti | 0.263 |
| 20420 | Pasta, dry, unenriched | 91.0 | 1.0 cup spaghetti | 0.263 |
| 20093 | Pasta, fresh-refrigerated, plain, as purchased | 128.0 | 4.5 oz | 0.292 |
| 20094 | Pasta, fresh-refrigerated, plain, cooked | 128.0 | 2.0 oz | 0.119 |
| 20095 | Pasta, fresh-refrigerated, spinach, as purchased | 128.0 | 4.5 oz | 0.252 |
| 20096 | Pasta, fresh-refrigerated, spinach, cooked | 57.0 | 2.0 oz | 0.046 |
| 20654 | Pasta, gluten-free, brown rice flour, cooked, TINKYADA | 169.0 | 1.0 cup spaghetti not packed | 0.117 |
| 20657 | Pasta, gluten-free, corn and rice flour, cooked | 141.0 | 1.0 cup spaghetti | 0.028 |
| 20655 | Pasta, gluten-free, corn flour and quinoa flour, cooked, ANCIENT HARVEST | 166.0 | 1.0 cup spaghetti packed | 0.106 |
| 20092 | Pasta, gluten-free, corn, cooked | 140.0 | 1.0 cup | 0.090 |
| 20091 | Pasta, gluten-free, corn, dry | 105.0 | 1.0 cup | 0.212 |
| 20656 | Pasta, gluten-free, rice flour and rice bran extract, cooked, DE BOLES | 121.0 | 1.0 cup spaghetti | 0.151 |
| 20097 | Pasta, homemade, made with egg, cooked | 57.0 | 2.0 oz | 0.032 |
| 20098 | Pasta, homemade, made without egg, cooked | 57.0 | 2.0 oz | 0.034 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 20652 | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, cooked | 116.0 | 1.0 cup spaghetti not packed | 0.209 |
| 20653 | Pasta, whole grain, 51% whole wheat, remaining enriched semolina, dry | 91.0 | 1.0 cup spaghetti | 0.355 |
| 20136 | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, cooked | 116.0 | 1.0 cup spaghetti not packed | 0.231 |
| 20135 | Pasta, whole grain, 51% whole wheat, remaining unenriched semolina, dry | 91.0 | 1.0 cup spaghetti | 0.388 |
| 20125 | Pasta, whole-wheat, cooked | 117.0 | 1.0 cup spaghetti not packed | 0.263 |
| 20124 | Pasta, whole-wheat, dry | 91.0 | 1.0 cup spaghetti | 0.452 |
| 07925 | Pastrami, beef, 98% fat-free | 57.0 | 1.0 serving 6 slices | 0.045 |
| 07052 | Pastrami, turkey | 57.0 | 2.0 slices | 0.028 |
| 18959 | Pastry, Pastelitos de Guava (guava pastries) | 86.0 | 1.0 piece | 0.068 |
| 05282 | Pate de foie gras, canned (goose liver pate), smoked | 13.0 | 1.0 tbsp | 0.052 |
| 07053 | Pate, chicken liver, canned | 13.0 | 1.0 tbsp | 0.023 |
| 07054 | Pate, goose liver, smoked, canned | 13.0 | 1.0 tbsp | 0.052 |
| 07055 | Pate, liver, not specified, canned | 13.0 | 1.0 tbsp | 0.052 |
| 07942 | Pate, truffle flavor | 56.0 | 1.0 serving 2 oz | 0.224 |
| 09407 | Peach nectar, canned, with added ascorbic acid | 249.0 | 1.0 cup | 0.172 |
| 09251 | Peach nectar, canned, without added ascorbic acid | 249.0 | 1.0 cup | 0.172 |
| 09242 | Peaches, canned, extra heavy syrup pack, solids and liquids | 262.0 | 1.0 cup, halves or slices | 0.131 |
| 09239 | Peaches, canned, extra light syrup, solids and liquids | 247.0 | 1.0 cup, halves or slices | 0.124 |
| 09241 | Peaches, canned, heavy syrup pack, solids and liquids | 262.0 | 1.0 cup | 0.134 |
| 09370 | Peaches, canned, heavy syrup, drained | 222.0 | 1.0 cup | 0.140 |
| 09238 | Peaches, canned, juice pack, solids and liquids | 250.0 | 1.0 cup | 0.125 |
| 09240 | Peaches, canned, light syrup pack, solids and liquids | 251.0 | 1.0 cup, halves or slices | 0.131 |
| 09237 | Peaches, canned, water pack, solids and liquids | 244.0 | 1.0 cup, halves or slices | 0.132 |
| 09245 | Peaches, dehydrated (low-moisture), sulfured, stewed | 242.0 | 1.0 cup | 0.489 |
| 09244 | Peaches, dehydrated (low-moisture), sulfured, uncooked | 116.0 | 1.0 cup | 0.572 |
| 09248 | Peaches, dried, sulfured, stewed, with added sugar | 270.0 | 1.0 cup | 0.289 |
| 09247 | Peaches, dried, sulfured, stewed, without added sugar | 258.0 | 1.0 cup | 0.302 |
| 09246 | Peaches, dried, sulfured, uncooked | 160.0 | 1.0 cup, halves | 0.582 |
| 09250 | Peaches, frozen, sliced, sweetened | 250.0 | 1.0 cup, thawed | 0.060 |
| 09243 | Peaches, spiced, canned, heavy syrup pack, solids and liquids | 242.0 | 1.0 cup, whole | 0.237 |
| 09236 | Peaches, yellow, raw | 154.0 | 1.0 cup slices | 0.105 |
| 16399 | Peanut butter with omega-3, creamy | 16.0 | 1.0 tbsp | 0.076 |
| 16097 | Peanut butter, chunk style, with salt | 32.0 | 2.0 tbsp | 0.185 |
| 16397 | Peanut butter, chunk style, without salt | 32.0 | 2.0 tbsp | 0.185 |
| 16156 | Peanut butter, chunky, vitamin and mineral fortified | 32.0 | 2.0 tbsp | 0.566 |
| 42291 | Peanut butter, reduced sodium | 16.0 | 1.0 tbsp | 0.082 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 16098 | Peanut butter, smooth style, with salt | 32.0 | 2.0 tbsp | 0.135 |
| 16398 | Peanut butter, smooth style, without salt | 32.0 | 2.0 tbsp | 0.135 |
| 16150 | Peanut butter, smooth, reduced fat | 36.0 | 2.0 tablespoon | 0.209 |
| 16155 | Peanut butter, smooth, vitamin and mineral fortified | 32.0 | 2.0 tbsp | 0.525 |
| 16099 | Peanut flour, defatted | 60.0 | 1.0 cup | 1.080 |
| 16100 | Peanut flour, low fat | 60.0 | 1.0 cup | 1.223 |
| 16149 | Peanut spread, reduced sugar | 31.0 | 2.0 tbsp | 0.236 |
| 16088 | Peanuts, all types, cooked, boiled, with salt | 63.0 | 1.0 cup in shell, edible yield | 0.314 |
| 16090 | Peanuts, all types, dry-roasted, with salt | 28.35 | 1.0 oz | 0.121 |
| 16390 | Peanuts, all types, dry-roasted, without salt | 146.0 | 1.0 cup | 0.625 |
| 16089 | Peanuts, all types, oil-roasted, with salt | 144.0 | 1.0 cup, chopped | 0.768 |
| 16389 | Peanuts, all types, oil-roasted, without salt | 144.0 | 1.0 cup, | 0.768 |
| 16087 | Peanuts, all types, raw | 28.35 | 1.0 oz | 0.324 |
| 16092 | Peanuts, spanish, oil-roasted, with salt | 147.0 | 1.0 cup | 0.972 |
| 16392 | Peanuts, spanish, oil-roasted, without salt | 147.0 | 1.0 cup | 0.972 |
| 16091 | Peanuts, spanish, raw | 146.0 | 1.0 cup | 1.314 |
| 16094 | Peanuts, valencia, oil-roasted, with salt | 144.0 | 1.0 cup | 1.207 |
| 16394 | Peanuts, valencia, oil-roasted, without salt | 144.0 | 1.0 cup | 1.207 |
| 16093 | Peanuts, valencia, raw | 146.0 | 1.0 cup | 1.710 |
| 16096 | Peanuts, virginia, oil-roasted, with salt | 143.0 | 1.0 cup | 1.820 |
| 16396 | Peanuts, virginia, oil-roasted, without salt | 143.0 | 1.0 cup | 1.820 |
| 16095 | Peanuts, virginia, raw | 146.0 | 1.0 cup | 1.624 |
| 09408 | Pear nectar, canned, with added ascorbic acid | 250.0 | 1.0 cup | 0.168 |
| 09262 | Pear nectar, canned, without added ascorbic acid | 250.0 | 1.0 cup | 0.168 |
| 09340 | Pears, asian, raw | 122.0 | 1.0 fruit 2-1/4" high x 2-1/2" dia | 0.061 |
| 09258 | Pears, canned, extra heavy syrup pack, solids and liquids | 266.0 | 1.0 cup, halves | 0.128 |
| 09255 | Pears, canned, extra light syrup pack, solids and liquids | 247.0 | 1.0 cup, halves | 0.173 |
| 09257 | Pears, canned, heavy syrup pack, solids and liquids | 266.0 | 1.0 cup | 0.130 |
| 09374 | Pears, canned, heavy syrup, drained | 201.0 | 1.0 cup | 0.123 |
| 09254 | Pears, canned, juice pack, solids and liquids | 248.0 | 1.0 cup, halves | 0.131 |
| 09256 | Pears, canned, light syrup pack, solids and liquids | 251.0 | 1.0 cup, halves | 0.123 |
| 09253 | Pears, canned, water pack, solids and liquids | 244.0 | 1.0 cup, halves | 0.124 |
| 09261 | Pears, dried, sulfured, stewed, with added sugar | 280.0 | 1.0 cup, halves | 0.479 |
| 09260 | Pears, dried, sulfured, stewed, without added sugar | 255.0 | 1.0 cup, halves | 0.459 |
| 09259 | Pears, dried, sulfured, uncooked | 180.0 | 1.0 cup, halves | 0.668 |
| 09252 | Pears, raw | 140.0 | 1.0 cup, slices | 0.115 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 09412 | Pears, raw, bartlett | 140.0 | 1.0 cup, sliced | 0.109 |
| 09414 | Pears, raw, bosc | 140.0 | 1.0 cup, sliced | 0.146 |
| 09415 | Pears, raw, green anjou | 140.0 | 1.0 cup, sliced | 0.108 |
| 09413 | Pears, raw, red anjou | 126.0 | 1.0 small | 0.088 |
| 11816 | Peas and carrots, canned, no salt added, solids and liquids | 255.0 | 1.0 cup | 0.263 |
| 11318 | Peas and carrots, canned, regular pack, solids and liquids | 255.0 | 1.0 cup | 0.263 |
| 11817 | Peas and carrots, frozen, cooked, boiled, drained, with salt | 80.0 | 0.5 cup | 0.061 |
| 11323 | Peas and carrots, frozen, cooked, boiled, drained, without salt | 278.0 | 1.0 package (10 oz) yields | 0.211 |
| 11322 | Peas and carrots, frozen, unprepared | 70.0 | 0.5 cup | 0.062 |
| 11324 | Peas and onions, canned, solids and liquids | 120.0 | 1.0 cup | 0.120 |
| 11818 | Peas and onions, frozen, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 0.113 |
| 11327 | Peas and onions, frozen, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.113 |
| 11326 | Peas and onions, frozen, unprepared | 69.0 | 0.5 cup | 0.071 |
| 11301 | Peas, edible-podded, boiled, drained, without salt | 160.0 | 1.0 cup | 0.123 |
| 11809 | Peas, edible-podded, cooked, boiled, drained, with salt | 160.0 | 1.0 cup | 0.123 |
| 11810 | Peas, edible-podded, frozen, cooked, boiled, drained, with salt | 160.0 | 1.0 cup | 0.144 |
| 11303 | Peas, edible-podded, frozen, cooked, boiled, drained, without salt | 160.0 | 1.0 cup | 0.144 |
| 11302 | Peas, edible-podded, frozen, unprepared | 144.0 | 1.0 cup | 0.109 |
| 11300 | Peas, edible-podded, raw | 98.0 | 1.0 cup, chopped | 0.077 |
| 11308 | Peas, green (includes baby and lesuer types), canned, drained solids, unprepared | 175.0 | 1.0 cup | 0.186 |
| 11311 | Peas, green, canned, drained solids, rinsed in tap water | 257.0 | 1.0 can | 0.278 |
| 11813 | Peas, green, canned, no salt added, drained solids | 85.0 | 0.5 cup | 0.070 |
| 11812 | Peas, green, canned, no salt added, solids and liquids | 124.0 | 0.5 cup | 0.134 |
| 11306 | Peas, green, canned, regular pack, solids and liquids | 124.0 | 0.5 cup | 0.123 |
| 11310 | Peas, green, canned, seasoned, solids and liquids | 227.0 | 1.0 cup | 0.225 |
| 11811 | Peas, green, cooked, boiled, drained, with salt | 160.0 | 1.0 cup | 0.277 |
| 11305 | Peas, green, cooked, boiled, drained, without salt | 160.0 | 1.0 cup | 0.277 |
| 11814 | Peas, green, frozen, cooked, boiled, drained, with salt | 80.0 | 0.5 cup | 0.084 |
| 11313 | Peas, green, frozen, cooked, boiled, drained, without salt | 80.0 | 0.5 cup | 0.084 |
| 11312 | Peas, green, frozen, unprepared | 134.0 | 1.0 cup | 0.166 |
| 11304 | Peas, green, raw | 145.0 | 1.0 cup | 0.255 |
| 16085 | Peas, green, split, mature seeds, raw | 197.0 | 1.0 cup | 1.606 |
| 11316 | Peas, mature seeds, sprouted, raw | 120.0 | 1.0 cup | 0.326 |
| 16386 | Peas, split, mature seeds, cooked, boiled, with salt | 196.0 | 1.0 cup | 0.355 |
| 16086 | Peas, split, mature seeds, cooked, boiled, without salt | 196.0 | 1.0 cup | 0.355 |
| 19310 | Pectin, unsweetened, dry mix | 50.0 | 1.0 package (1.75 oz) | 0.210 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11230 | Pepeao, dried | 24.0 | 1.0 cup | 1.217 |
| 11976 | Pepper, banana, raw | 124.0 | 1.0 cup | 0.117 |
| 07056 | Peppered loaf, pork, beef | 100.0 | 3.52 slices | 0.120 |
| 28361 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Cheddar | 5.2 | 10.0 goldfish | 0.007 |
| 28362 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Explosive Pizza | 5.3 | 10.0 goldfish | 0.006 |
| 28363 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Original | 5.2 | 10.0 goldfish | 0.007 |
| 28364 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Parmesan | 5.3 | 10.0 goldfish | 0.007 |
| 28365 | PEPPERIDGE FARM, Goldfish, Baked Snack Crackers, Pizza | 5.1 | 10.0 goldfish | 0.008 |
| 02064 | Peppermint, fresh | 0.1 | 2.0 leaves | 0.000 |
| 07057 | Pepperoni, beef and pork, sliced | 85.0 | 3.0 oz | 0.077 |
| 11978 | Peppers, ancho, dried | 17.0 | 1.0 pepper | 0.086 |
| 11962 | Peppers, hot chile, sun-dried | 37.0 | 1.0 cup | 0.084 |
| 11329 | Peppers, hot chili, green, canned, pods, excluding seeds, solids and liquids | 73.0 | 1.0 pepper | 0.074 |
| 11670 | Peppers, hot chili, green, raw | 45.0 | 1.0 pepper | 0.078 |
| 11820 | Peppers, hot chili, red, canned, excluding seeds, solids and liquids | 73.0 | 1.0 pepper | 0.074 |
| 11819 | Peppers, hot chili, red, raw | 45.0 | 1.0 pepper | 0.058 |
| 31034 | Peppers, hot pickled, canned | 34.0 | 0.25 cup drained | 0.015 |
| 11981 | Peppers, hungarian, raw | 27.0 | 1.0 pepper | 0.031 |
| 11632 | Peppers, jalapeno, canned, solids and liquids | 136.0 | 1.0 cup, chopped | 0.199 |
| 11979 | Peppers, jalapeno, raw | 90.0 | 1.0 cup, sliced | 0.041 |
| 11982 | Peppers, pasilla, dried | 7.0 | 1.0 pepper | 0.030 |
| 11977 | Peppers, serrano, raw | 105.0 | 1.0 cup, chopped | 0.135 |
| 11335 | Peppers, sweet, green, canned, solids and liquids | 140.0 | 1.0 cup, halves | 0.182 |
| 11822 | Peppers, sweet, green, cooked, boiled, drained, with salt | 11.6 | 1.0 tbsp | 0.008 |
| 11334 | Peppers, sweet, green, cooked, boiled, drained, without salt | 135.0 | 1.0 cup, chopped or strips | 0.088 |
| 11634 | Peppers, sweet, green, freeze-dried | 0.4 | 1.0 tbsp | 0.006 |
| 11825 | Peppers, sweet, green, frozen, chopped, cooked, boiled, drained, with salt | 135.0 | 1.0 cup, chopped or strips | 0.059 |
| 11337 | Peppers, sweet, green, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 0.050 |
| 11333 | Peppers, sweet, green, raw | 149.0 | 1.0 cup, chopped | 0.098 |
| 11339 | Peppers, sweet, green, sauteed | 115.0 | 1.0 cup chopped | 0.020 |
| 11916 | Peppers, sweet, red, canned, solids and liquids | 140.0 | 1.0 cup, halves | 0.182 |
| 11824 | Peppers, sweet, red, cooked, boiled, drained, with salt | 12.0 | 1.0 tbsp | 0.008 |
| 11823 | Peppers, sweet, red, cooked, boiled, drained, without salt | 135.0 | 1.0 cup, strips | 0.088 |
| 11931 | Peppers, sweet, red, freeze-dried | 0.4 | 1.0 tbsp | 0.006 |
| 11919 | Peppers, sweet, red, frozen, chopped, boiled, drained, with salt | 135.0 | 1.0 cup, chopped or strips | 0.059 |
| 11918 | Peppers, sweet, red, frozen, chopped, boiled, drained, without salt | 135.0 | 1.0 cup, chopped or strips | 0.059 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11917 | Peppers, sweet, red, frozen, chopped, unprepared | 95.0 | 0.33 package (10 oz) | 0.050 |
| 11821 | Peppers, sweet, red, raw | 149.0 | 1.0 cup, chopped | 0.025 |
| 11921 | Peppers, sweet, red, sauteed | 106.0 | 1.0 cup chopped | 0.018 |
| 11951 | Peppers, sweet, yellow, raw | 186.0 | 1.0 pepper, large (3-3/4" long, 3" dia) | 0.199 |
| 09264 | Persimmons, japanese, dried | 34.0 | 1.0 fruit without refuse | 0.150 |
| 09263 | Persimmons, japanese, raw | 168.0 | 1.0 fruit (2-1/2" dia) | 0.190 |
| 05155 | Pheasant, breast, meat only, raw | 85.0 | 3.0 oz | 0.039 |
| 43283 | Pheasant, cooked, total edible | 140.0 | 1.0 cup, chopped or diced | 0.118 |
| 05156 | Pheasant, leg, meat only, raw | 99.0 | 1.0 unit (yield from 1 lb ready-to-eat pheasant) | 0.107 |
| 05153 | Pheasant, raw, meat and skin | 85.0 | 3.0 oz | 0.055 |
| 05154 | Pheasant, raw, meat only | 85.0 | 3.0 oz | 0.059 |
| 18338 | Phyllo dough | 28.35 | 1.0 oz | 0.029 |
| 07058 | Pickle and pimiento loaf, pork | 38.0 | 1.0 slice | 0.040 |
| 11958 | Pickle relish, hamburger | 15.0 | 1.0 tbsp | 0.012 |
| 11944 | Pickle relish, hot dog | 15.0 | 1.0 tbsp | 0.012 |
| 11945 | Pickle relish, sweet | 15.0 | 1.0 tbsp | 0.013 |
| 11983 | Pickles, chowchow, with cauliflower onion mustard, sweet | 245.0 | 1.0 cup | 0.225 |
| 11937 | Pickles, cucumber, dill or kosher dill | 35.0 | 1.0 spear, small | 0.010 |
| 11947 | Pickles, cucumber, dill, reduced sodium | 35.0 | 1.0 spear, small | 0.010 |
| 11941 | Pickles, cucumber, sour | 155.0 | 1.0 cup | 0.132 |
| 11946 | Pickles, cucumber, sour, low sodium | 143.0 | 1.0 cup, chopped or diced | 0.122 |
| 11940 | Pickles, cucumber, sweet (includes bread and butter pickles) | 160.0 | 1.0 cup, chopped | 0.045 |
| 11948 | Pickles, cucumber, sweet, low sodium (includes bread and butter pickles) | 6.0 | 1.0 slice | 0.006 |
| 07062 | Picnic loaf, pork, beef | 28.0 | 1.0 slice (1 oz) (4" x 4" x 3/32" thick) | 0.020 |
| 18943 | Pie Crust, Cookie-type, Chocolate, Ready Crust | 182.0 | 1.0 crust | 1.401 |
| 18942 | Pie Crust, Cookie-type, Graham Cracker, Ready Crust | 28.35 | 1.0 oz | 0.063 |
| 18399 | Pie crust, cookie-type, prepared from recipe, graham cracker, chilled | 30.0 | 1.0 piece (1/8 of 9" crust) | 0.037 |
| 18401 | Pie crust, cookie-type, prepared from recipe, vanilla wafer, chilled | 129.0 | 1.0 cup | 0.088 |
| 18947 | Pie crust, deep dish, frozen, baked, made with enriched flour | 202.0 | 1.0 pie crust (average weight) | 0.180 |
| 18945 | Pie crust, deep dish, frozen, unbaked, made with enriched flour | 225.0 | 1.0 pie crust (average weight) | 0.178 |
| 18946 | Pie crust, refrigerated, regular, baked | 198.0 | 1.0 pie crust | 0.101 |
| 18948 | Pie crust, refrigerated, regular, unbaked | 229.0 | 1.0 pie crust (average weight) | 0.103 |
| 18332 | Pie crust, standard-type, dry mix | 28.35 | 1.0 oz | 0.021 |
| 18333 | Pie crust, standard-type, dry mix, prepared, baked | 20.0 | 1.0 piece (1/8 of 9" crust) | 0.015 |
| 18334 | Pie crust, standard-type, frozen, ready-to-bake, enriched | 18.0 | 1.0 piece (1/8 of 9" crust) | 0.013 |
| 18335 | Pie crust, standard-type, frozen, ready-to-bake, enriched, baked | 154.0 | 1.0 pie crust (average weight of 1 baked crust) | 0.149 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18446 | Pie crust, standard-type, frozen, ready-to-bake, unenriched | 142.0 | 1.0 crust, single 9" | 0.097 |
| 18336 | Pie crust, standard-type, prepared from recipe, baked | 23.0 | 1.0 piece (1/8 of 9" crust) | 0.021 |
| 18402 | Pie crust, standard-type, prepared from recipe, unbaked | 24.0 | 1.0 piece (1/8 of 9" crust) | 0.019 |
| 19312 | Pie fillings, apple, canned | 74.0 | 0.125 can | 0.041 |
| 44158 | Pie fillings, blueberry, canned | 151.0 | 1.0 serving | 0.169 |
| 19314 | Pie fillings, canned, cherry | 74.0 | 0.125 can | 0.059 |
| 43098 | Pie fillings, cherry, low calorie | 85.0 | 1.0 serving | 0.071 |
| 18301 | Pie, apple, commercially prepared, enriched flour | 28.35 | 1.0 oz | 0.013 |
| 18443 | Pie, apple, commercially prepared, unenriched flour | 28.35 | 1.0 oz | 0.013 |
| 18302 | Pie, apple, prepared from recipe | 28.35 | 1.0 oz | 0.015 |
| 18303 | Pie, banana cream, prepared from mix, no-bake type | 28.35 | 1.0 oz | 0.012 |
| 18304 | Pie, banana cream, prepared from recipe | 28.35 | 1.0 oz | 0.015 |
| 18305 | Pie, blueberry, commercially prepared | 28.35 | 1.0 oz | 0.013 |
| 18306 | Pie, blueberry, prepared from recipe | 28.35 | 1.0 oz | 0.019 |
| 18308 | Pie, cherry, commercially prepared | 28.35 | 1.0 oz | 0.011 |
| 18309 | Pie, cherry, prepared from recipe | 28.35 | 1.0 oz | 0.022 |
| 18310 | Pie, chocolate creme, commercially prepared | 120.0 | 1.0 serving .167 pie | 0.142 |
| 18312 | Pie, chocolate mousse, prepared from mix, no-bake type | 28.35 | 1.0 oz | 0.058 |
| 18314 | Pie, coconut cream, prepared from mix, no-bake type | 28.35 | 1.0 oz | 0.023 |
| 18313 | Pie, coconut creme, commercially prepared | 28.35 | 1.0 oz | 0.019 |
| 18316 | Pie, coconut custard, commercially prepared | 28.35 | 1.0 oz | 0.018 |
| 18944 | Pie, Dutch Apple, Commercially Prepared | 131.0 | 0.125 pie 1 pie (1/8 of 9" pie) | 0.194 |
| 18317 | Pie, egg custard, commercially prepared | 28.35 | 1.0 oz | 0.007 |
| 18444 | Pie, fried pies, cherry | 28.35 | 1.0 oz | 0.013 |
| 18319 | Pie, fried pies, fruit | 28.35 | 1.0 oz | 0.013 |
| 18445 | Pie, fried pies, lemon | 28.35 | 1.0 oz | 0.013 |
| 18320 | Pie, lemon meringue, commercially prepared | 28.35 | 1.0 oz | 0.000 |
| 18321 | Pie, lemon meringue, prepared from recipe | 28.35 | 1.0 oz | 0.012 |
| 18322 | Pie, mince, prepared from recipe | 28.35 | 1.0 oz | 0.032 |
| 18323 | Pie, peach | 28.35 | 1.0 oz | 0.015 |
| 18324 | Pie, pecan, commercially prepared | 28.35 | 1.0 oz | 0.052 |
| 18325 | Pie, pecan, prepared from recipe | 28.35 | 1.0 oz | 0.060 |
| 18326 | Pie, pumpkin, commercially prepared | 28.35 | 1.0 oz | 0.042 |
| 18327 | Pie, pumpkin, prepared from recipe | 28.35 | 1.0 oz | 0.019 |
| 18328 | Pie, vanilla cream, prepared from recipe | 28.35 | 1.0 oz | 0.011 |
| 16402 | Pigeon peas (red gram), mature seeds, cooked, boiled, with salt | 168.0 | 1.0 cup | 0.452 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 16102 | Pigeon peas (red gram), mature seeds, cooked, boiled, without salt | 168.0 | 1.0 cup | 0.452 |
| 16101 | Pigeon peas (red gram), mature seeds, raw | 205.0 | 1.0 cup | 2.167 |
| 11826 | Pigeonpeas, immature seeds, cooked, boiled, drained, with salt | 153.0 | 1.0 cup | 0.161 |
| 11345 | Pigeonpeas, immature seeds, cooked, boiled, drained, without salt | 153.0 | 1.0 cup | 0.161 |
| 11344 | Pigeonpeas, immature seeds, raw | 154.0 | 1.0 cup | 0.206 |
| 35234 | Piki bread, made from blue cornmeal (Hopi) | 28.0 | 1.0 piece | 0.080 |
| 11943 | Pimento, canned | 12.0 | 1.0 tbsp | 0.006 |
| 09409 | Pineapple juice, canned or bottled, unsweetened, with added ascorbic acid | 250.0 | 1.0 cup | 0.172 |
| 09273 | Pineapple juice, canned or bottled, unsweetened, without added ascorbic acid | 250.0 | 1.0 cup | 0.172 |
| 09510 | Pineapple juice, canned, not from concentrate, unsweetened, with added vitamins A, C and E | 250.0 | 1.0 cup | 0.070 |
| 09275 | Pineapple juice, frozen concentrate, unsweetened, diluted with 3 volume water | 250.0 | 1.0 cup | 0.112 |
| 09274 | Pineapple juice, frozen concentrate, unsweetened, undiluted | 216.0 | 1.0 can (6 fl oz) | 0.676 |
| 09271 | Pineapple, canned, extra heavy syrup pack, solids and liquids | 260.0 | 1.0 cup, crushed, sliced, or chunks | 0.257 |
| 09270 | Pineapple, canned, heavy syrup pack, solids and liquids | 254.0 | 1.0 cup, crushed, sliced, or chunks | 0.257 |
| 09354 | Pineapple, canned, juice pack, drained | 181.0 | 1.0 cup, chunks | 0.194 |
| 09268 | Pineapple, canned, juice pack, solids and liquids | 249.0 | 1.0 cup, crushed, sliced, or chunks | 0.214 |
| 09269 | Pineapple, canned, light syrup pack, solids and liquids | 252.0 | 1.0 cup, crushed, sliced, or chunks | 0.260 |
| 09267 | Pineapple, canned, water pack, solids and liquids | 246.0 | 1.0 cup, crushed, sliced, or chunks | 0.258 |
| 09272 | Pineapple, frozen, chunks, sweetened | 245.0 | 1.0 cup, chunks | 0.243 |
| 09266 | Pineapple, raw, all varieties | 165.0 | 1.0 cup, chunks | 0.182 |
| 09430 | Pineapple, raw, extra sweet variety | 165.0 | 1.0 cup, chunks | 0.186 |
| 09429 | Pineapple, raw, traditional varieties | 165.0 | 1.0 cup, chunks | 0.134 |
| 21271 | PIZZA HUT 12" Cheese Pizza, Hand-Tossed Crust | 96.0 | 1.0 slice | 0.088 |
| 21272 | PIZZA HUT 12" Cheese Pizza, Pan Crust | 100.0 | 1.0 slice | 0.101 |
| 21273 | PIZZA HUT 12" Cheese Pizza, THIN 'N CRISPY Crust | 69.0 | 1.0 slice | 0.066 |
| 21274 | PIZZA HUT 12" Pepperoni Pizza, Hand-Tossed Crust | 96.0 | 1.0 slice | 0.100 |
| 21275 | PIZZA HUT 12" Pepperoni Pizza, Pan Crust | 96.0 | 1.0 slice | 0.101 |
| 21276 | PIZZA HUT 12" Super Supreme Pizza, Hand-Tossed Crust | 127.0 | 1.0 slice | 0.161 |
| 21293 | PIZZA HUT 14" Cheese Pizza, Hand-Tossed Crust | 105.0 | 1.0 slice | 0.108 |
| 21294 | PIZZA HUT 14" Cheese Pizza, Pan Crust | 112.0 | 1.0 slice | 0.110 |
| 21512 | PIZZA HUT 14" Cheese Pizza, Stuffed Crust | 117.0 | 1.0 slice | 0.095 |
| 21295 | PIZZA HUT 14" Cheese Pizza, THIN 'N CRISPY Crust | 79.0 | 1.0 slice | 0.081 |
| 21296 | PIZZA HUT 14" Pepperoni Pizza, Hand-Tossed Crust | 110.0 | 1.0 slice | 0.117 |
| 21297 | PIZZA HUT 14" Pepperoni Pizza, Pan Crust | 113.0 | 1.0 slice | 0.118 |
| 21491 | PIZZA HUT 14" Pepperoni Pizza, THIN 'N CRISPY Crust | 80.0 | 1.0 slice | 0.093 |
| 21497 | PIZZA HUT 14" Sausage Pizza, Hand-Tossed Crust | 119.0 | 1.0 slice | 0.124 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21498 | PIZZA HUT 14" Sausage Pizza, Pan Crust | 125.0 | 1.0 slice | 0.126 |
| 21496 | PIZZA HUT 14" Sausage Pizza, THIN 'N CRISPY Crust | 92.0 | 1.0 slice | 0.093 |
| 21298 | PIZZA HUT 14" Super Supreme Pizza, Hand-Tossed Crust | 123.0 | 1.0 slice | 0.183 |
| 21525 | PIZZA HUT, breadstick, parmesan garlic | 43.0 | 1.0 breadstick | 0.046 |
| 32012 | Pizza rolls, frozen, unprepared | 80.0 | 1.0 serving 6 rolls | 0.105 |
| 21224 | Pizza, cheese topping, regular crust, frozen, cooked | 81.0 | 1.0 serving 9 servings per 24 oz package | 0.184 |
| 21225 | Pizza, cheese topping, rising crust, frozen, cooked | 139.0 | 1.0 serving 6 servings per 29.25 oz package | 0.354 |
| 21505 | Pizza, cheese topping, thin crust, frozen, cooked | 69.0 | 1.0 slice | 0.063 |
| 21226 | Pizza, meat and vegetable topping, regular crust, frozen, cooked | 143.0 | 1.0 serving 5 servings per 24.2 oz package | 0.243 |
| 21227 | Pizza, meat and vegetable topping, rising crust, frozen, cooked | 170.0 | 1.0 serving 6 servings per 34.98 oz package | 0.357 |
| 22902 | Pizza, meat topping, thick crust, frozen, cooked | 103.0 | 1.0 slice 1/8 of 12" pizza | 0.116 |
| 22903 | Pizza, pepperoni topping, regular crust, frozen, cooked | 127.0 | 0.25 pizza 12" diameter | 0.145 |
| 09278 | Plantains, cooked | 200.0 | 1.0 cup, mashed | 0.132 |
| 09446 | Plantains, green, fried | 118.0 | 1.0 cup | 0.216 |
| 09277 | Plantains, raw | 148.0 | 1.0 cup, sliced | 0.120 |
| 09447 | Plantains, yellow, fried, Latino restaurant | 169.0 | 1.0 cup | 0.196 |
| 09379 | Plums, canned, heavy syrup, drained | 183.0 | 1.0 cup, with pits, yields | 0.084 |
| 09285 | Plums, canned, purple, extra heavy syrup pack, solids and liquids | 261.0 | 1.0 cup, pitted | 0.094 |
| 09284 | Plums, canned, purple, heavy syrup pack, solids and liquids | 258.0 | 1.0 cup, pitted | 0.095 |
| 09282 | Plums, canned, purple, juice pack, solids and liquids | 252.0 | 1.0 cup, pitted | 0.136 |
| 09283 | Plums, canned, purple, light syrup pack, solids and liquids | 252.0 | 1.0 cup, pitted | 0.096 |
| 09281 | Plums, canned, purple, water pack, solids and liquids | 249.0 | 1.0 cup, pitted | 0.097 |
| 09293 | Plums, dried (prunes), stewed, with added sugar | 248.0 | 1.0 cup, pitted | 0.446 |
| 09292 | Plums, dried (prunes), stewed, without added sugar | 248.0 | 1.0 cup, pitted | 0.305 |
| 09291 | Plums, dried (prunes), uncooked | 174.0 | 1.0 cup, pitted | 0.489 |
| 09279 | Plums, raw | 165.0 | 1.0 cup, sliced | 0.094 |
| 35206 | Plums, wild (Northern Plains Indians) | 161.0 | 1.0 cup | 0.056 |
| 11349 | Poi | 240.0 | 1.0 cup | 0.398 |
| 11827 | Pokeberry shoots, (poke), cooked, boiled, drained, with salt | 165.0 | 1.0 cup | 0.208 |
| 11351 | Pokeberry shoots, (poke), cooked, boiled, drained, without salt | 165.0 | 1.0 cup | 0.208 |
| 11350 | Pokeberry shoots, (poke), raw | 160.0 | 1.0 cup | 0.251 |
| 07059 | Polish sausage, pork | 85.0 | 3.0 oz | 0.076 |
| 09442 | Pomegranate juice, bottled | 249.0 | 1.0 cup | 0.052 |
| 09286 | Pomegranates, raw | 87.0 | 0.5 cup arils (seed/juice sacs) | 0.137 |
| 43572 | Popcorn, microwave, low fat and sodium | 28.35 | 1.0 oz | 0.155 |
| 25026 | Popcorn, microwave, regular (butter) flavor, made with palm oil | 7.9 | 1.0 cup | 0.016 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19436 | Popcorn, sugar syrup/caramel, fat-free | 28.35 | 1.0 oz | 0.040 |
| 21415 | POPEYES, biscuit | 60.0 | 1.0 biscuit | 0.040 |
| 21416 | POPEYES, Coleslaw | 120.0 | 1.0 package | 0.017 |
| 21456 | POPEYES, Fried Chicken, Mild, Breast, meat and skin with breading | 194.0 | 1.0 breast, with skin | 0.083 |
| 21442 | POPEYES, Fried Chicken, Mild, Breast, meat only, skin and breading removed | 132.0 | 1.0 breast without skin | 0.069 |
| 21457 | POPEYES, Fried Chicken, Mild, Drumstick, meat and skin with breading | 76.0 | 1.0 drumstick, with skin | 0.056 |
| 21443 | POPEYES, Fried Chicken, Mild, Drumstick, meat only, skin and breading removed | 44.0 | 1.0 drumstick, bone and skin removed | 0.037 |
| 21458 | POPEYES, Fried Chicken, Mild, Thigh, meat and skin with breading | 138.0 | 1.0 thigh with skin | 0.116 |
| 21445 | POPEYES, Fried Chicken, Mild, Thigh, meat only, skin and breading removed | 83.0 | 1.0 thigh thigh without skin | 0.081 |
| 21459 | POPEYES, Fried Chicken, Mild, Wing, meat and skin with breading | 57.0 | 1.0 wing, with skin | 0.045 |
| 21446 | POPEYES, Fried Chicken, Mild, Wing, meat only, skin and breading removed | 16.0 | 1.0 wing without skin, bone and breading | 0.015 |
| 21417 | POPEYES, Mild Chicken Strips, analyzed 2006 | 54.0 | 1.0 strip | 0.033 |
| 21418 | POPEYES, Spicy Chicken Strips, analyzed 2006 | 53.0 | 1.0 strip | 0.038 |
| 18339 | Popovers, dry mix, enriched | 28.35 | 1.0 oz | 0.048 |
| 18447 | Popovers, dry mix, unenriched | 28.35 | 1.0 oz | 0.049 |
| 07065 | Pork and beef sausage, fresh, cooked | 13.0 | 1.0 link (raw dimensions: 4" long x 7/8" dia), cooked | 0.005 |
| 07957 | Pork and turkey sausage, pre-cooked | 57.0 | 1.0 serving | 0.064 |
| 10981 | Pork loin, fresh, backribs, bone-in, cooked-roasted, lean only | 85.0 | 3.0 oz | 0.091 |
| 10980 | Pork loin, fresh, backribs, bone-in, raw, lean only | 114.0 | 4.0 oz | 0.104 |
| 42190 | Pork sausage rice links, brown and serve, cooked | 45.0 | 2.0 links 1 NLEA serving | 0.030 |
| 07064 | Pork sausage, link/patty, cooked, pan-fried | 27.0 | 1.0 patty | 0.019 |
| 07953 | Pork sausage, link/patty, fully cooked, microwaved | 30.0 | 1.0 patty | 0.026 |
| 07967 | Pork sausage, link/patty, fully cooked, unheated | 23.0 | 1.0 link | 0.016 |
| 07966 | Pork sausage, link/patty, reduced fat, cooked, pan-fried | 85.0 | 3.0 oz | 0.075 |
| 07965 | Pork sausage, link/patty, reduced fat, unprepared | 85.0 | 3.0 oz | 0.075 |
| 07063 | Pork sausage, link/patty, unprepared | 25.0 | 1.0 link | 0.014 |
| 07978 | Pork sausage, reduced sodium, cooked | 85.0 | 3.0 oz | 0.040 |
| 10864 | Pork, bacon, rendered fat, cooked | 85.0 | 3.0 oz | 0.019 |
| 10860 | Pork, cured, bacon, cooked, baked | 8.1 | 1.0 slice cooked | 0.015 |
| 43378 | Pork, cured, bacon, cooked, broiled, pan-fried or roasted, reduced sodium | 8.0 | 1.0 slice cooked | 0.013 |
| 10861 | Pork, cured, bacon, cooked, microwaved | 9.1 | 1.0 slice cooked | 0.011 |
| 10862 | Pork, cured, bacon, pre-sliced, cooked, pan-fried | 11.5 | 1.0 slice | 0.012 |
| 10123 | Pork, cured, bacon, unprepared | 28.0 | 1.0 slice raw | 0.012 |
| 10128 | Pork, cured, breakfast strips, raw or unheated | 85.0 | 3.0 oz | 0.054 |
| 10132 | Pork, cured, feet, pickled | 28.35 | 1.0 oz | 0.010 |
| 10913 | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.105 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10912 | Pork, cured, ham -- water added, rump, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.026 |
| 10865 | Pork, cured, ham -- water added, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.083 |
| 10866 | Pork, cured, ham -- water added, rump, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.077 |
| 10914 | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.137 |
| 10911 | Pork, cured, ham -- water added, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.027 |
| 10867 | Pork, cured, ham -- water added, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.104 |
| 10885 | Pork, cured, ham -- water added, shank, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.082 |
| 10915 | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.116 |
| 10910 | Pork, cured, ham -- water added, slice, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.051 |
| 10868 | Pork, cured, ham -- water added, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.100 |
| 10886 | Pork, cured, ham -- water added, slice, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.168 |
| 10916 | Pork, cured, ham -- water added, slice, boneless, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.099 |
| 10878 | Pork, cured, ham -- water added, slice, boneless, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.096 |
| 10917 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.082 |
| 10909 | Pork, cured, ham -- water added, whole, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz whole | 0.029 |
| 10879 | Pork, cured, ham -- water added, whole, boneless, separable lean only, heated, roasted | 85.0 | 3.0 oz | 0.077 |
| 10880 | Pork, cured, ham -- water added, whole, boneless, separable lean only, unheated | 85.0 | 3.0 oz | 0.086 |
| 10918 | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.105 |
| 10908 | Pork, cured, ham and water product, rump, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz rump | 0.032 |
| 10877 | Pork, cured, ham and water product, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.076 |
| 10887 | Pork, cured, ham and water product, rump, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 0.033 |
| 10919 | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.138 |
| 10907 | Pork, cured, ham and water product, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz shank | 0.035 |
| 10881 | Pork, cured, ham and water product, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.084 |
| 10889 | Pork, cured, ham and water product, shank, bone-in, unheated, separable lean only | 85.0 | 3.0 oz | 0.114 |
| 10920 | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.111 |
| 10906 | Pork, cured, ham and water product, slice, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.037 |
| 10869 | Pork, cured, ham and water product, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.096 |
| 10888 | Pork, cured, ham and water product, slice, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.116 |
| 10921 | Pork, cured, ham and water product, slice, boneless, separable lean and fat, heated, pan-broil | 136.0 | 1.0 slice | 0.116 |
| 10870 | Pork, cured, ham and water product, slice, boneless, separable lean only, heated, pan-broil | 138.0 | 1.0 slice | 0.117 |
| 10922 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.081 |
| 10905 | Pork, cured, ham and water product, whole, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz whole | 0.030 |
| 10871 | Pork, cured, ham and water product, whole, boneless, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.081 |
| 10872 | Pork, cured, ham and water product, whole, boneless, separable lean only, unheated | 85.0 | 3.0 oz | 0.091 |
| 10923 | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.102 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10904 | Pork, cured, ham with natural juices, rump, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz rump | 0.030 |
| 10873 | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.080 |
| 10890 | Pork, cured, ham with natural juices, rump, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.093 |
| 10924 | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.164 |
| 10903 | Pork, cured, ham with natural juices, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz shank | 0.032 |
| 10874 | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.147 |
| 10891 | Pork, cured, ham with natural juices, shank, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.099 |
| 10925 | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.098 |
| 10902 | Pork, cured, ham with natural juices, slice, bone-in, separable lean and fat, unheated | 85.0 | 3.0 oz | 0.082 |
| 10875 | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.082 |
| 10892 | Pork, cured, ham with natural juices, slice, bone-in, separable lean only, unheated | 85.0 | 3.0 oz | 0.082 |
| 10926 | Pork, cured, ham with natural juices, slice, boneless, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.231 |
| 10882 | Pork, cured, ham with natural juices, slice, boneless, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.230 |
| 10927 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, heated, roasted | 145.0 | 1.0 slice | 0.280 |
| 10901 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz spiral slice | 0.048 |
| 10893 | Pork, cured, ham with natural juices, spiral slice, boneless, separable lean only, unheated | 28.35 | 1.0 oz spiral slice | 0.048 |
| 10876 | Pork, cured, ham with natural juices, spiral slice, meat only, boneless, separable lean only, heated, roasted | 145.0 | 1.0 slice | 0.274 |
| 10928 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.231 |
| 10900 | Pork, cured, ham with natural juices, whole, boneless, separable lean and fat, unheated | 28.35 | 1.0 oz whole | 0.040 |
| 10883 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.231 |
| 10884 | Pork, cured, ham with natural juices, whole, boneless, separable lean only, unheated | 28.35 | 1.0 oz | 0.040 |
| 10134 | Pork, cured, ham, boneless, extra lean (approximately 5% fat), roasted | 140.0 | 1.0 cup | 0.111 |
| 10183 | Pork, cured, ham, boneless, extra lean and regular, roasted | 140.0 | 1.0 cup | 0.167 |
| 10182 | Pork, cured, ham, boneless, extra lean and regular, unheated | 140.0 | 1.0 cup | 0.125 |
| 43327 | Pork, cured, ham, boneless, low sodium, extra lean (approximately 5% fat), roasted | 28.35 | 1.0 oz | 0.022 |
| 43325 | Pork, cured, ham, boneless, low sodium, extra lean and regular, roasted | 28.35 | 1.0 oz, boneless | 0.034 |
| 10136 | Pork, cured, ham, boneless, regular (approximately 11% fat), roasted | 140.0 | 1.0 cup | 0.203 |
| 10141 | Pork, cured, ham, center slice, country-style, separable lean only, raw | 28.35 | 1.0 oz | 0.031 |
| 10142 | Pork, cured, ham, center slice, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.021 |
| 10138 | Pork, cured, ham, extra lean (approximately 4% fat), canned, roasted | 140.0 | 1.0 cup | 0.070 |
| 10137 | Pork, cured, ham, extra lean (approximately 4% fat), canned, unheated | 140.0 | 1.0 cup | 0.118 |
| 10185 | Pork, cured, ham, extra lean and regular, canned, roasted | 140.0 | 1.0 cup | 0.109 |
| 10184 | Pork, cured, ham, extra lean and regular, canned, unheated | 140.0 | 1.0 cup | 0.109 |
| 43326 | Pork, cured, ham, low sodium, lean and fat, cooked | 28.35 | 1.0 oz, boneless | 0.037 |
| 10146 | Pork, cured, ham, patties, unheated | 28.35 | 1.0 oz | 0.020 |
| 10140 | Pork, cured, ham, regular (approximately 13% fat), canned, roasted | 140.0 | 1.0 cup | 0.182 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10929 | Pork, cured, ham, rump, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.929 |
| 10955 | Pork, cured, ham, rump, bone-in, separable lean and fat, unheated | 85.0 | 3.0 oz | 0.654 |
| 10931 | Pork, cured, ham, rump, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 1.017 |
| 10932 | Pork, cured, ham, rump, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 0.246 |
| 10894 | Pork, cured, ham, separable fat, boneless, heated | 85.0 | 3.0 oz | 0.280 |
| 10895 | Pork, cured, ham, separable fat, boneless, unheated | 117.0 | 4.0 oz | 0.113 |
| 10935 | Pork, cured, ham, shank, bone-in, separable lean and fat, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.134 |
| 10936 | Pork, cured, ham, shank, bone-in, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.098 |
| 10933 | Pork, cured, ham, shank, bone-in, separable lean only, heated, roasted | 85.0 | 1.0 serving (3 oz) | 0.115 |
| 10934 | Pork, cured, ham, shank, bone-in, separable lean only, unheated | 28.35 | 1.0 oz | 0.109 |
| 10937 | Pork, cured, ham, slice, bone-in, separable lean and fat, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.354 |
| 10939 | Pork, cured, ham, slice, bone-in, separable lean and fat, unheated | 85.0 | 1.0 serving (3 oz) | 0.121 |
| 10899 | Pork, cured, ham, slice, bone-in, separable lean only, heated, pan-broil | 85.0 | 1.0 serving (3 oz) | 0.362 |
| 10938 | Pork, cured, ham, slice, bone-in, separable lean only, unheated | 85.0 | 1.0 serving (3 oz) | 0.126 |
| 10149 | Pork, cured, ham, steak, boneless, extra lean, unheated | 28.35 | 1.0 oz | 0.023 |
| 10150 | Pork, cured, ham, whole, separable lean and fat, unheated | 140.0 | 1.0 cup | 0.099 |
| 10153 | Pork, cured, ham, whole, separable lean only, roasted | 140.0 | 1.0 cup | 0.122 |
| 10152 | Pork, cured, ham, whole, separable lean only, unheated | 140.0 | 1.0 cup | 0.111 |
| 10165 | Pork, cured, salt pork, raw | 28.35 | 1.0 oz | 0.014 |
| 10167 | Pork, cured, separable fat (from ham and arm picnic), roasted | 28.35 | 1.0 oz | 0.020 |
| 10166 | Pork, cured, separable fat (from ham and arm picnic), unheated | 28.35 | 1.0 oz | 0.012 |
| 10168 | Pork, cured, shoulder, arm picnic, separable lean and fat, roasted | 140.0 | 1.0 cup | 0.158 |
| 10169 | Pork, cured, shoulder, arm picnic, separable lean only, roasted | 140.0 | 1.0 cup | 0.179 |
| 10171 | Pork, cured, shoulder, blade roll, separable lean and fat, roasted | 85.0 | 3.0 oz | 0.065 |
| 10170 | Pork, cured, shoulder, blade roll, separable lean and fat, unheated | 28.35 | 1.0 oz | 0.026 |
| 10004 | Pork, fresh, backfat, raw | 28.35 | 1.0 oz | 0.005 |
| 10193 | Pork, fresh, backribs, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.091 |
| 10192 | Pork, fresh, backribs, separable lean and fat, raw | 85.0 | 3.0 oz | 0.077 |
| 10005 | Pork, fresh, belly, raw | 28.35 | 1.0 oz | 0.015 |
| 10988 | Pork, fresh, blade, (chops), boneless, separable lean and fat, cooked, broiled | 131.0 | 1.0 chop | 0.092 |
| 10001 | Pork, fresh, carcass, separable lean and fat, raw | 28.35 | 1.0 oz | 0.016 |
| 10000 | Pork, fresh, composite of separable fat, with added solution, cooked | 85.0 | 3.0 oz | 0.038 |
| 10942 | Pork, fresh, composite of separable fat, with added solution, raw | 28.35 | 1.0 oz | 0.016 |
| 10003 | Pork, fresh, composite of trimmed leg, loin, shoulder, and spareribs, (includes cuts to be cured), separable lean and fat, raw | 28.35 | 1.0 oz | 0.021 |
| 10093 | Pork, fresh, composite of trimmed retail cuts (leg, loin, and shoulder), separable lean only, cooked | 85.0 | 3.0 oz | 0.066 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10002 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder), separable lean only, raw | 28.35 | 1.0 oz | 0.021 |
| 10188 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, cooked | 85.0 | 3.0 oz | 0.076 |
| 10187 | Pork, fresh, composite of trimmed retail cuts (leg, loin, shoulder, and spareribs), separable lean and fat, raw | 28.35 | 1.0 oz | 0.018 |
| 10227 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, cooked | 85.0 | 3.0 oz | 0.060 |
| 10226 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean and fat, raw | 28.35 | 1.0 oz | 0.020 |
| 10229 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, cooked | 85.0 | 3.0 oz | 0.045 |
| 10228 | Pork, fresh, composite of trimmed retail cuts (loin and shoulder blade), separable lean only, raw | 28.35 | 1.0 oz | 0.018 |
| 10944 | Pork, fresh, enhanced, loin, tenderloin, separable lean only, raw | 85.0 | 3.0 oz | 0.088 |
| 10220 | Pork, fresh, ground, cooked | 85.0 | 3.0 oz | 0.037 |
| 10219 | Pork, fresh, ground, raw | 28.35 | 1.0 oz | 0.013 |
| 10013 | Pork, fresh, leg (ham), rump half, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 0.151 |
| 10012 | Pork, fresh, leg (ham), rump half, separable lean and fat, raw | 28.35 | 1.0 oz | 0.022 |
| 10015 | Pork, fresh, leg (ham), rump half, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.099 |
| 10014 | Pork, fresh, leg (ham), rump half, separable lean only, raw | 85.0 | 3.0 oz | 0.068 |
| 10017 | Pork, fresh, leg (ham), shank half, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.101 |
| 10016 | Pork, fresh, leg (ham), shank half, separable lean and fat, raw | 85.0 | 3.0 oz | 0.111 |
| 10019 | Pork, fresh, leg (ham), shank half, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.105 |
| 10018 | Pork, fresh, leg (ham), shank half, separable lean only, raw | 85.0 | 3.0 oz | 0.121 |
| 10009 | Pork, fresh, leg (ham), whole, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 0.135 |
| 10008 | Pork, fresh, leg (ham), whole, separable lean and fat, raw | 28.35 | 1.0 oz | 0.018 |
| 10011 | Pork, fresh, leg (ham), whole, separable lean only, cooked, roasted | 135.0 | 1.0 cup, diced | 0.146 |
| 10010 | Pork, fresh, leg (ham), whole, separable lean only, raw | 28.35 | 1.0 oz | 0.021 |
| 10028 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 0.070 |
| 10032 | Pork, fresh, loin, blade (chops or roasts), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 0.069 |
| 10989 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean and fat only, raw | 85.0 | 3.0 oz | 0.045 |
| 10982 | Pork, fresh, loin, blade (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 0.044 |
| 10029 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.083 |
| 10030 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.089 |
| 10178 | Pork, fresh, loin, blade (chops), bone-in, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 0.089 |
| 10033 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.082 |
| 10034 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.089 |
| 10120 | Pork, fresh, loin, blade (chops), bone-in, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 0.089 |
| 10984 | Pork, fresh, loin, blade (chops), boneless, separable lean only, boneless, cooked, broiled | 85.0 | 3.0 oz | 0.058 |
| 10031 | Pork, fresh, loin, blade (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.080 |
| 10035 | Pork, fresh, loin, blade (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.079 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10990 | Pork, fresh, loin, blade (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.067 |
| 10983 | Pork, fresh, loin, blade (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.066 |
| 10037 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.088 |
| 10038 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.066 |
| 10179 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 0.100 |
| 10036 | Pork, fresh, loin, center loin (chops), bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 0.054 |
| 10041 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.088 |
| 10042 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, broiled | 146.0 | 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 209g) | 0.118 |
| 10176 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 0.100 |
| 10040 | Pork, fresh, loin, center loin (chops), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 0.056 |
| 10189 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, cooked, pan-broiled | 85.0 | 3.0 oz | 0.054 |
| 10164 | Pork, fresh, loin, center loin (chops), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.046 |
| 10163 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, cooked, pan-broiled | 114.0 | 4.0 oz | 0.067 |
| 10094 | Pork, fresh, loin, center loin (chops), boneless, separable lean only, raw | 114.0 | 4.0 oz | 0.055 |
| 10039 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.088 |
| 10043 | Pork, fresh, loin, center loin (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.087 |
| 10044 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean and fat, raw | 133.0 | 1.0 chop without refuse (Yield from 1 raw chop, with refuse, weighing 201g) | 0.086 |
| 10048 | Pork, fresh, loin, center rib (chops or roasts), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 0.058 |
| 10194 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.046 |
| 10199 | Pork, fresh, loin, center rib (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 0.049 |
| 10045 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.086 |
| 10046 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, broiled | 112.0 | 1.0 chop without refuse (Yield from 1 cooked chop, with refuse, weighing 172g) | 0.094 |
| 10180 | Pork, fresh, loin, center rib (chops), bone-in, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 0.090 |
| 10049 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.084 |
| 10050 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.075 |
| 10177 | Pork, fresh, loin, center rib (chops), bone-in, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 0.089 |
| 10195 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.060 |
| 10196 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.058 |
| 10197 | Pork, fresh, loin, center rib (chops), boneless, separable lean and fat, cooked, pan-fried | 85.0 | 3.0 oz | 0.057 |
| 10200 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.063 |
| 10201 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.060 |
| 10202 | Pork, fresh, loin, center rib (chops), boneless, separable lean only, cooked, pan-fried | 85.0 | 3.0 oz | 0.059 |
| 10047 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.072 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10051 | Pork, fresh, loin, center rib (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.070 |
| 10198 | Pork, fresh, loin, center rib (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.014 |
| 10203 | Pork, fresh, loin, center rib (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.010 |
| 10992 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, broiled | 122.0 | 1.0 rack | 0.139 |
| 10206 | Pork, fresh, loin, country-style ribs, separable lean and fat, bone-in, cooked, roasted | 138.0 | 1.0 rack | 0.079 |
| 10991 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, broiled | 122.0 | 1.0 rack | 0.085 |
| 10993 | Pork, fresh, loin, country-style ribs, separable lean and fat, boneless, cooked, roasted | 138.0 | 1.0 rack | 0.116 |
| 10205 | Pork, fresh, loin, country-style ribs, separable lean and fat, cooked, braised | 86.0 | 1.0 rib without refuse (Yield from 1 cooked rib, with refuse, weighing 140g) | 0.087 |
| 10204 | Pork, fresh, loin, country-style ribs, separable lean and fat, raw | 128.0 | 1.0 rib without refuse (Yield from 1 raw rib, with refuse, weighing 196g) | 0.100 |
| 10986 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, broiled | 122.0 | 1.0 rack | 0.143 |
| 10209 | Pork, fresh, loin, country-style ribs, separable lean only, bone-in, cooked, roasted | 138.0 | 1.0 rack | 0.148 |
| 10985 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, broiled | 122.0 | 1.0 rack | 0.084 |
| 10987 | Pork, fresh, loin, country-style ribs, separable lean only, boneless, cooked, roasted | 138.0 | 1.0 rack | 0.115 |
| 10208 | Pork, fresh, loin, country-style ribs, separable lean only, cooked, braised | 80.0 | 1.0 rib without refuse (yield from 1 cooked rib, with refuse, weighing 141g) | 0.084 |
| 10207 | Pork, fresh, loin, country-style ribs, separable lean only, raw | 85.0 | 3.0 oz | 0.071 |
| 10052 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean and fat, raw | 85.0 | 3.0 oz | 0.075 |
| 10056 | Pork, fresh, loin, sirloin (chops or roasts), bone-in, separable lean only, raw | 85.0 | 3.0 oz | 0.078 |
| 10210 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.059 |
| 10214 | Pork, fresh, loin, sirloin (chops or roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 0.059 |
| 10053 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.072 |
| 10054 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.102 |
| 10057 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.072 |
| 10058 | Pork, fresh, loin, sirloin (chops), bone-in, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.105 |
| 10211 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.071 |
| 10212 | Pork, fresh, loin, sirloin (chops), boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.072 |
| 10215 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.071 |
| 10216 | Pork, fresh, loin, sirloin (chops), boneless, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.072 |
| 10055 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.099 |
| 10059 | Pork, fresh, loin, sirloin (roasts), bone-in, separable lean only, cooked, roasted | 85.0 | 3.0 oz (Yield from 1 cooked roast, with refuse, weighing 1515g) | 0.103 |
| 10213 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.093 |
| 10217 | Pork, fresh, loin, sirloin (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.093 |
| 10221 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.057 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10222 | Pork, fresh, loin, tenderloin, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.094 |
| 10218 | Pork, fresh, loin, tenderloin, separable lean and fat, raw | 85.0 | 3.0 oz | 0.076 |
| 10952 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.089 |
| 10951 | Pork, fresh, loin, tenderloin, separable lean and fat, with added solution, raw | 85.0 | 3.0 oz | 0.087 |
| 10223 | Pork, fresh, loin, tenderloin, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.058 |
| 10061 | Pork, fresh, loin, tenderloin, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.094 |
| 10060 | Pork, fresh, loin, tenderloin, separable lean only, raw | 85.0 | 3.0 oz | 0.076 |
| 10943 | Pork, fresh, loin, tenderloin, separable lean only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.090 |
| 10063 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, braised | 135.0 | 1.0 chop | 0.120 |
| 10064 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, broiled | 145.0 | 1.0 chop | 0.117 |
| 10186 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, cooked, pan-fried | 142.0 | 1.0 chop | 0.135 |
| 10062 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.048 |
| 10950 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, broiled | 107.0 | 1.0 chop | 0.068 |
| 10859 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, cooked, pan-broiled | 150.0 | 1.0 chop boneless (yield from 189g raw meat) | 0.093 |
| 10949 | Pork, fresh, loin, top loin (chops), boneless, separable lean and fat, with added solution, raw | 146.0 | 1.0 chop | 0.072 |
| 10067 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, braised | 135.0 | 1.0 chop | 0.117 |
| 10068 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, broiled | 145.0 | 1.0 chop | 0.120 |
| 10181 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, cooked, pan-fried | 142.0 | 1.0 chop | 0.133 |
| 10066 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, raw | 85.0 | 3.0 oz | 0.048 |
| 10947 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, broiled | 107.0 | 1.0 chop | 0.070 |
| 10858 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, cooked, pan-broiled | 150.0 | 1.0 chop boneless | 0.094 |
| 10948 | Pork, fresh, loin, top loin (chops), boneless, separable lean only, with added solution, raw | 114.0 | 4.0 oz | 0.055 |
| 10065 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.065 |
| 10224 | Pork, fresh, loin, top loin (roasts), boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.048 |
| 10069 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.067 |
| 10225 | Pork, fresh, loin, top loin (roasts), boneless, separable lean only, raw | 85.0 | 3.0 oz | 0.049 |
| 10021 | Pork, fresh, loin, whole, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.065 |
| 10022 | Pork, fresh, loin, whole, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.062 |
| 10023 | Pork, fresh, loin, whole, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.048 |
| 10020 | Pork, fresh, loin, whole, separable lean and fat, raw | 85.0 | 3.0 oz | 0.048 |
| 10025 | Pork, fresh, loin, whole, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.067 |
| 10026 | Pork, fresh, loin, whole, separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.064 |
| 10027 | Pork, fresh, loin, whole, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 10024 | Pork, fresh, loin, whole, separable lean only, raw | 85.0 | 3.0 oz | 0.053 |
| 10007 | Pork, fresh, separable fat, cooked | 28.35 | 1.0 oz | 0.026 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10006 | Pork, fresh, separable fat, raw | 28.35 | 1.0 oz | 0.019 |
| 10081 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.110 |
| 10080 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, raw | 85.0 | 3.0 oz | 0.082 |
| 10954 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat, with added solution, cooked, braised | 85.0 | 3.0 oz | 0.163 |
| 10953 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean and fat,with added solution, raw | 85.0 | 3.0 oz | 0.099 |
| 10085 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.116 |
| 10084 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, raw | 85.0 | 3.0 oz | 0.087 |
| 10945 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution cooked, braised | 85.0 | 3.0 oz | 0.177 |
| 10946 | Pork, fresh, shoulder, (Boston butt), blade (steaks), separable lean only, with added solution, raw | 85.0 | 3.0 oz | 0.106 |
| 10075 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.091 |
| 10076 | Pork, fresh, shoulder, arm picnic, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 0.150 |
| 10074 | Pork, fresh, shoulder, arm picnic, separable lean and fat, raw | 85.0 | 3.0 oz | 0.061 |
| 10078 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.093 |
| 10079 | Pork, fresh, shoulder, arm picnic, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.109 |
| 10077 | Pork, fresh, shoulder, arm picnic, separable lean only, raw | 85.0 | 3.0 oz | 0.062 |
| 10083 | Pork, fresh, shoulder, blade, boston (roasts), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.097 |
| 10087 | Pork, fresh, shoulder, blade, boston (roasts), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.103 |
| 10082 | Pork, fresh, shoulder, blade, boston (steaks), separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.049 |
| 10086 | Pork, fresh, shoulder, blade, boston (steaks), separable lean only, cooked, broiled | 85.0 | 3.0 oz | 0.050 |
| 10071 | Pork, fresh, shoulder, whole, separable lean and fat, cooked, roasted | 135.0 | 1.0 cup, diced | 0.153 |
| 10070 | Pork, fresh, shoulder, whole, separable lean and fat, raw | 28.35 | 1.0 oz | 0.024 |
| 10073 | Pork, fresh, shoulder, whole, separable lean only, cooked, roasted | 135.0 | 1.0 cup, diced | 0.167 |
| 10072 | Pork, fresh, shoulder, whole, separable lean only, raw | 28.35 | 1.0 oz | 0.027 |
| 10089 | Pork, fresh, spareribs, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.121 |
| 10940 | Pork, fresh, spareribs, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.097 |
| 10088 | Pork, fresh, spareribs, separable lean and fat, raw | 85.0 | 3.0 oz | 0.068 |
| 10097 | Pork, fresh, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 0.224 |
| 10096 | Pork, fresh, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 0.068 |
| 10099 | Pork, fresh, variety meats and by-products, chitterlings, cooked, simmered | 85.0 | 3.0 oz | 0.039 |
| 10098 | Pork, fresh, variety meats and by-products, chitterlings, raw | 28.35 | 1.0 oz | 0.022 |
| 10101 | Pork, fresh, variety meats and by-products, ears, frozen, cooked, simmered | 111.0 | 1.0 ear (yield after cooking) | 0.007 |
| 10100 | Pork, fresh, variety meats and by-products, ears, frozen, raw | 28.35 | 1.0 oz | 0.002 |
| 10173 | Pork, fresh, variety meats and by-products, feet, cooked, simmered | 85.0 | 3.0 oz | 0.053 |
| 10102 | Pork, fresh, variety meats and by-products, feet, raw | 28.35 | 1.0 oz | 0.020 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10104 | Pork, fresh, variety meats and by-products, heart, cooked, braised | 145.0 | 1.0 cup | 0.737 |
| 10103 | Pork, fresh, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 0.116 |
| 10105 | Pork, fresh, variety meats and by-products, jowl, raw | 28.35 | 1.0 oz | 0.011 |
| 10107 | Pork, fresh, variety meats and by-products, kidneys, cooked, braised | 140.0 | 1.0 cup | 0.956 |
| 10106 | Pork, fresh, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 0.176 |
| 10109 | Pork, fresh, variety meats and by-products, leaf fat, raw | 28.35 | 1.0 oz | 0.003 |
| 10111 | Pork, fresh, variety meats and by-products, liver, cooked, braised | 85.0 | 3.0 oz | 0.539 |
| 10110 | Pork, fresh, variety meats and by-products, liver, raw | 28.35 | 1.0 oz | 0.192 |
| 10113 | Pork, fresh, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 0.068 |
| 10112 | Pork, fresh, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 0.024 |
| 10114 | Pork, fresh, variety meats and by-products, mechanically separated, raw | 28.35 | 1.0 oz | 0.023 |
| 10116 | Pork, fresh, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 0.094 |
| 10115 | Pork, fresh, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 0.026 |
| 10118 | Pork, fresh, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 0.113 |
| 10117 | Pork, fresh, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 0.037 |
| 10863 | Pork, fresh, variety meats and by-products, stomach, cooked, simmered | 85.0 | 3.0 oz | 0.203 |
| 10119 | Pork, fresh, variety meats and by-products, stomach, raw | 28.35 | 1.0 oz | 0.048 |
| 10175 | Pork, fresh, variety meats and by-products, tail, cooked, simmered | 85.0 | 3.0 oz | 0.057 |
| 10174 | Pork, fresh, variety meats and by-products, tail, raw | 28.35 | 1.0 oz | 0.024 |
| 10122 | Pork, fresh, variety meats and by-products, tongue, cooked, braised | 85.0 | 3.0 oz | 0.094 |
| 10121 | Pork, fresh, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 0.020 |
| 10974 | Pork, ground, 72% lean / 28% fat, cooked, crumbles | 113.0 | 4.0 oz | 0.043 |
| 10977 | Pork, ground, 72% lean / 28% fat, cooked, pan-broiled | 85.0 | 3.0 oz grilled patties | 0.032 |
| 10975 | Pork, ground, 84% lean / 16% fat, cooked, crumbles | 85.0 | 3.0 oz grilled patties | 0.034 |
| 10978 | Pork, ground, 84% lean / 16% fat, cooked, pan-broiled | 85.0 | 3.0 oz grilled patties | 0.032 |
| 10972 | Pork, ground, 84% lean / 16% fat, raw | 113.0 | 4.0 oz | 0.036 |
| 10976 | Pork, ground, 96% lean / 4% fat, cooked, crumbles | 85.0 | 3.0 oz grilled patties | 0.035 |
| 10979 | Pork, ground, 96% lean / 4% fat, cooked, pan-broiled | 85.0 | 3.0 oz grilled patties | 0.033 |
| 10973 | Pork, ground, 96% lean / 4% fat, raw | 113.0 | 4.0 oz | 0.037 |
| 10957 | Pork, Leg Cap Steak, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.048 |
| 10962 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.058 |
| 10963 | Pork, Leg sirloin tip roast, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.057 |
| 10956 | Pork, loin, leg cap steak, boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.062 |
| 43297 | Pork, oriental style, dehydrated | 22.0 | 1.0 cup | 0.014 |
| 10898 | Pork, pickled pork hocks | 117.0 | 3.0 oz | 0.096 |
| 10959 | Pork, Shoulder breast, boneless, separable lean and fat, cooked, broiled | 85.0 | 3.0 oz | 0.060 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 10958 | Pork, Shoulder breast, boneless, separable lean and fat, raw | 85.0 | 3.0 oz | 0.065 |
| 10961 | Pork, Shoulder petite tender, boneless, separable lean and fat, raw | 105.0 | 1.0 piece | 0.094 |
| 10960 | Pork, shoulder, petite tender, boneless, separable lean and fat, cooked, broiled | 92.0 | 1.0 piece | 0.091 |
| 19823 | Potato chips, without salt, reduced fat | 28.35 | 1.0 oz | 0.099 |
| 11413 | Potato flour | 160.0 | 1.0 cup | 0.315 |
| 11672 | Potato pancakes | 22.0 | 1.0 small 2-3/4 in. dia., 5/8 in. thick. | 0.040 |
| 11399 | Potato puffs, frozen, oven-heated | 79.0 | 10.0 puffs | 0.062 |
| 11398 | Potato puffs, frozen, unprepared | 120.0 | 1.0 cup | 0.090 |
| 22971 | Potato salad with egg | 125.0 | 0.5 cup | 0.051 |
| 11414 | Potato salad, home-prepared | 250.0 | 1.0 cup | 0.295 |
| 06969 | Potato soup, instant, dry mix | 39.0 | 1.0 serving 1/3 cup | 0.098 |
| 11385 | Potatoes, au gratin, dry mix, prepared with water, whole milk and butter | 137.0 | 0.167 package (5.5 oz) yields | 0.063 |
| 11384 | Potatoes, au gratin, dry mix, unprepared | 26.0 | 0.167 package (5.5 oz) | 0.062 |
| 11373 | Potatoes, au gratin, home-prepared from recipe using butter | 245.0 | 1.0 cup | 0.392 |
| 11843 | Potatoes, au gratin, home-prepared from recipe using margarine | 245.0 | 1.0 cup | 0.392 |
| 11828 | Potatoes, baked, flesh and skin, with salt | 61.0 | 0.5 cup | 0.072 |
| 11674 | Potatoes, baked, flesh and skin, without salt | 148.0 | 1.0 NLEA serving | 0.175 |
| 11829 | Potatoes, baked, flesh, with salt | 61.0 | 0.5 cup | 0.131 |
| 11363 | Potatoes, baked, flesh, without salt | 61.0 | 0.5 cup | 0.131 |
| 11830 | Potatoes, baked, skin only, with salt | 58.0 | 1.0 skin | 0.474 |
| 11364 | Potatoes, baked, skin, without salt | 58.0 | 1.0 skin | 0.474 |
| 11831 | Potatoes, boiled, cooked in skin, flesh, with salt | 78.0 | 0.5 cup | 0.147 |
| 11365 | Potatoes, boiled, cooked in skin, flesh, without salt | 78.0 | 0.5 cup | 0.147 |
| 11832 | Potatoes, boiled, cooked in skin, skin, with salt | 34.0 | 1.0 skin | 0.299 |
| 11366 | Potatoes, boiled, cooked in skin, skin, without salt | 34.0 | 1.0 skin | 0.299 |
| 11833 | Potatoes, boiled, cooked without skin, flesh, with salt | 78.0 | 0.5 cup | 0.130 |
| 11367 | Potatoes, boiled, cooked without skin, flesh, without salt | 78.0 | 0.5 cup | 0.130 |
| 11376 | Potatoes, canned, drained solids | 180.0 | 1.0 cup | 0.103 |
| 43311 | Potatoes, canned, drained solids, no salt added | 180.0 | 1.0 cup | 0.103 |
| 11374 | Potatoes, canned, solids and liquids | 300.0 | 1.0 cup, whole | 0.210 |
| 11352 | Potatoes, flesh and skin, raw | 75.0 | 0.5 cup, diced | 0.082 |
| 11403 | Potatoes, french fried, all types, salt added in processing, frozen, home-prepared, oven heated | 76.0 | 10.0 fries | 0.079 |
| 11402 | Potatoes, french fried, all types, salt added in processing, frozen, unprepared | 89.0 | 10.0 strip | 0.083 |
| 11842 | Potatoes, french fried, all types, salt not added in processing, frozen, as purchased | 65.0 | 10.0 strips | 0.060 |
| 11841 | Potatoes, french fried, all types, salt not added in processing, frozen, oven-heated | 74.0 | 10.0 strip | 0.100 |
| 11406 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, as purchased | 65.0 | 10.0 strips | 0.092 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11407 | Potatoes, french fried, cottage-cut, salt not added in processing, frozen, oven-heated | 50.0 | 10.0 strips | 0.100 |
| 11359 | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, as purchased | 82.0 | 10.0 strip | 0.063 |
| 11360 | Potatoes, french fried, crinkle or regular cut, salt added in processing, frozen, oven-heated | 69.0 | 10.0 strip | 0.100 |
| 11394 | Potatoes, french fried, shoestring, salt added in processing, frozen, as purchased | 30.0 | 10.0 strip | 0.033 |
| 11395 | Potatoes, french fried, shoestring, salt added in processing, frozen, oven-heated | 21.0 | 10.0 strip | 0.024 |
| 11411 | Potatoes, french fried, steak fries, salt added in processing, frozen, as purchased | 153.0 | 10.0 strip | 0.141 |
| 11412 | Potatoes, french fried, steak fries, salt added in processing, frozen, oven-heated | 133.0 | 10.0 strip | 0.126 |
| 11840 | Potatoes, frozen, french fried, par fried, cottage-cut, prepared, heated in oven, with salt | 50.0 | 10.0 strips | 0.100 |
| 11409 | Potatoes, frozen, french fried, par fried, extruded, prepared, heated in oven, without salt | 50.0 | 10.0 strips | 0.020 |
| 11408 | Potatoes, frozen, french fried, par fried, extruded, unprepared | 65.0 | 10.0 strips | 0.021 |
| 11400 | Potatoes, frozen, whole, unprepared | 182.0 | 1.0 cup | 0.171 |
| 11391 | Potatoes, hash brown, frozen, plain, prepared, pan fried in canola oil | 150.0 | 1.0 cup prepared | 0.172 |
| 11390 | Potatoes, hash brown, frozen, plain, unprepared | 105.0 | 0.5 cup | 0.104 |
| 11392 | Potatoes, hash brown, frozen, with butter sauce, unprepared | 170.0 | 1.0 package (6 oz) | 0.131 |
| 11370 | Potatoes, hash brown, home-prepared | 156.0 | 1.0 cup | 0.457 |
| 31022 | Potatoes, hash brown, refrigerated, prepared, pan-fried in canola oil | 130.0 | 1.0 cup prepared | 0.139 |
| 31021 | Potatoes, hash brown, refrigerated, unprepared | 159.0 | 1.0 cup unprepared | 0.099 |
| 11378 | Potatoes, mashed, dehydrated, flakes without milk, dry form | 60.0 | 1.0 cup | 0.097 |
| 11382 | Potatoes, mashed, dehydrated, granules with milk, dry form | 200.0 | 1.0 cup | 1.156 |
| 11380 | Potatoes, mashed, dehydrated, granules without milk, dry form | 200.0 | 1.0 cup | 0.204 |
| 11379 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added | 210.0 | 1.0 cup | 0.065 |
| 11930 | Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and margarine added | 210.0 | 1.0 cup | 0.034 |
| 11383 | Potatoes, mashed, dehydrated, prepared from granules with milk, water and margarine added | 210.0 | 1.0 cup | 0.061 |
| 11381 | Potatoes, mashed, dehydrated, prepared from granules without milk, whole milk and butter added | 210.0 | 1.0 cup | 0.046 |
| 11657 | Potatoes, mashed, home-prepared, whole milk added | 210.0 | 1.0 cup | 0.304 |
| 11934 | Potatoes, mashed, home-prepared, whole milk and butter added | 210.0 | 1.0 cup | 0.290 |
| 11371 | Potatoes, mashed, home-prepared, whole milk and margarine added | 210.0 | 1.0 cup | 0.325 |
| 11929 | Potatoes, mashed, prepared from granules, without milk, whole milk and margarine | 210.0 | 1.0 cup | 0.046 |
| 31036 | Potatoes, mashed, ready-to-eat | 229.0 | 1.0 cup | 0.025 |
| 11675 | Potatoes, microwaved, cooked in skin, flesh and skin, without salt | 202.0 | 1.0 potato (2-3/4" dia by 4-3/4" long) | 0.675 |
| 11835 | Potatoes, microwaved, cooked in skin, flesh, with salt | 78.0 | 0.5 cup | 0.185 |
| 11368 | Potatoes, microwaved, cooked in skin, flesh, without salt | 78.0 | 0.5 cup | 0.185 |
| 11369 | Potatoes, microwaved, cooked in skin, skin, without salt | 58.0 | 1.0 skin | 0.512 |
| 11834 | Potatoes, microwaved, cooked, in skin, flesh and skin, with salt | 202.0 | 1.0 potato (2-1/3" x 4-3/4") | 0.675 |
| 11836 | Potatoes, microwaved, cooked, in skin, skin with salt | 58.0 | 1.0 skin | 0.512 |
| 11671 | Potatoes, o'brien, home-prepared | 194.0 | 1.0 cup | 0.250 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11362 | Potatoes, raw, skin | 38.0 | 1.0 skin | 0.161 |
| 11358 | Potatoes, red, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia. | 0.520 |
| 11355 | Potatoes, red, flesh and skin, raw | 75.0 | 0.5 cup, diced | 0.100 |
| 11356 | Potatoes, Russet, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia. | 0.320 |
| 11353 | Potatoes, russet, flesh and skin, raw | 75.0 | 0.5 cup, diced | 0.077 |
| 11387 | Potatoes, scalloped, dry mix, prepared with water, whole milk and butter | 245.0 | 1.0 cup (unprepared) | 0.120 |
| 11386 | Potatoes, scalloped, dry mix, unprepared | 26.0 | 0.167 package (5.5 oz) | 0.068 |
| 11372 | Potatoes, scalloped, home-prepared with butter | 245.0 | 1.0 cup | 0.399 |
| 11844 | Potatoes, scalloped, home-prepared with margarine | 245.0 | 1.0 cup | 0.399 |
| 11357 | Potatoes, white, flesh and skin, baked | 299.0 | 1.0 potato large (3" to 4-1/4" dia) | 0.380 |
| 11354 | Potatoes, white, flesh and skin, raw | 75.0 | 0.5 cup, diced | 0.087 |
| 32013 | Potsticker or wonton, pork and vegetable, frozen, unprepared | 145.0 | 5.0 pieces 1 serving | 0.049 |
| 07067 | Poultry salad sandwich spread | 13.0 | 1.0 tbsp | 0.004 |
| 05301 | Poultry, mechanically deboned, from backs and necks with skin, raw | 227.0 | 0.5 lb | 0.148 |
| 05302 | Poultry, mechanically deboned, from backs and necks without skin, raw | 227.0 | 0.5 lb | 0.157 |
| 05303 | Poultry, mechanically deboned, from mature hens, raw | 227.0 | 0.5 lb | 0.148 |
| 35201 | Prairie Turnips, boiled (Northern Plains Indians) | 14.0 | 1.0 bulb | 0.005 |
| 35200 | Prairie Turnips, raw (Northern Plains Indians) | 12.6 | 1.0 bulb peeled | 0.007 |
| 43109 | Pretzels, soft | 143.0 | 1.0 large | 0.180 |
| 25024 | Pretzels, soft, unsalted | 143.0 | 1.0 large | 0.180 |
| 09287 | Prickly pears, raw | 149.0 | 1.0 cup | 0.119 |
| 35198 | Prickly pears, raw (Northern Plains Indians) | 19.0 | 1.0 pad peeled | 0.004 |
| 01224 | Protein supplement, milk based, Muscle Milk Light, powder | 50.0 | 2.0 scoop | 0.700 |
| 01223 | Protein supplement, milk based, Muscle Milk, powder | 11.0 | 1.0 tbsp | 0.110 |
| 09294 | Prune juice, canned | 256.0 | 1.0 cup | 0.174 |
| 09288 | Prunes, canned, heavy syrup pack, solids and liquids | 234.0 | 1.0 cup | 0.276 |
| 09290 | Prunes, dehydrated (low-moisture), stewed | 280.0 | 1.0 cup | 0.571 |
| 09289 | Prunes, dehydrated (low-moisture), uncooked | 132.0 | 1.0 cup | 0.807 |
| 19333 | Pudding, lemon, dry mix, regular, prepared with sugar, egg yolk and water | 127.0 | 0.5 cup | 0.017 |
| 44260 | Puddings, all flavors except chocolate, low calorie, instant, dry mix | 8.0 | 1.0 serving | 0.003 |
| 44259 | Puddings, all flavors except chocolate, low calorie, regular, dry mix | 113.0 | 1.0 serving | 0.045 |
| 19318 | Puddings, banana, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 0.021 |
| 19121 | Puddings, banana, dry mix, instant, prepared with 2% milk | 147.0 | 0.5 cup From 19191 | 0.015 |
| 19319 | Puddings, banana, dry mix, instant, prepared with whole milk | 127.0 | 0.5 cup | 0.030 |
| 19705 | Puddings, banana, dry mix, instant, with added oil | 99.0 | 1.0 package (3.5 oz) | 0.021 |
| 19320 | Puddings, banana, dry mix, regular | 88.0 | 1.0 package (3.12 oz) | 0.018 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19122 | Puddings, banana, dry mix, regular, prepared with 2% milk | 142.0 | 0.5 cup From 19211 | 0.014 |
| 19321 | Puddings, banana, dry mix, regular, prepared with whole milk | 127.0 | 0.5 cup | 0.032 |
| 19706 | Puddings, banana, dry mix, regular, with added oil | 88.0 | 1.0 package (3.12 oz) | 0.018 |
| 44061 | Puddings, chocolate flavor, low calorie, instant, dry mix | 9.9 | 1.0 serving | 0.083 |
| 44258 | Puddings, chocolate flavor, low calorie, regular, dry mix | 9.9 | 1.0 serving | 0.085 |
| 19184 | Puddings, chocolate, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 0.350 |
| 19123 | Puddings, chocolate, dry mix, instant, prepared with 2% milk | 142.0 | 0.5 cup From 19211 | 0.097 |
| 19185 | Puddings, chocolate, dry mix, instant, prepared with whole milk | 147.0 | 0.5 cup | 0.094 |
| 19188 | Puddings, chocolate, dry mix, regular | 99.0 | 1.0 package (3.5 oz) | 0.513 |
| 19190 | Puddings, chocolate, dry mix, regular, prepared with 2% milk | 128.0 | 0.5 cup | 0.122 |
| 19189 | Puddings, chocolate, dry mix, regular, prepared with whole milk | 142.0 | 0.5 cup | 0.158 |
| 19183 | Puddings, chocolate, ready-to-eat | 28.35 | 1.0 oz | 0.026 |
| 19235 | Puddings, chocolate, ready-to-eat, fat free | 113.0 | 1.0 serving 4 oz | 0.094 |
| 19322 | Puddings, coconut cream, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 0.149 |
| 19191 | Puddings, coconut cream, dry mix, instant, prepared with 2% milk | 147.0 | 0.5 cup | 0.037 |
| 19323 | Puddings, coconut cream, dry mix, instant, prepared with whole milk | 147.0 | 0.5 cup | 0.038 |
| 19324 | Puddings, coconut cream, dry mix, regular | 88.0 | 1.0 package (3.12 oz) | 0.126 |
| 19219 | Puddings, coconut cream, dry mix, regular, prepared with 2% milk | 140.0 | 0.5 cup | 0.035 |
| 19325 | Puddings, coconut cream, dry mix, regular, prepared with whole milk | 140.0 | 0.5 cup | 0.038 |
| 19330 | Puddings, lemon, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 0.015 |
| 19204 | Puddings, lemon, dry mix, instant, prepared with 2% milk | 8.0 | 1.0 serving | 0.001 |
| 19331 | Puddings, lemon, dry mix, instant, prepared with whole milk | 147.0 | 0.5 cup | 0.016 |
| 19332 | Puddings, lemon, dry mix, regular | 85.0 | 1.0 package (3 oz) | 0.020 |
| 19708 | Puddings, lemon, dry mix, regular, with added oil, potassium, sodium | 85.0 | 1.0 package (3 oz) | 0.020 |
| 19194 | Puddings, rice, dry mix | 106.0 | 1.0 package | 0.066 |
| 19208 | Puddings, rice, dry mix, prepared with 2% milk | 128.0 | 0.5 cup | 0.023 |
| 19195 | Puddings, rice, dry mix, prepared with whole milk | 128.0 | 0.5 cup | 0.026 |
| 19193 | Puddings, rice, ready-to-eat | 113.0 | 1.0 serving 4 oz pudding cup | 0.026 |
| 19198 | Puddings, tapioca, dry mix | 92.0 | 1.0 package (3.5 oz) | 0.027 |
| 19209 | Puddings, tapioca, dry mix, prepared with 2% milk | 128.0 | 0.5 cup | 0.015 |
| 19199 | Puddings, tapioca, dry mix, prepared with whole milk | 128.0 | 0.5 cup | 0.017 |
| 19709 | Puddings, tapioca, dry mix, with no added salt | 92.0 | 1.0 package (3.5 oz) | 0.027 |
| 19218 | Puddings, tapioca, ready-to-eat | 28.35 | 1.0 oz | 0.005 |
| 19234 | Puddings, tapioca, ready-to-eat, fat free | 112.0 | 1.0 container refrigerated 4 oz | 0.020 |
| 19202 | Puddings, vanilla, dry mix, instant | 99.0 | 1.0 package (3.5 oz) | 0.092 |
| 19203 | Puddings, vanilla, dry mix, instant, prepared with whole milk | 142.0 | 0.5 cup | 0.034 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19206 | Puddings, vanilla, dry mix, regular | 88.0 | 1.0 package (3.12 oz) | 0.018 |
| 19212 | Puddings, vanilla, dry mix, regular, prepared with 2% milk | 128.0 | 0.5 cup | 0.017 |
| 19207 | Puddings, vanilla, dry mix, regular, prepared with whole milk | 140.0 | 0.5 cup | 0.035 |
| 19710 | Puddings, vanilla, dry mix, regular, with added oil | 88.0 | 1.0 package (3.12 oz) | 0.018 |
| 19201 | Puddings, vanilla, ready-to-eat | 28.35 | 1.0 oz | 0.005 |
| 19233 | Puddings, vanilla, ready-to-eat, fat free | 99.0 | 1.0 serving 3.5 oz shelf stable | 0.013 |
| 18337 | Puff pastry, frozen, ready-to-bake | 28.35 | 1.0 oz | 0.032 |
| 18211 | Puff pastry, frozen, ready-to-bake, baked | 28.35 | 1.0 oz | 0.033 |
| 22972 | Pulled pork in barbecue sauce | 249.0 | 1.0 cup | 0.242 |
| 09295 | Pummelo, raw | 190.0 | 1.0 cup, sections | 0.091 |
| 11417 | Pumpkin flowers, cooked, boiled, drained, without salt | 134.0 | 1.0 cup | 0.134 |
| 11848 | Pumpkin leaves, cooked, boiled, drained, with salt | 71.0 | 1.0 cup | 0.094 |
| 11419 | Pumpkin leaves, cooked, boiled, drained, without salt | 71.0 | 1.0 cup | 0.094 |
| 11418 | Pumpkin leaves, raw | 39.0 | 1.0 cup | 0.052 |
| 11426 | Pumpkin pie mix, canned | 270.0 | 1.0 cup | 0.184 |
| 11846 | Pumpkin, canned, with salt | 245.0 | 1.0 cup | 0.262 |
| 11424 | Pumpkin, canned, without salt | 245.0 | 1.0 cup | 0.262 |
| 11845 | Pumpkin, cooked, boiled, drained, with salt | 245.0 | 1.0 cup, mashed | 0.223 |
| 11423 | Pumpkin, cooked, boiled, drained, without salt | 245.0 | 1.0 cup, mashed | 0.223 |
| 11847 | Pumpkin, flowers, cooked, boiled, drained, with salt | 134.0 | 1.0 cup | 0.134 |
| 11422 | Pumpkin, raw | 116.0 | 1.0 cup (1" cubes) | 0.147 |
| 11849 | Purslane, cooked, boiled, drained, with salt | 115.0 | 1.0 cup | 0.131 |
| 11428 | Purslane, cooked, boiled, drained, without salt | 115.0 | 1.0 cup | 0.131 |
| 11427 | Purslane, raw | 43.0 | 1.0 cup | 0.049 |
| 05159 | Quail, breast, meat only, raw | 85.0 | 3.0 oz | 0.368 |
| 43282 | Quail, cooked, total edible | 28.35 | 1.0 oz | 0.168 |
| 05157 | Quail, meat and skin, raw | 109.0 | 1.0 quail | 0.553 |
| 05158 | Quail, meat only, raw | 92.0 | 1.0 quail | 0.546 |
| 09296 | Quinces, raw | 92.0 | 1.0 fruit without refuse | 0.120 |
| 20137 | Quinoa, cooked | 185.0 | 1.0 cup | 0.355 |
| 20035 | Quinoa, uncooked | 170.0 | 1.0 cup | 1.003 |
| 11952 | Radicchio, raw | 40.0 | 1.0 cup, shredded | 0.136 |
| 11676 | Radish seeds, sprouted, raw | 38.0 | 1.0 cup | 0.046 |
| 43142 | Radishes, hawaiian style, pickled | 150.0 | 1.0 cup | 0.256 |
| 11850 | Radishes, oriental, cooked, boiled, drained, with salt | 147.0 | 1.0 cup slices | 0.148 |
| 11431 | Radishes, oriental, cooked, boiled, drained, without salt | 147.0 | 1.0 cup, sliced | 0.148 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11432 | Radishes, oriental, dried | 116.0 | 1.0 cup | 1.892 |
| 11430 | Radishes, oriental, raw | 116.0 | 1.0 cup slices | 0.133 |
| 11429 | Radishes, raw | 116.0 | 1.0 cup slices | 0.058 |
| 11637 | Radishes, white icicle, raw | 50.0 | 0.5 cup slices | 0.050 |
| 09297 | Raisins, golden seedless | 165.0 | 1.0 cup, packed | 0.599 |
| 09299 | Raisins, seeded | 165.0 | 1.0 cup, packed | 0.498 |
| 09298 | Raisins, seedless | 165.0 | 1.0 cup, packed | 0.525 |
| 09301 | Rambutan, canned, syrup pack | 150.0 | 1.0 cup, drained | 0.099 |
| 09304 | Raspberries, canned, red, heavy syrup pack, solids and liquids | 256.0 | 1.0 cup | 0.146 |
| 09306 | Raspberries, frozen, red, sweetened | 250.0 | 1.0 cup, thawed | 0.262 |
| 09518 | Raspberries, frozen, unsweetened | 140.0 | 1.0 cup, unthawed | 0.126 |
| 09302 | Raspberries, raw | 123.0 | 1.0 cup | 0.111 |
| 35202 | Raspberries, wild (Northern Plains Indians) | 130.0 | 1.0 cup | 0.126 |
| 22976 | Ravioli, cheese with tomato sauce, frozen, not prepared, includes regular and light entrees | 159.0 | 1.0 cup | 0.126 |
| 22899 | Ravioli, cheese-filled, canned | 242.0 | 1.0 cup | 0.344 |
| 22900 | Ravioli, meat-filled, with tomato sauce or meat sauce, canned | 262.0 | 1.0 cup | 0.139 |
| 01200 | Reddi Wip Fat Free Whipped Topping | 4.0 | 1.0 tablespoon | 0.001 |
| 16172 | Refried beans, canned, fat-free | 231.0 | 1.0 cup | 0.377 |
| 16103 | Refried beans, canned, traditional style (includes USDA commodity) | 238.0 | 1.0 cup | 0.307 |
| 16403 | Refried beans, canned, traditional, reduced sodium | 238.0 | 1.0 cup | 0.307 |
| 16171 | Refried beans, canned, vegetarian | 242.0 | 1.0 cup | 0.414 |
| 36603 | Restaurant, Chinese, beef and vegetables | 574.0 | 1.0 order | 0.281 |
| 36626 | Restaurant, Chinese, chicken and vegetables | 693.0 | 1.0 order | 0.305 |
| 36623 | Restaurant, Chinese, chicken chow mein | 604.0 | 1.0 order | 0.175 |
| 36601 | Restaurant, Chinese, egg rolls, assorted | 89.0 | 1.0 piece | 0.132 |
| 36602 | Restaurant, Chinese, fried rice, without meat | 137.0 | 1.0 cup | 0.130 |
| 36618 | Restaurant, Chinese, general tso's chicken | 535.0 | 1.0 order | 0.246 |
| 36619 | Restaurant, Chinese, kung pao chicken | 604.0 | 1.0 order | 0.441 |
| 36617 | Restaurant, Chinese, lemon chicken | 623.0 | 1.0 order | 0.249 |
| 36629 | Restaurant, Chinese, orange chicken | 648.0 | 1.0 order | 0.272 |
| 36633 | Restaurant, Chinese, sesame chicken | 547.0 | 1.0 order | 0.279 |
| 36620 | Restaurant, Chinese, shrimp and vegetables | 601.0 | 1.0 order | 0.505 |
| 36621 | Restaurant, Chinese, sweet and sour chicken | 706.0 | 1.0 order | 0.275 |
| 36622 | Restaurant, Chinese, sweet and sour pork | 609.0 | 1.0 order | 0.365 |
| 36624 | Restaurant, Chinese, vegetable chow mein, without meat or noodles | 777.0 | 1.0 order | 0.249 |
| 36625 | Restaurant, Chinese, vegetable lo mein, without meat | 741.0 | 1.0 order | 0.474 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 36015 | Restaurant, family style, chicken fingers, from kid's menu | 114.0 | 1.0 serving | 0.078 |
| 36034 | Restaurant, family style, chicken tenders | 201.0 | 1.0 serving | 0.135 |
| 36037 | Restaurant, family style, chili with meat and beans | 136.0 | 1.0 cup | 0.117 |
| 36035 | Restaurant, family style, coleslaw | 108.0 | 1.0 serving | 0.019 |
| 36033 | Restaurant, family style, fish fillet, battered or breaded, fried | 226.0 | 1.0 serving | 0.099 |
| 36014 | Restaurant, family style, french fries | 170.0 | 1.0 serving | 0.190 |
| 36012 | Restaurant, family style, fried mozzarella sticks | 245.0 | 1.0 serving | 0.162 |
| 36039 | Restaurant, family style, hash browns | 94.0 | 1.0 cup | 0.062 |
| 36017 | Restaurant, family style, macaroni & cheese, from kids' menu | 136.0 | 1.0 cup | 0.087 |
| 36036 | Restaurant, family style, onion rings | 259.0 | 1.0 serving | 0.228 |
| 36016 | Restaurant, family style, shrimp, breaded and fried | 169.0 | 1.0 serving | 0.240 |
| 36013 | Restaurant, family style, sirloin steak | 166.0 | 1.0 serving | 0.166 |
| 36038 | Restaurant, family style, spaghetti and meatballs | 134.0 | 1.0 cup | 0.142 |
| 36055 | Restaurant, Italian, cheese ravioli with marinara sauce | 427.0 | 1.0 serving serving size varied by diameter and count of raviloi | 0.367 |
| 36059 | Restaurant, Italian, chicken parmesan without pasta | 301.0 | 1.0 serving | 0.214 |
| 36041 | Restaurant, Italian, lasagna with meat | 457.0 | 1.0 serving | 0.320 |
| 36630 | Restaurant, Italian, spaghetti with meat sauce | 554.0 | 1.0 serving | 0.537 |
| 36046 | Restaurant, Italian, spaghetti with pomodoro sauce (no meat) | 510.0 | 1.0 serving | 0.377 |
| 36415 | Restaurant, Latino, arepa (unleavened cornmeal bread) | 98.0 | 1.0 piece | 0.029 |
| 36405 | Restaurant, Latino, Arroz con frijoles negros (rice and black beans) | 461.0 | 1.0 serving | 0.742 |
| 36407 | Restaurant, Latino, Arroz con grandules (rice and pigeonpeas) | 653.0 | 1.0 serving | 0.823 |
| 36406 | Restaurant, Latino, Arroz con habichuelas colorados (Rice And Red Beans) | 590.0 | 1.0 serving | 0.820 |
| 36404 | Restaurant, Latino, arroz con leche (rice pudding) | 283.0 | 1.0 serving | 0.088 |
| 36413 | Restaurant, Latino, black bean soup | 246.0 | 1.0 cup | 0.396 |
| 36416 | Restaurant, Latino, bunuelos (fried yeast bread) | 70.0 | 1.0 piece | 0.029 |
| 36401 | Restaurant, Latino, chicken and rice, entree, prepared | 141.0 | 1.0 cup | 0.107 |
| 36403 | Restaurant, Latino, empanadas, beef, prepared | 89.0 | 1.0 piece | 0.086 |
| 36408 | Restaurant, Latino, pupusas con frijoles (pupusas, bean) | 126.0 | 1.0 piece | 0.178 |
| 36409 | Restaurant, Latino, pupusas con queso (pupusas, cheese) | 117.0 | 1.0 piece | 0.043 |
| 36410 | Restaurant, Latino, pupusas del cerdo (pupusas, pork) | 122.0 | 1.0 piece | 0.079 |
| 36411 | Restaurant, Latino, tamale, corn | 166.0 | 1.0 piece | 0.046 |
| 36412 | Restaurant, Latino, tamale, pork | 142.0 | 1.0 piece | 0.071 |
| 36414 | Restaurant, Latino, tripe soup | 200.0 | 1.0 cup | 0.044 |
| 36050 | Restaurant, Mexican, cheese enchilada | 244.0 | 1.0 serving serving size varied from 1 to 3 enchiladas | 0.134 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 36052 | Restaurant, Mexican, cheese quesadilla | 205.0 | 1.0 serving serving size varied on diameter and count of quesadila | 0.141 |
| 36056 | Restaurant, Mexican, cheese tamales | 302.0 | 1.0 serving serving size varied from 1 to 3 tamales | 0.181 |
| 36418 | Restaurant, Mexican, refried beans | 148.0 | 1.0 cup | 0.249 |
| 36061 | Restaurant, Mexican, soft taco with ground beef, cheese and lettuce | 281.0 | 1.0 serving varied from 1 to 3 tacos per serving | 0.278 |
| 36417 | Restaurant, Mexican, spanish rice | 116.0 | 1.0 cup | 0.075 |
| 09310 | Rhubarb, frozen, cooked, with sugar | 240.0 | 1.0 cup | 0.065 |
| 09309 | Rhubarb, frozen, uncooked | 137.0 | 1.0 cup, diced | 0.032 |
| 09307 | Rhubarb, raw | 122.0 | 1.0 cup, diced | 0.026 |
| 32001 | Rice and vermicelli mix, beef flavor, prepared with 80% margarine | 247.0 | 1.0 cup | 0.133 |
| 32000 | Rice and vermicelli mix, beef flavor, unprepared | 61.0 | 0.333 cup | 0.113 |
| 22999 | Rice and vermicelli mix, chicken flavor, prepared with 80% margarine | 233.0 | 1.0 cup | 0.135 |
| 22998 | Rice and vermicelli mix, chicken flavor, unprepared | 56.0 | 0.333 cup | 0.099 |
| 32003 | Rice and vermicelli mix, rice pilaf flavor, prepared with 80% margarine | 238.0 | 1.0 cup | 0.136 |
| 32002 | Rice and vermicelli mix, rice pilaf flavor, unprepared | 68.0 | 0.333 cup | 0.113 |
| 08546 | Rice and Wheat cereal bar | 22.0 | 1.0 bar | 0.041 |
| 22958 | Rice bowl with chicken, frozen entree, prepared (includes fried, teriyaki, and sweet and sour varieties) | 340.0 | 1.0 bowl | 0.102 |
| 20060 | Rice bran, crude | 118.0 | 1.0 cup | 0.859 |
| 42204 | Rice cake, cracker (include hain mini rice cakes) | 4.2 | 1.0 cubic inch | 0.019 |
| 20090 | Rice flour, brown | 158.0 | 1.0 cup | 0.363 |
| 20061 | Rice flour, white, unenriched | 158.0 | 1.0 cup | 0.205 |
| 32024 | Rice mix, cheese flavor, dry mix, unprepared | 57.0 | 0.25 cup dry rice mix | 0.108 |
| 32029 | Rice mix, white and wild, flavored, unprepared | 57.0 | 2.0 oz (1/4 c dry rice mix and 4 tsp seasoning mix) | 0.302 |
| 20134 | Rice noodles, cooked | 176.0 | 1.0 cup | 0.067 |
| 20133 | Rice noodles, dry | 57.0 | 2.0 oz | 0.044 |
| 20037 | Rice, brown, long-grain, cooked | 202.0 | 1.0 cup | 0.214 |
| 20036 | Rice, brown, long-grain, raw | 185.0 | 1.0 cup | 0.559 |
| 20041 | Rice, brown, medium-grain, cooked | 195.0 | 1.0 cup | 0.158 |
| 20040 | Rice, brown, medium-grain, raw | 190.0 | 1.0 cup | 0.526 |
| 20651 | Rice, brown, parboiled, cooked, UNCLE BENS | 155.0 | 1.0 cup | 0.200 |
| 20042 | Rice, brown, parboiled, dry, UNCLE BEN'S | 48.0 | 0.25 cup | 0.157 |
| 20055 | Rice, white, glutinous, unenriched, cooked | 174.0 | 1.0 cup | 0.085 |
| 20054 | Rice, white, glutinous, unenriched, uncooked | 185.0 | 1.0 cup | 0.316 |
| 20047 | Rice, white, long-grain, parboiled, enriched, cooked | 158.0 | 1.0 cup | 0.111 |
| 20046 | Rice, white, long-grain, parboiled, enriched, dry | 185.0 | 1.0 cup | 0.525 |
| 20447 | Rice, white, long-grain, parboiled, unenriched, cooked | 158.0 | 1.0 cup | 0.111 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 20446 | Rice, white, long-grain, parboiled, unenriched, dry | 185.0 | 1.0 cup | 0.525 |
| 20048 | Rice, white, long-grain, precooked or instant, enriched, dry | 95.0 | 1.0 cup | 0.168 |
| 20049 | Rice, white, long-grain, precooked or instant, enriched, prepared | 165.0 | 1.0 cup | 0.061 |
| 20345 | Rice, white, long-grain, regular, cooked, enriched, with salt | 158.0 | 1.0 cup | 0.109 |
| 20545 | Rice, white, long-grain, regular, cooked, unenriched, with salt | 158.0 | 1.0 cup | 0.109 |
| 20045 | Rice, white, long-grain, regular, enriched, cooked | 158.0 | 1.0 cup | 0.109 |
| 20044 | Rice, white, long-grain, regular, raw, enriched | 185.0 | 1.0 cup | 0.407 |
| 20444 | Rice, white, long-grain, regular, raw, unenriched | 185.0 | 1.0 cup | 0.407 |
| 20445 | Rice, white, long-grain, regular, unenriched, cooked without salt | 158.0 | 1.0 cup | 0.109 |
| 20451 | Rice, white, medium-grain, cooked, unenriched | 186.0 | 1.0 cup | 0.071 |
| 20051 | Rice, white, medium-grain, enriched, cooked | 186.0 | 1.0 cup | 0.071 |
| 20050 | Rice, white, medium-grain, raw, enriched | 195.0 | 1.0 cup | 0.214 |
| 20450 | Rice, white, medium-grain, raw, unenriched | 195.0 | 1.0 cup | 0.214 |
| 20453 | Rice, white, short-grain, cooked, unenriched | 205.0 | 1.0 cup | 0.148 |
| 20053 | Rice, white, short-grain, enriched, cooked | 186.0 | 1.0 cup | 0.134 |
| 20052 | Rice, white, short-grain, enriched, uncooked | 200.0 | 1.0 cup | 0.420 |
| 20452 | Rice, white, short-grain, raw, unenriched | 200.0 | 1.0 cup | 0.420 |
| 20058 | Rice, white, steamed, Chinese restaurant | 132.0 | 1.0 cup, loosely packed | 0.063 |
| 07912 | Roast beef spread | 57.0 | 1.0 serving .25 cup | 0.058 |
| 07043 | Roast beef, deli style, prepackaged, sliced | 9.3 | 1.0 slice oval | 0.008 |
| 18344 | Rolls, dinner, egg | 28.35 | 1.0 oz | 0.038 |
| 18345 | Rolls, dinner, oat bran | 28.35 | 1.0 oz | 0.039 |
| 18342 | Rolls, dinner, plain, commercially prepared (includes brown-and-serve) | 28.0 | 1.0 roll (1 oz) | 0.038 |
| 18396 | Rolls, dinner, plain, prepared from recipe, made with low fat (2%) milk | 28.35 | 1.0 oz | 0.032 |
| 18346 | Rolls, dinner, rye | 43.0 | 1.0 large (approx 3-1/2" to 4" dia) | 0.086 |
| 28348 | Rolls, dinner, sweet | 30.0 | 1.0 roll | 0.029 |
| 18347 | Rolls, dinner, wheat | 28.0 | 1.0 roll (1 oz) | 0.042 |
| 18348 | Rolls, dinner, whole-wheat | 28.0 | 1.0 roll (1 oz) | 0.067 |
| 18349 | Rolls, french | 28.35 | 1.0 oz | 0.038 |
| 28340 | Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and potato starch | 36.0 | 1.0 roll | 0.030 |
| 28342 | Rolls, gluten-free, white, made with brown rice flour, tapioca starch, and sorghum flour | 69.0 | 1.0 roll | 0.077 |
| 28341 | Rolls, gluten-free, white, made with rice flour, rice starch, and corn starch | 78.0 | 1.0 roll | 0.075 |
| 28343 | Rolls, gluten-free, whole grain, made with tapioca starch and brown rice flour | 44.0 | 1.0 roll | 0.114 |
| 28312 | Rolls, hamburger or hot dog, wheat/cracked wheat | 51.0 | 1.0 roll | 0.084 |
| 28313 | Rolls, hamburger or hot dog, whole wheat | 56.0 | 1.0 roll | 0.134 |
| 18351 | Rolls, hamburger or hotdog, mixed-grain | 28.35 | 1.0 oz | 0.061 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 18350 | Rolls, hamburger or hotdog, plain | 44.0 | 1.0 roll 1 serving | 0.048 |
| 18352 | Rolls, hamburger or hotdog, reduced-calorie | 28.35 | 1.0 oz | 0.041 |
| 28321 | Rolls, hamburger, whole grain white, calcium-fortified | 43.0 | 1.0 piece roll | 0.077 |
| 18353 | Rolls, hard (includes kaiser) | 28.35 | 1.0 oz | 0.046 |
| 43441 | Rolls, pumpernickel | 36.0 | 1.0 medium (2-1/2" dia) | 0.103 |
| 35203 | Rose Hips, wild (Northern Plains Indians) | 127.0 | 1.0 cup | 0.144 |
| 02063 | Rosemary, fresh | 0.7 | 1.0 tsp | 0.002 |
| 09428 | Rowal, raw | 114.0 | 0.5 cup | 1.208 |
| 28366 | RUDI'S, Gluten-Free Bakery, Original Sandwich Bread | 34.0 | 1.0 slice | 0.013 |
| 05363 | Ruffed Grouse, breast meat, skinless, raw | 113.0 | 4.0 oz | 0.066 |
| 11851 | Rutabagas, cooked, boiled, drained, with salt | 120.0 | 0.5 cup, mashed | 0.035 |
| 11436 | Rutabagas, cooked, boiled, drained, without salt | 170.0 | 1.0 cup, cubes | 0.049 |
| 11435 | Rutabagas, raw | 140.0 | 1.0 cup, cubes | 0.045 |
| 20063 | Rye flour, dark | 128.0 | 1.0 cup | 0.717 |
| 20065 | Rye flour, light | 102.0 | 1.0 cup | 0.217 |
| 20064 | Rye flour, medium | 102.0 | 1.0 cup | 0.338 |
| 20062 | Rye grain | 169.0 | 1.0 cup | 0.620 |
| 28367 | SAGE VALLEY, Gluten Free Vanilla Sandwich Cookies | 44.0 | 3.0 cookies | 0.027 |
| 43331 | Salad dressing, bacon and tomato | 15.0 | 1.0 tbsp | 0.004 |
| 04539 | Salad dressing, blue or roquefort cheese dressing, commercial, regular | 15.0 | 1.0 tbsp | 0.001 |
| 42192 | Salad dressing, blue or roquefort cheese dressing, fat-free | 17.0 | 1.0 tbsp | 0.003 |
| 42153 | Salad dressing, blue or roquefort cheese dressing, light | 16.0 | 1.0 tbsp | 0.002 |
| 43020 | Salad dressing, blue or roquefort cheese, low calorie | 15.0 | 1.0 tbsp | 0.002 |
| 43215 | Salad dressing, buttermilk, lite | 15.0 | 1.0 tablespoon | 0.024 |
| 43015 | Salad dressing, caesar dressing, regular | 14.7 | 1.0 tbsp | 0.001 |
| 04705 | Salad dressing, caesar, fat-free | 34.0 | 2.0 tbsp (1 NLEA serving) | 0.006 |
| 43021 | Salad dressing, caesar, low calorie | 15.0 | 1.0 tbsp | 0.002 |
| 43016 | Salad dressing, coleslaw | 16.0 | 1.0 tbsp | 0.002 |
| 42230 | Salad Dressing, coleslaw dressing, reduced fat | 17.0 | 1.0 tbsp | 0.000 |
| 04120 | Salad dressing, french dressing, commercial, regular | 16.0 | 1.0 tbsp | 0.000 |
| 04141 | Salad dressing, french dressing, commercial, regular, without salt | 15.0 | 1.0 tablespoon | 0.000 |
| 04367 | Salad dressing, french dressing, fat-free | 16.0 | 1.0 tablespoon | 0.019 |
| 42171 | Salad dressing, french dressing, reduced calorie | 16.0 | 1.0 tbsp | 0.002 |
| 04020 | Salad dressing, french dressing, reduced fat | 16.0 | 1.0 tablespoon | 0.026 |
| 04142 | Salad dressing, french dressing, reduced fat, without salt | 16.0 | 1.0 tablespoon | 0.026 |
| 43017 | Salad dressing, green goddess, regular | 15.0 | 1.0 tbsp | 0.002 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 04135 | Salad dressing, home recipe, vinegar and oil | 16.0 | 1.0 tablespoon | 0.000 |
| 04686 | Salad dressing, honey mustard dressing, reduced calorie | 30.0 | 2.0 tbsp (1 serving) | 0.008 |
| 04703 | Salad dressing, honey mustard, regular | 30.0 | 2.0 tbsp | 0.005 |
| 04021 | Salad dressing, italian dressing, commercial, reduced fat | 15.0 | 1.0 tablespoon | 0.003 |
| 04114 | Salad dressing, italian dressing, commercial, regular | 14.7 | 1.0 tbsp | 0.003 |
| 04143 | Salad dressing, italian dressing, commercial, regular, without salt | 14.7 | 1.0 tablespoon | 0.000 |
| 04636 | Salad dressing, italian dressing, fat-free | 14.0 | 1.0 tbsp | 0.016 |
| 42140 | Salad dressing, italian dressing, reduced calorie | 14.0 | 1.0 tbsp | 0.001 |
| 04144 | Salad dressing, italian dressing, reduced fat, without salt | 15.0 | 1.0 tablespoon | 0.000 |
| 04013 | Salad dressing, KRAFT Mayo Fat Free Mayonnaise Dressing | 16.0 | 1.0 tbsp | 0.003 |
| 43329 | Salad dressing, mayonnaise and mayonnaise-type, low calorie | 14.5 | 1.0 tbsp | 0.000 |
| 04018 | Salad dressing, mayonnaise type, regular, with salt | 14.7 | 1.0 tbsp | 0.002 |
| 04028 | Salad dressing, mayonnaise, imitation, milk cream | 15.0 | 1.0 tablespoon | 0.002 |
| 04027 | Salad dressing, mayonnaise, imitation, soybean | 15.0 | 1.0 tbsp | 0.002 |
| 04029 | Salad dressing, mayonnaise, imitation, soybean without cholesterol | 14.1 | 1.0 tablespoon | 0.000 |
| 04641 | Salad dressing, mayonnaise, light | 15.0 | 1.0 tablespoon | 0.003 |
| 04689 | Salad Dressing, mayonnaise, light, SMART BALANCE, Omega Plus light | 14.0 | 1.0 tbsp (1 NLEA serving) | 0.002 |
| 04025 | Salad dressing, mayonnaise, regular | 13.8 | 1.0 tbsp | 0.003 |
| 42193 | Salad Dressing, mayonnaise-like, fat-free | 16.0 | 1.0 tbsp | 0.003 |
| 42137 | Salad dressing, peppercorn dressing, commercial, regular | 13.4 | 1.0 tbsp | 0.001 |
| 04704 | Salad dressing, poppyseed, creamy | 33.0 | 2.0 tbsp | 0.012 |
| 04638 | Salad dressing, ranch dressing, fat-free | 14.0 | 1.0 tablespoon | 0.027 |
| 04640 | Salad dressing, ranch dressing, reduced fat | 15.0 | 1.0 tablespoon | 0.024 |
| 04639 | Salad dressing, ranch dressing, regular | 15.0 | 1.0 tablespoon | 0.003 |
| 04015 | Salad dressing, russian dressing | 15.0 | 1.0 tbsp | 0.009 |
| 04022 | Salad dressing, russian dressing, low calorie | 16.0 | 1.0 tablespoon | 0.002 |
| 04016 | Salad dressing, sesame seed dressing, regular | 15.0 | 1.0 tablespoon | 0.000 |
| 43019 | Salad dressing, sweet and sour | 16.0 | 1.0 tbsp | 0.002 |
| 04635 | Salad dressing, thousand island dressing, fat-free | 16.0 | 1.0 tbsp | 0.028 |
| 04023 | Salad dressing, thousand island dressing, reduced fat | 15.0 | 1.0 tablespoon | 0.000 |
| 04017 | Salad dressing, thousand island, commercial, regular | 16.0 | 1.0 tbsp | 0.000 |
| 07068 | Salami, cooked, beef | 26.0 | 1.0 slice | 0.049 |
| 07069 | Salami, cooked, beef and pork | 12.3 | 1.0 slice round | 0.044 |
| 07070 | Salami, cooked, turkey | 28.0 | 1.0 serving | 0.053 |
| 07071 | Salami, dry or hard, pork | 113.0 | 1.0 package (4 oz) | 0.181 |
| 07072 | Salami, dry or hard, pork, beef | 9.8 | 1.0 slice | 0.009 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 07926 | Salami, Italian, pork | 28.0 | 1.0 oz | 0.045 |
| 07941 | Salami, Italian, pork and beef, dry, sliced, 50% less sodium | 28.0 | 1.0 serving 5 slices | 0.022 |
| 07913 | Salami, pork, beef, less sodium | 100.0 | 3.527 oz | 0.088 |
| 32031 | Salisbury steak with gravy, frozen | 63.0 | 1.0 patty | 0.052 |
| 35190 | Salmon, red (sockeye), filets with skin, smoked (Alaska Native) | 108.0 | 1.0 filet | 0.160 |
| 15264 | Salmon, sockeye, canned, drained solids, without skin and bones | 85.0 | 3.0 oz | 0.060 |
| 15253 | Salmon, sockeye, canned, total can contents | 85.0 | 3.0 oz | 0.052 |
| 11437 | Salsify, (vegetable oyster), raw | 133.0 | 1.0 cup slices | 0.118 |
| 11852 | Salsify, cooked, boiled, drained, with salt | 135.0 | 1.0 cup slices | 0.095 |
| 11438 | Salsify, cooked, boiled, drained, without salt | 135.0 | 1.0 cup, sliced | 0.095 |
| 02047 | Salt, table | 6.0 | 1.0 tsp | 0.002 |
| 43135 | Sandwich spread, meatless | 15.0 | 1.0 tbsp | 0.097 |
| 07073 | Sandwich spread, pork, beef | 15.0 | 1.0 tbsp | 0.020 |
| 04030 | Sandwich spread, with chopped pickle, regular, unspecified oils | 15.0 | 1.0 tablespoon | 0.002 |
| 09313 | Sapodilla, raw | 241.0 | 1.0 cup, pulp | 0.207 |
| 09314 | Sapote, mamey, raw | 175.0 | 1.0 cup 1" pieces | 0.373 |
| 06150 | Sauce, barbecue | 17.0 | 1.0 tbsp | 0.012 |
| 27056 | Sauce, barbecue, BULL'S-EYE, original | 16.0 | 1.0 tbsp | 0.014 |
| 27057 | Sauce, barbecue, KC MASTERPIECE, original | 18.0 | 1.0 tbsp | 0.013 |
| 06307 | Sauce, barbecue, KRAFT, original | 16.0 | 1.0 tbsp | 0.015 |
| 27058 | Sauce, barbecue, OPEN PIT, original | 17.0 | 1.0 tbsp | 0.003 |
| 27055 | Sauce, barbecue, SWEET BABY RAY'S, original | 18.0 | 1.0 tbsp | 0.010 |
| 06930 | Sauce, cheese, ready-to-serve | 63.0 | 0.25 cup | 0.011 |
| 06962 | Sauce, chili, peppers, hot, immature green, canned | 15.0 | 1.0 tbsp | 0.013 |
| 27051 | Sauce, cocktail, ready-to-serve | 60.0 | 0.25 cup | 0.067 |
| 27046 | Sauce, duck, ready-to-serve | 33.0 | 2.0 Tbsp | 0.012 |
| 27063 | Sauce, enchilada, red, mild, ready to serve | 56.0 | 0.25 cup | 0.017 |
| 06179 | Sauce, fish, ready-to-serve | 18.0 | 1.0 tbsp | 0.009 |
| 06175 | Sauce, hoisin, ready-to-serve | 16.0 | 1.0 tbsp | 0.020 |
| 06166 | Sauce, homemade, white, medium | 250.0 | 1.0 cup | 0.040 |
| 06167 | Sauce, homemade, white, thick | 250.0 | 1.0 cup | 0.052 |
| 06165 | Sauce, homemade, white, thin | 250.0 | 1.0 cup | 0.032 |
| 27066 | Sauce, horseradish | 5.6 | 1.0 tsp | 0.001 |
| 06631 | Sauce, hot chile, sriracha | 6.5 | 1.0 tsp | 0.004 |
| 06632 | Sauce, hot chile, sriracha, CHA! BY TEXAS PETE | 6.9 | 1.0 tsp | 0.004 |
| 06633 | Sauce, hot chile, sriracha, TUONG OT SRIRACHA | 6.2 | 1.0 tsp | 0.004 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 27067 | Sauce, OLD EL PASO, enchilada, red, mild, ready to serve | 58.0 | 0.25 cup | 0.017 |
| 06176 | Sauce, oyster, ready-to-serve | 18.0 | 1.0 tbsp | 0.026 |
| 06931 | Sauce, pasta, spaghetti/marinara, ready-to-serve | 132.0 | 1.0 serving 1/2 cup | 0.108 |
| 06976 | Sauce, pasta, spaghetti/marinara, ready-to-serve, low sodium | 128.0 | 1.0 serving 1/2 cup | 0.104 |
| 06618 | Sauce, peanut, made from coconut, water, sugar, peanuts | 17.0 | 1.0 tbsp | 0.011 |
| 27059 | Sauce, peanut, made from peanut butter, water, soy sauce | 18.0 | 1.0 tbsp | 0.022 |
| 06961 | Sauce, peppers, hot, chili, mature red, canned | 15.0 | 1.0 tbsp | 0.013 |
| 06628 | Sauce, pesto, BUITONI, pesto with basil, ready-to-serve, refrigerated | 63.0 | 0.25 cup | 0.050 |
| 06629 | Sauce, pesto, CLASSICO, basil pesto, ready-to-serve | 62.0 | 0.25 cup | 0.049 |
| 06630 | Sauce, pesto, MEZZETTA, NAPA VALLEY BISTRO, basil pesto, ready-to-serve | 60.0 | 0.25 cup | 0.071 |
| 06626 | Sauce, pesto, ready-to-serve, refrigerated | 63.0 | 0.25 cup | 0.050 |
| 06627 | Sauce, pesto, ready-to-serve, shelf stable | 61.0 | 0.25 cup | 0.088 |
| 06152 | Sauce, pizza, canned, ready-to-serve | 63.0 | 0.25 cup | 0.086 |
| 06151 | Sauce, plum, ready-to-serve | 19.0 | 1.0 tbsp | 0.015 |
| 06168 | Sauce, ready-to-serve, pepper or hot | 4.7 | 1.0 tsp | 0.001 |
| 06169 | Sauce, ready-to-serve, pepper, TABASCO | 4.7 | 1.0 tsp | 0.004 |
| 06164 | Sauce, salsa, ready-to-serve | 36.0 | 2.0 tbsp | 0.024 |
| 27047 | Sauce, salsa, verde, ready-to-serve | 30.0 | 2.0 Tbsp | 0.024 |
| 06142 | Sauce, sofrito, prepared from recipe | 103.0 | 0.5 cup | 0.170 |
| 27048 | Sauce, steak, tomato based | 34.0 | 2.0 Tbsp | 0.064 |
| 27050 | Sauce, sweet and sour, ready-to-serve | 35.0 | 2.0 Tbsp | 0.028 |
| 27049 | Sauce, tartar, ready-to-serve | 30.0 | 2.0 tablespoons | 0.007 |
| 06112 | Sauce, teriyaki, ready-to-serve | 18.0 | 1.0 tbsp | 0.018 |
| 06189 | Sauce, teriyaki, ready-to-serve, reduced sodium | 36.0 | 2.0 Tbsp | 0.036 |
| 06972 | Sauce, tomato chili sauce, bottled, with salt | 6.0 | 1.0 packet | 0.008 |
| 06971 | Sauce, worcestershire | 17.0 | 1.0 tbsp | 0.034 |
| 11439 | Sauerkraut, canned, solids and liquids | 142.0 | 1.0 cup | 0.136 |
| 07004 | Sausage, Berliner, pork, beef | 23.0 | 1.0 slice | 0.018 |
| 07928 | Sausage, chicken, beef, pork, skinless, smoked | 84.0 | 1.0 link | 0.053 |
| 32032 | Sausage, egg and cheese breakfast biscuit | 126.0 | 1.0 biscuit | 0.088 |
| 07089 | Sausage, Italian, pork, cooked | 83.0 | 1.0 link, 4/lb | 0.066 |
| 07036 | Sausage, Italian, pork, raw | 113.0 | 1.0 link, 4/lb | 0.090 |
| 07914 | Sausage, Italian, sweet, links | 84.0 | 1.0 link 3 oz | 0.034 |
| 07927 | Sausage, Italian, turkey, smoked | 56.0 | 1.0 serving 2 oz | 0.062 |
| 16107 | Sausage, meatless | 25.0 | 1.0 link | 0.062 |
| 07915 | Sausage, Polish, beef with chicken, hot | 55.0 | 1.0 serving 5 pieces | 0.050 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 07916 | Sausage, Polish, pork and beef, smoked | 76.0 | 1.0 serving 2.67 oz | 0.046 |
| 07917 | Sausage, pork and beef, with cheddar cheese, smoked | 77.0 | 12.0 oz serving 2.7 oz | 0.054 |
| 07979 | Sausage, pork, turkey, and beef, reduced sodium | 85.0 | 3.0 oz | 0.059 |
| 07075 | Sausage, smoked link sausage, pork and beef | 85.0 | 3.0 oz | 0.065 |
| 07918 | Sausage, summer, pork and beef, sticks, with cheddar cheese | 28.35 | 1.0 oz | 0.020 |
| 07919 | Sausage, turkey, breakfast links, mild | 56.0 | 2.0 oz, 2 links | 0.062 |
| 07929 | Sausage, turkey, hot, smoked | 56.0 | 2.0 oz | 0.062 |
| 07083 | Sausage, Vienna, canned, chicken, beef, pork | 16.0 | 1.0 sausage (7/8" dia x 2" long) | 0.005 |
| 28368 | SCHAR, Gluten-Free, Classic White Rolls | 78.0 | 1.0 roll | 0.075 |
| 21611 | School Lunch, chicken nuggets, whole grain breaded | 88.0 | 5.0 pieces | 0.065 |
| 21610 | School Lunch, chicken patty, whole grain breaded | 86.0 | 1.0 patty | 0.083 |
| 21601 | School Lunch, pizza, cheese topping, thick crust, whole grain, frozen, cooked | 124.0 | 1.0 slice per 1/10 pizza | 0.216 |
| 21600 | School Lunch, pizza, cheese topping, thin crust, whole grain, frozen, cooked | 130.0 | 1.0 piece 4"x6" | 0.127 |
| 21603 | School Lunch, pizza, pepperoni topping, thick crust, whole grain, frozen, cooked | 124.0 | 1.0 slice per 1/10 pizza | 0.098 |
| 21602 | School Lunch, pizza, pepperoni topping, thin crust, whole grain, frozen, cooked | 127.0 | 1.0 piece 4"x6" | 0.127 |
| 21605 | School Lunch, pizza, sausage topping, thick crust, whole grain, frozen, cooked | 129.0 | 1.0 slice per 1/10 pizza | 0.159 |
| 21604 | School Lunch, pizza, sausage topping, thin crust, whole grain, frozen, cooked | 133.0 | 1.0 piece 4" x 6" | 0.136 |
| 07951 | Scrapple, pork | 17.0 | 1.0 cubic inch | 0.036 |
| 11442 | Seaweed, agar, raw | 10.0 | 2.0 tbsp (1/8 cup) | 0.006 |
| 31019 | Seaweed, Canadian Cultivated EMI-TSUNOMATA, dry | 5.0 | 0.25 cup | 0.023 |
| 31020 | Seaweed, Canadian Cultivated EMI-TSUNOMATA, rehydrated | 25.0 | 0.25 cup | 0.015 |
| 11444 | Seaweed, irishmoss, raw | 10.0 | 2.0 tbsp (1/8 cup) | 0.015 |
| 11445 | Seaweed, kelp, raw | 10.0 | 2.0 tbsp (1/8 cup) | 0.013 |
| 11446 | Seaweed, laver, raw | 26.0 | 10.0 sheets | 0.069 |
| 11667 | Seaweed, spirulina, dried | 112.0 | 1.0 cup | 6.832 |
| 11669 | Seaweed, wakame, raw | 10.0 | 2.0 tbsp (1/8 cup) | 0.028 |
| 12003 | Seeds, breadfruit seeds, boiled | 28.35 | 1.0 oz | 0.303 |
| 12001 | Seeds, breadfruit seeds, raw | 28.35 | 1.0 oz | 0.325 |
| 12158 | Seeds, breadfruit seeds, roasted | 28.35 | 1.0 oz | 0.375 |
| 12005 | Seeds, breadnut tree seeds, dried | 160.0 | 1.0 cup | 3.928 |
| 12004 | Seeds, breadnut tree seeds, raw | 28.35 | 1.0 oz (8-14 seeds) | 0.409 |
| 12006 | Seeds, chia seeds, dried | 28.35 | 1.0 oz | 0.262 |
| 12008 | Seeds, cottonseed flour, low fat (glandless) | 28.35 | 1.0 oz | 0.332 |
| 12007 | Seeds, cottonseed flour, partially defatted (glandless) | 94.0 | 1.0 cup | 1.109 |
| 12160 | Seeds, cottonseed kernels, roasted (glandless) | 149.0 | 1.0 cup | 1.788 |
| 12011 | Seeds, cottonseed meal, partially defatted (glandless) | 28.35 | 1.0 oz | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 12220 | Seeds, flaxseed | 10.3 | 1.0 tbsp, whole | 0.126 |
| 12012 | Seeds, hemp seed, hulled | 30.0 | 3.0 tbsp | 0.480 |
| 12013 | Seeds, lotus seeds, dried | 32.0 | 1.0 cup | 0.112 |
| 12205 | Seeds, lotus seeds, raw | 28.35 | 1.0 oz | 0.027 |
| 12014 | Seeds, pumpkin and squash seed kernels, dried | 129.0 | 1.0 cup | 1.732 |
| 12516 | Seeds, pumpkin and squash seed kernels, roasted, with salt added | 118.0 | 1.0 cup | 1.504 |
| 12016 | Seeds, pumpkin and squash seed kernels, roasted, without salt | 118.0 | 1.0 cup | 1.504 |
| 12663 | Seeds, pumpkin and squash seeds, whole, roasted, with salt added | 64.0 | 1.0 cup | 0.442 |
| 12163 | Seeds, pumpkin and squash seeds, whole, roasted, without salt | 64.0 | 1.0 cup | 0.442 |
| 12021 | Seeds, safflower seed kernels, dried | 28.35 | 1.0 oz | 0.495 |
| 12022 | Seeds, safflower seed meal, partially defatted | 28.35 | 1.0 oz | 0.491 |
| 12169 | Seeds, sesame butter, paste | 16.0 | 1.0 tbsp | 0.674 |
| 12198 | Seeds, sesame butter, tahini, from raw and stone ground kernels | 15.0 | 1.0 tbsp | 0.243 |
| 12166 | Seeds, sesame butter, tahini, from roasted and toasted kernels (most common type) | 15.0 | 1.0 tbsp | 0.242 |
| 12171 | Seeds, sesame butter, tahini, from unroasted kernels (non-chemically removed seed coat) | 14.0 | 1.0 tbsp | 0.208 |
| 12698 | Seeds, sesame butter, tahini, type of kernels unspecified | 15.0 | 1.0 tbsp | 0.242 |
| 12170 | Seeds, sesame flour, high-fat | 28.35 | 1.0 oz | 0.431 |
| 12033 | Seeds, sesame flour, low-fat | 28.35 | 1.0 oz | 0.404 |
| 12032 | Seeds, sesame flour, partially defatted | 28.35 | 1.0 oz | 0.406 |
| 12034 | Seeds, sesame meal, partially defatted | 28.35 | 1.0 oz | 0.413 |
| 12201 | Seeds, sesame seed kernels, dried (decorticated) | 150.0 | 1.0 cup | 2.100 |
| 12529 | Seeds, sesame seed kernels, toasted, with salt added (decorticated) | 128.0 | 1.0 cup | 1.865 |
| 12029 | Seeds, sesame seed kernels, toasted, without salt added (decorticated) | 128.0 | 1.0 cup | 1.865 |
| 12023 | Seeds, sesame seeds, whole, dried | 144.0 | 1.0 cup | 5.878 |
| 12024 | Seeds, sesame seeds, whole, roasted and toasted | 28.35 | 1.0 oz | 0.700 |
| 12193 | Seeds, sisymbrium sp. seeds, whole, dried | 74.0 | 1.0 cup | 0.081 |
| 12540 | Seeds, sunflower seed butter, with salt added | 16.0 | 1.0 tbsp | 0.256 |
| 12040 | Seeds, sunflower seed butter, without salt | 16.0 | 1.0 tbsp | 0.256 |
| 12041 | Seeds, sunflower seed flour, partially defatted | 64.0 | 1.0 cup | 1.096 |
| 12536 | Seeds, sunflower seed kernels from shell, dry roasted, with salt added | 128.0 | 1.0 cup | 2.342 |
| 12036 | Seeds, sunflower seed kernels, dried | 46.0 | 1.0 cup, with hulls, edible yield | 0.828 |
| 12537 | Seeds, sunflower seed kernels, dry roasted, with salt added | 128.0 | 1.0 cup | 2.342 |
| 12037 | Seeds, sunflower seed kernels, dry roasted, without salt | 128.0 | 1.0 cup | 2.342 |
| 12538 | Seeds, sunflower seed kernels, oil roasted, with salt added | 135.0 | 1.0 cup | 2.435 |
| 12038 | Seeds, sunflower seed kernels, oil roasted, without salt | 135.0 | 1.0 cup | 2.435 |
| 12539 | Seeds, sunflower seed kernels, toasted, with salt added | 134.0 | 1.0 cup | 2.458 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 12039 | Seeds, sunflower seed kernels, toasted, without salt | 134.0 | 1.0 cup | 2.458 |
| 12174 | Seeds, watermelon seed kernels, dried | 108.0 | 1.0 cup | 0.741 |
| 20066 | Semolina, enriched | 167.0 | 1.0 cup | 0.316 |
| 20466 | Semolina, unenriched | 167.0 | 1.0 cup | 0.316 |
| 14347 | Shake, fast food, vanilla | 20.8 | 1.0 fl oz | 0.021 |
| 11640 | Shallots, freeze-dried | 0.9 | 1.0 tbsp | 0.004 |
| 11677 | Shallots, raw | 10.0 | 1.0 tbsp chopped | 0.009 |
| 19097 | Sherbet, orange | 74.0 | 0.5 cup (4 fl oz) | 0.021 |
| 04546 | Shortening bread, soybean (hydrogenated) and cottonseed | 12.8 | 1.0 tablespoon | 0.000 |
| 04548 | Shortening cake mix, soybean (hydrogenated) and cottonseed (hydrogenated) | 12.8 | 1.0 tbsp | 0.000 |
| 04551 | Shortening confectionery, coconut (hydrogenated) and or palm kernel (hydrogenated) | 12.8 | 1.0 tbsp | 0.000 |
| 04559 | Shortening household soybean (hydrogenated) and palm | 12.8 | 1.0 tbsp | 0.000 |
| 04554 | Shortening industrial, soybean (hydrogenated) and cottonseed | 12.8 | 1.0 tbsp | 0.000 |
| 04544 | Shortening, household, lard and vegetable oil | 12.8 | 1.0 tablespoon | 0.000 |
| 04031 | Shortening, household, soybean (partially hydrogenated)-cottonseed (partially hydrogenated) | 12.8 | 1.0 tbsp | 0.000 |
| 04666 | Shortening, industrial, soy (partially hydrogenated ) and corn for frying | 12.8 | 1.0 tbsp | 0.000 |
| 04667 | Shortening, industrial, soy (partially hydrogenated ) for baking and confections | 12.8 | 1.0 tbsp | 0.000 |
| 04649 | Shortening, industrial, soy (partially hydrogenated), pourable liquid fry shortening | 13.6 | 1.0 tbsp | 0.000 |
| 04595 | Shortening, multipurpose, soybean (hydrogenated) and palm (hydrogenated) | 12.8 | 1.0 tbsp | 0.000 |
| 04587 | Shortening, special purpose for baking, soybean (hydrogenated) palm and cottonseed | 12.8 | 1.0 tbsp | 0.000 |
| 04586 | Shortening, special purpose for cakes and frostings, soybean (hydrogenated) | 12.8 | 1.0 tbsp | 0.000 |
| 04615 | Shortening, vegetable, household, composite | 12.8 | 1.0 tbsp | 0.000 |
| 21140 | Side dishes, potato salad | 95.0 | 0.333 cup | 0.075 |
| 07074 | Smoked link sausage, pork | 68.0 | 1.0 link (4" long x 1-1/8" dia) | 0.120 |
| 07077 | Smoked link sausage, pork and beef, nonfat dry milk added | 68.0 | 1.0 link (4" long x 1-1/8" dia) | 0.061 |
| 25062 | Snack, Mixed Berry Bar | 38.0 | 1.0 bar | 0.093 |
| 19410 | Snack, potato chips, made from dried potatoes, plain | 28.0 | 1.0 oz | 0.038 |
| 25060 | Snack, Pretzel, hard chocolate coated | 28.0 | 1.0 serving | 0.073 |
| 25046 | Snacks, bagel chips, plain | 28.35 | 1.0 oz | 0.047 |
| 19400 | Snacks, banana chips | 28.35 | 1.0 oz | 0.058 |
| 19002 | Snacks, beef jerky, chopped and formed | 28.35 | 1.0 oz | 0.064 |
| 19407 | Snacks, beef sticks, smoked | 28.35 | 1.0 oz | 0.037 |
| 25059 | Snacks, brown rice chips | 9.0 | 1.0 cake | 0.040 |
| 25043 | Snacks, candy bits, yogurt covered with vitamin C | 20.0 | 1.0 package | 0.004 |
| 25003 | Snacks, candy rolls, yogurt-covered, fruit flavored with high vitamin C | 23.0 | 1.0 Roll | 0.026 |
| 25051 | Snacks, CLIF BAR, mixed flavors | 68.0 | 1.0 bar | 0.300 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19419 | Snacks, corn cakes | 9.0 | 1.0 cake | 0.038 |
| 19800 | Snacks, corn cakes, very low sodium | 9.0 | 1.0 cake | 0.038 |
| 19004 | Snacks, corn-based, extruded, chips, barbecue-flavor | 28.35 | 1.0 oz | 0.047 |
| 19804 | Snacks, corn-based, extruded, chips, barbecue-flavor, made with enriched masa flour | 28.35 | 1.0 oz | 0.047 |
| 19003 | Snacks, corn-based, extruded, chips, plain | 28.0 | 1.0 oz | 0.028 |
| 43447 | Snacks, corn-based, extruded, chips, unsalted | 88.0 | 1.0 cup, crushed | 0.219 |
| 19005 | Snacks, corn-based, extruded, cones, plain | 28.35 | 1.0 oz | 0.011 |
| 19007 | Snacks, corn-based, extruded, onion-flavor | 28.35 | 1.0 oz | 0.033 |
| 19008 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor | 28.35 | 1.0 oz, crunchy (about 21 pieces) | 0.012 |
| 19802 | Snacks, corn-based, extruded, puffs or twists, cheese-flavor, unenriched | 28.35 | 1.0 oz | 0.018 |
| 19401 | Snacks, cornnuts, barbecue-flavor | 28.35 | 1.0 oz | 0.039 |
| 19403 | Snacks, crisped rice bar, almond | 28.0 | 1.0 bar (1 oz) | 0.069 |
| 19010 | Snacks, crisped rice bar, chocolate chip | 28.0 | 1.0 bar (1 oz) | 0.087 |
| 25013 | Snacks, FRITOLAY, SUNCHIPS, Multigrain Snack, original flavor | 28.35 | 1.0 oz | 0.064 |
| 19013 | Snacks, fruit leather, pieces | 28.35 | 1.0 oz | 0.048 |
| 19274 | Snacks, fruit leather, pieces, with vitamin C | 21.0 | 1.0 serving | 0.036 |
| 19014 | Snacks, fruit leather, rolls | 21.0 | 1.0 large | 0.036 |
| 19033 | Snacks, GENERAL MILLS, CHEX MIX, traditional flavor | 28.35 | 1.0 oz | 0.047 |
| 25035 | Snacks, granola bar, chewy, reduced sugar, all flavors | 24.0 | 1.0 bar | 0.039 |
| 25053 | Snacks, granola bar, GENERAL MILLS NATURE VALLEY, SWEET&SALTY NUT, peanut | 35.0 | 1.0 bar | 0.119 |
| 25055 | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, CHEWY TRAIL MIX | 35.0 | 1.0 bar | 0.079 |
| 25054 | Snacks, granola bar, GENERAL MILLS, NATURE VALLEY, with yogurt coating | 35.0 | 1.0 bar | 0.061 |
| 25032 | Snacks, granola bar, KASHI GOLEAN, chewy, mixed flavors | 78.0 | 1.0 bar | 0.298 |
| 25034 | Snacks, granola bar, KASHI GOLEAN, crunchy, mixed flavors | 47.0 | 1.0 bar | 0.371 |
| 25033 | Snacks, granola bar, KASHI TLC Bar, chewy, mixed flavors | 35.0 | 1.0 bar | 0.177 |
| 25041 | Snacks, granola bar, KASHI TLC Bar, crunchy, mixed flavors | 40.0 | 2.0 bar | 0.271 |
| 25052 | Snacks, granola bar, QUAKER, chewy, 90 Calorie Bar | 24.0 | 1.0 bar | 0.074 |
| 25056 | Snacks, granola bar, QUAKER, DIPPS, all flavors | 31.0 | 1.0 bar | 0.067 |
| 42272 | Snacks, granola bar, with coconut, chocolate coated | 28.35 | 1.0 oz | 0.090 |
| 19016 | Snacks, granola bars, hard, almond | 28.35 | 1.0 oz | 0.036 |
| 19017 | Snacks, granola bars, hard, chocolate chip | 28.35 | 1.0 oz | 0.074 |
| 19420 | Snacks, granola bars, hard, peanut butter | 28.35 | 1.0 oz | 0.062 |
| 19015 | Snacks, granola bars, hard, plain | 21.0 | 1.0 bar | 0.082 |
| 25039 | Snacks, granola bars, QUAKER OATMEAL TO GO, all flavors | 60.0 | 1.0 bar | 0.104 |
| 25038 | Snacks, granola bars, soft, almond, confectioners coating | 35.0 | 1.0 bar | 0.118 |
| 19024 | Snacks, granola bars, soft, coated, milk chocolate coating, chocolate chip | 35.0 | 1.0 bar (1.25 oz) | 0.122 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19026 | Snacks, granola bars, soft, coated, milk chocolate coating, peanut butter | 28.35 | 1.0 oz | 0.092 |
| 19404 | Snacks, granola bars, soft, uncoated, chocolate chip | 43.0 | 1.0 bar (1.5 oz) | 0.117 |
| 19405 | Snacks, granola bars, soft, uncoated, chocolate chip, graham and marshmallow | 28.0 | 1.0 bar (1 oz) | 0.078 |
| 19406 | Snacks, granola bars, soft, uncoated, nut and raisin | 28.0 | 1.0 bar (1 oz) | 0.106 |
| 19021 | Snacks, granola bars, soft, uncoated, peanut butter | 28.0 | 1.0 bar (1 oz) | 0.185 |
| 19027 | Snacks, granola bars, soft, uncoated, peanut butter and chocolate chip | 28.0 | 1.0 bar (1 oz) | 0.112 |
| 19020 | Snacks, granola bars, soft, uncoated, plain | 28.0 | 1.0 bar (1 oz) | 0.076 |
| 19022 | Snacks, granola bars, soft, uncoated, raisin | 43.0 | 1.0 bar (1.5 oz) | 0.120 |
| 25036 | Snacks, granola bites, mixed flavors | 20.0 | 1.0 package | 0.049 |
| 19439 | Snacks, KELLOGG, KELLOGG'S Low Fat Granola Bar, Crunchy Almond/Brown Sugar | 37.0 | 1.0 bar | 0.259 |
| 19438 | Snacks, KELLOGG, KELLOGG'S RICE KRISPIES TREATS Squares | 22.0 | 1.0 serving | 0.022 |
| 19009 | Snacks, KRAFT, CORNNUTS, plain | 28.35 | 1.0 oz | 0.033 |
| 19049 | Snacks, M&M MARS, COMBOS Snacks Cheddar Cheese Pretzel | 28.35 | 1.0 oz | 0.034 |
| 19440 | Snacks, M&M MARS, KUDOS Whole Grain Bar, chocolate chip | 28.0 | 1.0 bar | 0.087 |
| 25048 | Snacks, NUTRI-GRAIN FRUIT AND NUT BAR | 32.0 | 1.0 bar | 0.140 |
| 19031 | Snacks, oriental mix, rice-based | 28.35 | 1.0 oz | 0.038 |
| 25037 | Snacks, pita chips, salted | 28.35 | 1.0 oz | 0.040 |
| 25027 | Snacks, plantain chips, salted | 28.35 | 1.0 oz | 0.056 |
| 19034 | Snacks, popcorn, air-popped | 8.0 | 1.0 cup | 0.021 |
| 19806 | Snacks, popcorn, air-popped (Unsalted) | 8.0 | 1.0 cup | 0.034 |
| 19036 | Snacks, popcorn, cakes | 10.0 | 1.0 cake | 0.057 |
| 19038 | Snacks, popcorn, caramel-coated, with peanuts | 28.35 | 1.0 oz (approx 2/3 cup) | 0.084 |
| 19039 | Snacks, popcorn, caramel-coated, without peanuts | 28.35 | 1.0 oz | 0.034 |
| 19040 | Snacks, popcorn, cheese-flavor | 11.0 | 1.0 cup | 0.015 |
| 42259 | Snacks, popcorn, home-prepared, oil-popped, unsalted | 8.0 | 1.0 cup | 0.018 |
| 25000 | Snacks, popcorn, microwave, 94% fat free | 28.35 | 1.0 oz | 0.074 |
| 25001 | Snacks, popcorn, microwave, low fat | 28.35 | 1.0 oz | 0.155 |
| 25014 | Snacks, popcorn, microwave, regular (butter) flavor, made with partially hydrogenated oil | 7.9 | 1.0 cup | 0.015 |
| 19035 | Snacks, popcorn, oil-popped, microwave, regular flavor, no trans fat | 11.0 | 1.0 cup | 0.018 |
| 19807 | Snacks, popcorn, oil-popped, white popcorn, salt added | 11.0 | 1.0 cup | 0.024 |
| 19408 | Snacks, pork skins, barbecue-flavor | 28.35 | 1.0 oz | 0.099 |
| 19041 | Snacks, pork skins, plain | 28.35 | 1.0 oz | 0.027 |
| 19042 | Snacks, potato chips, barbecue-flavor | 28.35 | 1.0 oz | 0.070 |
| 19421 | Snacks, potato chips, cheese-flavor | 28.35 | 1.0 oz | 0.071 |
| 19437 | Snacks, potato chips, fat free, salted | 28.35 | 1.0 oz | 0.049 |
| 19423 | Snacks, potato chips, fat-free, made with olestra | 28.35 | 1.0 oz | 0.125 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 25064 | Snacks, potato chips, lightly salted | 28.0 | 23.0 pieces | 0.084 |
| 25063 | Snacks, potato chips, made from dried potatoes (preformed), multigrain | 28.35 | 1.0 oz | 0.040 |
| 19412 | Snacks, potato chips, made from dried potatoes, cheese-flavor | 28.35 | 1.0 oz | 0.016 |
| 19445 | Snacks, potato chips, made from dried potatoes, fat-free, made with olestra | 28.35 | 1.0 oz | 0.047 |
| 19045 | Snacks, potato chips, made from dried potatoes, reduced fat | 28.35 | 1.0 oz | 0.043 |
| 19046 | Snacks, potato chips, made from dried potatoes, sour-cream and onion-flavor | 28.35 | 1.0 oz | 0.018 |
| 19809 | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, salted | 28.35 | 1.0 oz | 0.087 |
| 19810 | Snacks, potato chips, plain, made with partially hydrogenated soybean oil, unsalted | 28.35 | 1.0 oz | 0.087 |
| 19411 | Snacks, potato chips, plain, salted | 28.0 | 1.0 oz | 0.066 |
| 19811 | Snacks, potato chips, plain, unsalted | 28.35 | 1.0 oz | 0.087 |
| 19422 | Snacks, potato chips, reduced fat | 28.35 | 1.0 oz | 0.170 |
| 19043 | Snacks, potato chips, sour-cream-and-onion-flavor | 28.35 | 1.0 oz | 0.085 |
| 42283 | Snacks, potato chips, white, restructured, baked | 34.0 | 1.0 cup | 0.035 |
| 19415 | Snacks, potato sticks | 28.35 | 1.0 oz | 0.089 |
| 19048 | Snacks, pretzels, hard, confectioner's coating, chocolate-flavor | 28.35 | 1.0 oz | 0.086 |
| 19814 | Snacks, pretzels, hard, plain, made with enriched flour, unsalted | 28.35 | 1.0 oz | 0.075 |
| 19812 | Snacks, pretzels, hard, plain, made with unenriched flour, salted | 28.35 | 1.0 oz | 0.075 |
| 19813 | Snacks, pretzels, hard, plain, made with unenriched flour, unsalted | 28.35 | 1.0 oz | 0.075 |
| 19047 | Snacks, pretzels, hard, plain, salted | 28.35 | 1.0 oz | 0.044 |
| 19050 | Snacks, pretzels, hard, whole-wheat including both salted and unsalted | 28.35 | 1.0 oz | 0.079 |
| 19052 | Snacks, rice cakes, brown rice, buckwheat | 9.0 | 1.0 cake | 0.034 |
| 19817 | Snacks, rice cakes, brown rice, buckwheat, unsalted | 9.0 | 1.0 cake | 0.034 |
| 19413 | Snacks, rice cakes, brown rice, corn | 9.0 | 1.0 cake | 0.038 |
| 19414 | Snacks, rice cakes, brown rice, multigrain | 9.0 | 1.0 cake | 0.038 |
| 19818 | Snacks, rice cakes, brown rice, multigrain, unsalted | 9.0 | 1.0 cake | 0.038 |
| 19816 | Snacks, rice cakes, brown rice, plain, unsalted | 9.0 | 1.0 cake | 0.040 |
| 19416 | Snacks, rice cakes, brown rice, rye | 9.0 | 1.0 cake | 0.035 |
| 19053 | Snacks, rice cakes, brown rice, sesame seed | 9.0 | 1.0 cake | 0.035 |
| 19819 | Snacks, rice cakes, brown rice, sesame seed, unsalted | 9.0 | 1.0 cake | 0.035 |
| 19051 | Snacks, rice cracker brown rice, plain | 9.0 | 1.0 cake | 0.040 |
| 19418 | Snacks, sesame sticks, wheat-based, salted | 28.35 | 1.0 oz | 0.115 |
| 19820 | Snacks, sesame sticks, wheat-based, unsalted | 28.35 | 1.0 oz | 0.115 |
| 25025 | Snacks, soy chips or crisps, salted | 28.35 | 1.0 oz | 0.696 |
| 25012 | Snacks, sweet potato chips, unsalted | 28.35 | 1.0 oz | 0.117 |
| 19524 | Snacks, taro chips | 28.35 | 1.0 oz | 0.079 |
| 43566 | Snacks, tortilla chips, light (baked with less oil) | 63.0 | 1.0 cup, crushed | 0.073 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19444 | Snacks, tortilla chips, low fat, made with olestra, nacho cheese | 28.35 | 1.0 oz | 0.040 |
| 19833 | Snacks, tortilla chips, low fat, unsalted | 28.35 | 1.0 oz | 0.031 |
| 19057 | Snacks, tortilla chips, nacho cheese | 28.35 | 1.0 oz | 0.029 |
| 19857 | Snacks, tortilla chips, nacho-flavor, made with enriched masa flour | 28.35 | 1.0 oz | 0.050 |
| 19424 | Snacks, tortilla chips, nacho-flavor, reduced fat | 28.35 | 1.0 oz | 0.041 |
| 19056 | Snacks, tortilla chips, plain, white corn, salted | 28.35 | 1.0 oz | 0.027 |
| 19058 | Snacks, tortilla chips, ranch-flavor | 28.35 | 1.0 oz | 0.029 |
| 19063 | Snacks, tortilla chips, taco-flavor | 28.35 | 1.0 oz | 0.053 |
| 43364 | Snacks, tortilla chips, unsalted, white corn | 26.0 | 1.0 cup | 0.136 |
| 19059 | Snacks, trail mix, regular | 150.0 | 1.0 cup | 1.478 |
| 19821 | Snacks, trail mix, regular, unsalted | 150.0 | 1.0 cup | 1.478 |
| 19062 | Snacks, trail mix, regular, with chocolate chips, salted nuts and seeds | 146.0 | 1.0 cup | 1.232 |
| 19822 | Snacks, trail mix, regular, with chocolate chips, unsalted nuts and seeds | 146.0 | 1.0 cup | 1.232 |
| 19061 | Snacks, trail mix, tropical | 140.0 | 1.0 cup | 0.739 |
| 25030 | Snacks, vegetable chips, HAIN CELESTIAL GROUP, TERRA CHIPS | 28.35 | 1.0 oz | 0.123 |
| 25040 | Snacks, vegetable chips, made from garden vegetables | 28.35 | 1.0 oz | 0.066 |
| 25050 | Snacks, yucca (cassava) chips, salted | 28.35 | 1.0 oz | 0.033 |
| 20650 | Sorghum flour, refined, unenriched | 161.0 | 1.0 cup | 0.014 |
| 20648 | Sorghum flour, whole-grain | 121.0 | 1.0 cup | 0.306 |
| 20067 | Sorghum grain | 192.0 | 1.0 cup | 0.545 |
| 06190 | Soup, bean & ham, canned, reduced sodium, prepared with water or ready-to-serve | 245.0 | 1.0 cup | 0.201 |
| 06006 | Soup, bean with frankfurters, canned, condensed | 263.0 | 1.0 cup (8 fl oz) | 0.789 |
| 06406 | Soup, bean with frankfurters, canned, prepared with equal volume water | 250.0 | 1.0 cup (8 fl oz) | 0.395 |
| 06007 | Soup, bean with ham, canned, chunky, ready-to-serve | 243.0 | 1.0 cup (8 fl oz) | 0.389 |
| 06004 | Soup, bean with pork, canned, condensed | 130.0 | 0.5 cup | 0.390 |
| 06404 | Soup, bean with pork, canned, prepared with equal volume water | 266.0 | 1.0 serving 1 cup | 0.404 |
| 06978 | Soup, beef and mushroom, low sodium, chunk style | 251.0 | 1.0 cup | 0.251 |
| 06749 | Soup, beef and vegetables, canned, ready-to-serve | 250.0 | 1.0 cup | 0.065 |
| 27045 | Soup, beef and vegetables, reduced sodium, canned, ready-to-serve | 245.0 | 1.0 cup | 0.064 |
| 27062 | Soup, beef barley, ready to serve | 208.0 | 1.0 cup | 0.121 |
| 06032 | Soup, beef broth bouillon and consomme, canned, condensed | 124.0 | 0.5 cup | 0.002 |
| 06008 | Soup, beef broth or bouillon canned, ready-to-serve | 240.0 | 1.0 cup | 0.000 |
| 06075 | Soup, beef broth or bouillon, powder, dry | 3.6 | 1.0 cube | 0.000 |
| 06475 | Soup, beef broth or bouillon, powder, prepared with water | 240.0 | 1.0 serving 1 cup | 0.024 |
| 06432 | Soup, beef broth, bouillon, consomme, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 0.246 |
| 06076 | Soup, beef broth, cubed, dry | 3.6 | 1.0 cube | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 06476 | Soup, beef broth, cubed, prepared with water | 240.0 | 1.0 serving 1 cup | 0.024 |
| 06188 | Soup, beef broth, less/reduced sodium, ready to serve | 219.0 | 1.0 cup | 0.020 |
| 06147 | Soup, beef mushroom, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.252 |
| 06547 | Soup, beef mushroom, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.244 |
| 06009 | Soup, beef noodle, canned, condensed | 125.0 | 0.5 cup | 0.138 |
| 06409 | Soup, beef noodle, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.146 |
| 06980 | Soup, beef stroganoff, canned, chunky style, ready-to-serve | 240.0 | 1.0 cup | 0.240 |
| 06002 | Soup, black bean, canned, condensed | 257.0 | 1.0 cup (8 fl oz) | 0.771 |
| 06402 | Soup, black bean, canned, prepared with equal volume water | 247.0 | 1.0 cup | 0.383 |
| 06981 | Soup, bouillon cubes and granules, low sodium, dry | 2.6 | 1.0 tsp | 0.000 |
| 06584 | Soup, broccoli cheese, canned, condensed, commercial | 121.0 | 1.0 serving 1/2 cup | 0.036 |
| 06011 | Soup, cheese, canned, condensed | 124.0 | 0.5 cup | 0.124 |
| 06211 | Soup, cheese, canned, prepared with equal volume milk | 251.0 | 1.0 cup | 0.141 |
| 06411 | Soup, cheese, canned, prepared with equal volume water | 247.0 | 1.0 cup (8 fl oz) | 0.128 |
| 06024 | Soup, chicken and vegetable, canned, ready-to-serve | 255.0 | 1.0 cup | 0.059 |
| 06081 | Soup, chicken broth cubes, dry | 4.8 | 1.0 cube | 0.000 |
| 06481 | Soup, chicken broth cubes, dry, prepared with water | 243.0 | 1.0 cup (8 fl oz) | 0.000 |
| 06080 | Soup, chicken broth or bouillon, dry | 4.0 | 1.0 cube | 0.000 |
| 06480 | Soup, chicken broth or bouillon, dry, prepared with water | 241.0 | 1.0 cup 8 fl oz | 0.024 |
| 06013 | Soup, chicken broth, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.126 |
| 06413 | Soup, chicken broth, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.124 |
| 06183 | Soup, chicken broth, less/reduced sodium, ready to serve | 240.0 | 1.0 cup | 0.084 |
| 06970 | Soup, chicken broth, low sodium, canned | 240.0 | 1.0 cup | 0.122 |
| 06194 | Soup, chicken broth, ready-to-serve | 249.0 | 1.0 cup | 0.037 |
| 06017 | Soup, chicken gumbo, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.126 |
| 06417 | Soup, chicken gumbo, canned, prepared with equal volume water | 244.0 | 1.0 cup | 0.124 |
| 06149 | Soup, chicken mushroom, canned, condensed | 124.0 | 0.5 cup | 0.050 |
| 06549 | Soup, chicken mushroom, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.244 |
| 06019 | Soup, chicken noodle, canned, condensed | 124.0 | 0.5 cup | 0.033 |
| 06419 | Soup, chicken noodle, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 0.045 |
| 06128 | Soup, chicken noodle, dry, mix | 74.0 | 1.0 packet | 0.212 |
| 06528 | Soup, chicken noodle, dry, mix, prepared with water | 245.0 | 1.0 cup | 0.034 |
| 06966 | Soup, chicken noodle, low sodium, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 0.159 |
| 27044 | Soup, chicken noodle, reduced sodium, canned, ready-to-serve | 245.0 | 1.0 cup | 0.061 |
| 06022 | Soup, chicken rice, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 0.240 |
| 06208 | Soup, chicken vegetable with potato and cheese, chunky, ready-to-serve | 245.0 | 1.0 cup | 0.098 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 06025 | Soup, chicken vegetable, canned, condensed | 121.0 | 0.5 cup | 0.120 |
| 06023 | Soup, chicken with rice, canned, condensed | 126.0 | 0.5 cup | 0.121 |
| 06423 | Soup, chicken with rice, canned, prepared with equal volume water | 243.0 | 1.0 serving 1 cup | 0.129 |
| 06015 | Soup, chicken, canned, chunky, ready-to-serve | 245.0 | 1.0 cup | 0.245 |
| 06026 | Soup, chili beef, canned, condensed | 263.0 | 1.0 cup (8 fl oz) | 0.789 |
| 06426 | Soup, chili beef, canned, prepared with equal volume water | 261.0 | 1.0 cup | 0.397 |
| 06070 | Soup, chunky beef, canned, ready-to-serve | 245.0 | 1.0 cup | 0.245 |
| 06018 | Soup, chunky chicken noodle, canned, ready-to-serve | 530.0 | 1.0 can | 0.148 |
| 06067 | Soup, chunky vegetable, canned, ready-to-serve | 230.0 | 1.0 cup | 0.092 |
| 27060 | Soup, chunky vegetable, reduced sodium, canned, ready-to-serve | 240.0 | 1.0 cup | 0.110 |
| 06027 | Soup, clam chowder, manhattan style, canned, chunky, ready-to-serve | 240.0 | 1.0 cup (8 fl oz) | 0.240 |
| 06028 | Soup, clam chowder, manhattan, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.126 |
| 06428 | Soup, clam chowder, manhattan, canned, prepared with equal volume water | 249.0 | 1.0 serving 1 cup | 0.134 |
| 06030 | Soup, clam chowder, new england, canned, condensed | 126.0 | 0.5 cup | 0.301 |
| 06230 | Soup, clam chowder, new england, canned, prepared with equal volume low fat (2%) milk | 252.0 | 1.0 serving 1 cup | 0.297 |
| 06430 | Soup, clam chowder, new england, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 0.303 |
| 27042 | Soup, clam chowder, new england, canned, ready-to-serve | 254.0 | 1.0 cup | 0.084 |
| 27043 | Soup, clam chowder, new england, reduced sodium, canned, ready-to-serve | 519.0 | 1.0 can | 0.130 |
| 06001 | Soup, cream of asparagus, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.126 |
| 06201 | Soup, cream of asparagus, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 0.139 |
| 06401 | Soup, cream of asparagus, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.124 |
| 06010 | Soup, cream of celery, canned, condensed | 126.0 | 0.5 cup | 0.142 |
| 06210 | Soup, cream of celery, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 0.154 |
| 06410 | Soup, cream of celery, canned, prepared with equal volume water | 248.0 | 1.0 cup | 0.144 |
| 06016 | Soup, cream of chicken, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.161 |
| 06955 | Soup, cream of chicken, canned, condensed, reduced sodium | 124.0 | 0.5 cup | 0.042 |
| 06216 | Soup, cream of chicken, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 0.139 |
| 06416 | Soup, cream of chicken, canned, prepared with equal volume water | 244.0 | 1.0 cup | 0.124 |
| 06483 | Soup, cream of chicken, dry, mix, prepared with water | 261.0 | 1.0 cup 8 fl oz | 0.261 |
| 06043 | Soup, cream of mushroom, canned, condensed | 126.0 | 0.5 cup | 0.028 |
| 06182 | Soup, cream of mushroom, canned, condensed, reduced sodium | 251.0 | 1.0 cup | 0.552 |
| 06243 | Soup, cream of mushroom, canned, prepared with equal volume low fat (2%) milk | 252.0 | 1.0 serving 1 cup | 0.033 |
| 06443 | Soup, cream of mushroom, canned, prepared with equal volume water | 248.0 | 1.0 serving 1 cup | 0.040 |
| 06968 | Soup, cream of mushroom, low sodium, ready-to-serve, canned | 244.0 | 1.0 cup | 0.124 |
| 06046 | Soup, cream of onion, canned, condensed | 126.0 | 0.5 cup | 0.139 |
| 06246 | Soup, cream of onion, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 0.149 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 06446 | Soup, cream of onion, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.146 |
| 06053 | Soup, cream of potato, canned, condensed | 124.0 | 0.5 cup | 0.248 |
| 06253 | Soup, cream of potato, canned, prepared with equal volume milk | 248.0 | 1.0 cup (8 fl oz) | 0.263 |
| 06453 | Soup, cream of potato, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.251 |
| 06056 | Soup, cream of shrimp, canned, condensed | 126.0 | 0.5 cup | 0.126 |
| 06256 | Soup, cream of shrimp, canned, prepared with equal volume low fat (2%) milk | 253.0 | 1.0 cup (8 fl oz) | 0.129 |
| 06456 | Soup, cream of shrimp, canned, prepared with equal volume water | 244.0 | 1.0 cup | 0.134 |
| 06101 | Soup, cream of vegetable, dry, powder | 18.0 | 1.0 packet | 0.072 |
| 27000 | Soup, egg drop, Chinese restaurant | 241.0 | 1.0 cup | 0.046 |
| 27001 | Soup, hot and sour, Chinese restaurant | 233.0 | 1.0 cup | 0.061 |
| 06037 | Soup, lentil with ham, canned, ready-to-serve | 248.0 | 1.0 cup (8 fl oz) | 0.174 |
| 06039 | Soup, minestrone, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 0.240 |
| 06040 | Soup, minestrone, canned, condensed | 123.0 | 0.5 cup (4 fl oz) | 0.123 |
| 06440 | Soup, minestrone, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 0.123 |
| 06177 | Soup, minestrone, canned, reduced sodium, ready-to-serve | 245.0 | 1.0 cup | 0.203 |
| 06042 | Soup, mushroom barley, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.202 |
| 06442 | Soup, mushroom barley, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.244 |
| 06044 | Soup, mushroom with beef stock, canned, condensed | 126.0 | 0.5 cup (4 fl oz) | 0.252 |
| 06444 | Soup, mushroom with beef stock, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.251 |
| 06045 | Soup, onion, canned, condensed | 123.0 | 0.5 cup (4 fl oz) | 0.123 |
| 06094 | Soup, onion, dry, mix | 7.5 | 1.0 serving 1 tbsp | 0.026 |
| 06494 | Soup, onion, dry, mix, prepared with water | 230.0 | 1.0 serving 1 cup | 0.058 |
| 06048 | Soup, oyster stew, canned, condensed | 123.0 | 0.5 cup (4 fl oz) | 1.599 |
| 06248 | Soup, oyster stew, canned, prepared with equal volume milk | 245.0 | 1.0 cup (8 fl oz) | 1.605 |
| 06448 | Soup, oyster stew, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 1.593 |
| 06049 | Soup, pea, green, canned, condensed | 128.0 | 0.5 cup | 0.369 |
| 06249 | Soup, pea, green, canned, prepared with equal volume milk | 254.0 | 1.0 cup (8 fl oz) | 0.391 |
| 06449 | Soup, pea, green, canned, prepared with equal volume water | 259.0 | 1.0 serving 1 cup | 0.378 |
| 06965 | Soup, pea, low sodium, prepared with equal volume water | 259.0 | 1.0 cup | 0.378 |
| 06050 | Soup, pea, split with ham, canned, chunky, ready-to-serve | 240.0 | 1.0 cup | 0.240 |
| 06051 | Soup, pea, split with ham, canned, condensed | 135.0 | 0.5 cup (4 fl oz) | 0.371 |
| 06451 | Soup, pea, split with ham, canned, prepared with equal volume water | 253.0 | 1.0 cup (8 fl oz) | 0.369 |
| 06748 | Soup, PROGRESSO, beef barley, traditional, ready to serve | 210.0 | 1.0 cup | 0.111 |
| 06583 | Soup, ramen noodle, any flavor, dry | 81.0 | 1.0 package without flavor packet | 0.102 |
| 06982 | Soup, ramen noodle, beef flavor, dry | 82.0 | 1.0 package without flavor packet | 0.100 |
| 06983 | Soup, ramen noodle, chicken flavor, dry | 81.0 | 1.0 package without flavor packet | 0.104 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 27035 | Soup, ramen noodle, dry, any flavor, reduced fat, reduced sodium | 40.0 | 1.41 oz dry (half noodle block) | 0.066 |
| 06180 | Soup, shark fin, restaurant-prepared | 216.0 | 1.0 cup | 0.233 |
| 06170 | Soup, stock, beef, home-prepared | 240.0 | 1.0 cup | 0.120 |
| 06172 | Soup, stock, chicken, home-prepared | 240.0 | 1.0 cup | 0.130 |
| 06174 | Soup, stock, fish, home-prepared | 233.0 | 1.0 cup | 0.135 |
| 06984 | Soup, SWANSON Chicken Broth 99% Fat Free | 227.0 | 1.0 serving 1 cup 8 oz | 0.043 |
| 06611 | Soup, SWANSON, beef broth, lower sodium | 213.0 | 1.0 cup | 0.019 |
| 06615 | Soup, SWANSON, vegetable broth | 220.0 | 1.0 cup | 0.020 |
| 06061 | Soup, tomato beef with noodle, canned, condensed | 251.0 | 1.0 cup (8 fl oz) | 0.251 |
| 06461 | Soup, tomato beef with noodle, canned, prepared with equal volume water | 244.0 | 1.0 cup | 0.134 |
| 06158 | Soup, tomato bisque, canned, condensed | 129.0 | 0.5 cup (4 fl oz) | 0.129 |
| 06358 | Soup, tomato bisque, canned, prepared with equal volume milk | 251.0 | 1.0 cup (8 fl oz) | 0.141 |
| 06558 | Soup, tomato bisque, canned, prepared with equal volume water | 247.0 | 1.0 cup (8 fl oz) | 0.128 |
| 06063 | Soup, tomato rice, canned, condensed | 129.0 | 0.5 cup (4 fl oz) | 0.129 |
| 06463 | Soup, tomato rice, canned, prepared with equal volume water | 247.0 | 1.0 cup | 0.136 |
| 06159 | Soup, tomato, canned, condensed | 148.0 | 1.0 cup | 0.074 |
| 06956 | Soup, tomato, canned, condensed, reduced sodium | 121.0 | 1.0 serving 1/2 cup | 0.192 |
| 06359 | Soup, tomato, canned, prepared with equal volume low fat (2%) milk | 252.0 | 1.0 serving 1 cup | 0.068 |
| 06559 | Soup, tomato, canned, prepared with equal volume water, commercial | 248.0 | 1.0 serving 1 cup | 0.072 |
| 06498 | Soup, tomato, dry, mix, prepared with water | 265.0 | 1.0 cup 8 fl oz | 0.090 |
| 06964 | Soup, tomato, low sodium, with water | 248.0 | 1.0 serving 1 cup | 0.206 |
| 06465 | Soup, turkey noodle, canned, prepared with equal volume water | 244.0 | 1.0 cup | 0.124 |
| 06466 | Soup, turkey vegetable, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 0.123 |
| 06064 | Soup, turkey, chunky, canned, ready-to-serve | 236.0 | 1.0 cup (8 fl oz) | 0.236 |
| 06071 | Soup, vegetable beef, canned, condensed | 126.0 | 0.5 cup | 0.183 |
| 06471 | Soup, vegetable beef, canned, prepared with equal volume water | 244.0 | 1.0 cup (8 fl oz) | 0.188 |
| 06700 | Soup, vegetable broth, ready to serve | 221.0 | 1.0 cup | 0.020 |
| 06974 | Soup, vegetable chicken, canned, prepared with water, low sodium | 241.0 | 1.0 cup | 0.241 |
| 06967 | Soup, vegetable soup, condensed, low sodium, prepared with equal volume water | 253.0 | 1.0 cup | 0.306 |
| 06072 | Soup, vegetable with beef broth, canned, condensed | 123.0 | 0.5 cup | 0.154 |
| 06472 | Soup, vegetable with beef broth, canned, prepared with equal volume water | 241.0 | 1.0 cup (8 fl oz) | 0.161 |
| 06217 | Soup, vegetable, canned, low sodium, condensed | 126.0 | 0.5 cup | 0.292 |
| 06068 | Soup, vegetarian vegetable, canned, condensed | 126.0 | 0.5 cup | 0.126 |
| 06468 | Soup, vegetarian vegetable, canned, prepared with equal volume water | 241.0 | 1.0 cup | 0.133 |
| 27002 | Soup, wonton, Chinese restaurant | 223.0 | 1.0 cup | 0.054 |
| 01180 | Sour cream, fat free | 12.0 | 1.0 tablespoon | 0.002 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 01074 | Sour cream, imitation, cultured | 28.35 | 1.0 oz | 0.016 |
| 01179 | Sour cream, light | 12.0 | 1.0 tablespoon | 0.002 |
| 01178 | Sour cream, reduced fat | 12.0 | 1.0 tablespoon | 0.001 |
| 01058 | Sour dressing, non-butterfat, cultured, filled cream-type | 12.0 | 1.0 tbsp | 0.001 |
| 09315 | Soursop, raw | 225.0 | 1.0 cup, pulp | 0.193 |
| 16117 | Soy flour, defatted | 105.0 | 1.0 cup | 4.268 |
| 16115 | Soy flour, full-fat, raw | 84.0 | 1.0 cup, stirred | 2.453 |
| 16116 | Soy flour, full-fat, roasted | 85.0 | 1.0 cup, stirred | 1.888 |
| 16118 | Soy flour, low-fat | 88.0 | 1.0 cup, stirred | 1.408 |
| 16119 | Soy meal, defatted, raw | 122.0 | 1.0 cup | 2.440 |
| 16420 | Soy protein concentrate, produced by acid wash | 28.35 | 1.0 oz | 0.277 |
| 16121 | Soy protein concentrate, produced by alcohol extraction | 28.35 | 1.0 oz | 0.277 |
| 16122 | Soy protein isolate | 28.35 | 1.0 oz | 0.453 |
| 16422 | Soy protein isolate, potassium type | 28.35 | 1.0 oz | 0.453 |
| 16125 | Soy sauce made from hydrolyzed vegetable protein | 18.0 | 1.0 tbsp | 0.007 |
| 16124 | Soy sauce made from soy (tamari) | 18.0 | 1.0 tbsp | 0.024 |
| 16123 | Soy sauce made from soy and wheat (shoyu) | 16.0 | 1.0 tbsp | 0.007 |
| 16424 | Soy sauce made from soy and wheat (shoyu), low sodium | 14.2 | 1.0 tbsp | 0.007 |
| 16425 | Soy sauce, reduced sodium, made from hydrolyzed vegetable protein | 15.0 | 1.0 tbsp | 0.007 |
| 43299 | Soybean, curd cheese | 225.0 | 1.0 cup | 0.855 |
| 11853 | Soybeans, green, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 0.211 |
| 11451 | Soybeans, green, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.211 |
| 11450 | Soybeans, green, raw | 256.0 | 1.0 cup | 0.328 |
| 16109 | Soybeans, mature cooked, boiled, without salt | 172.0 | 1.0 cup | 0.700 |
| 16409 | Soybeans, mature seeds, cooked, boiled, with salt | 172.0 | 1.0 cup | 0.700 |
| 16111 | Soybeans, mature seeds, dry roasted | 93.0 | 1.0 cup | 1.003 |
| 16108 | Soybeans, mature seeds, raw | 186.0 | 1.0 cup | 3.084 |
| 16410 | Soybeans, mature seeds, roasted, no salt added | 172.0 | 1.0 cup | 1.424 |
| 16110 | Soybeans, mature seeds, roasted, salted | 172.0 | 1.0 cup | 1.424 |
| 11453 | Soybeans, mature seeds, sprouted, cooked, steamed | 94.0 | 1.0 cup | 0.310 |
| 11923 | Soybeans, mature seeds, sprouted, cooked, steamed, with salt | 94.0 | 1.0 cup | 0.310 |
| 11452 | Soybeans, mature seeds, sprouted, raw | 35.0 | 0.5 cup | 0.149 |
| 16223 | Soymilk (All flavors), enhanced | 243.0 | 1.0 cup | 0.299 |
| 16230 | Soymilk (all flavors), nonfat, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.304 |
| 16222 | Soymilk (all flavors), unsweetened, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.199 |
| 16227 | Soymilk, chocolate and other flavors, light, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.484 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 16231 | Soymilk, chocolate, nonfat, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.484 |
| 16166 | Soymilk, chocolate, unfortified | 243.0 | 1.0 cup | 0.501 |
| 16168 | Soymilk, chocolate, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.501 |
| 16225 | Soymilk, original and vanilla, light, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.209 |
| 16120 | Soymilk, original and vanilla, unfortified | 243.0 | 1.0 cup | 0.311 |
| 16139 | Soymilk, original and vanilla, with added calcium, vitamins A and D | 243.0 | 1.0 cup | 0.401 |
| 22401 | Spaghetti with meat sauce, frozen entree | 283.0 | 1.0 serving | 0.354 |
| 20523 | Spaghetti, protein-fortified, cooked, enriched (n x 6.25) | 140.0 | 1.0 cup | 0.118 |
| 20622 | Spaghetti, protein-fortified, dry, enriched (n x 6.25) | 57.0 | 2.0 oz | 0.158 |
| 20127 | Spaghetti, spinach, cooked | 140.0 | 1.0 cup | 0.287 |
| 20126 | Spaghetti, spinach, dry | 57.0 | 2.0 oz | 0.284 |
| 22912 | Spaghetti, with meatballs in tomato sauce, canned | 246.0 | 1.0 cup | 0.130 |
| 32021 | Spanish rice mix, dry mix, prepared (with canola/vegetable oil blend or diced tomatoes and margarine) | 198.0 | 1.0 cup | 0.121 |
| 32018 | Spanish rice mix, dry mix, unprepared | 70.0 | 0.5 cup | 0.133 |
| 02066 | Spearmint, dried | 0.5 | 1.0 tsp | 0.008 |
| 02065 | Spearmint, fresh | 0.3 | 2.0 leaves | 0.001 |
| 20141 | Spelt, cooked | 194.0 | 1.0 cup | 0.417 |
| 20140 | Spelt, uncooked | 174.0 | 1.0 cup | 0.889 |
| 02001 | Spices, allspice, ground | 1.9 | 1.0 tsp | 0.011 |
| 02002 | Spices, anise seed | 2.1 | 1.0 tsp, whole | 0.019 |
| 02003 | Spices, basil, dried | 0.7 | 1.0 tsp, leaves | 0.015 |
| 02004 | Spices, bay leaf | 0.6 | 1.0 tsp, crumbled | 0.002 |
| 02005 | Spices, caraway seed | 2.1 | 1.0 tsp | 0.019 |
| 02006 | Spices, cardamom | 2.0 | 1.0 tsp, ground | 0.008 |
| 02007 | Spices, celery seed | 2.0 | 1.0 tsp | 0.027 |
| 02008 | Spices, chervil, dried | 0.6 | 1.0 tsp | 0.003 |
| 02009 | Spices, chili powder | 2.7 | 1.0 tsp | 0.027 |
| 02010 | Spices, cinnamon, ground | 2.6 | 1.0 tsp | 0.009 |
| 02011 | Spices, cloves, ground | 2.1 | 1.0 tsp | 0.008 |
| 02012 | Spices, coriander leaf, dried | 0.6 | 1.0 tsp | 0.011 |
| 02013 | Spices, coriander seed | 1.8 | 1.0 tsp | 0.018 |
| 02014 | Spices, cumin seed | 2.1 | 1.0 tsp, whole | 0.018 |
| 02015 | Spices, curry powder | 2.0 | 1.0 tsp | 0.024 |
| 02016 | Spices, dill seed | 2.1 | 1.0 tsp | 0.016 |
| 02017 | Spices, dill weed, dried | 1.0 | 1.0 tsp | 0.005 |
| 02018 | Spices, fennel seed | 2.0 | 1.0 tsp, whole | 0.021 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 02019 | Spices, fenugreek seed | 3.7 | 1.0 tsp | 0.041 |
| 02020 | Spices, garlic powder | 3.1 | 1.0 tsp | 0.017 |
| 02021 | Spices, ginger, ground | 1.8 | 1.0 tsp | 0.009 |
| 02022 | Spices, mace, ground | 1.7 | 1.0 tsp | 0.042 |
| 02023 | Spices, marjoram, dried | 0.6 | 1.0 tsp | 0.007 |
| 02024 | Spices, mustard seed, ground | 2.0 | 1.0 tsp | 0.013 |
| 02025 | Spices, nutmeg, ground | 2.2 | 1.0 tsp | 0.023 |
| 02026 | Spices, onion powder | 2.4 | 1.0 tsp | 0.014 |
| 02027 | Spices, oregano, dried | 1.0 | 1.0 tsp, leaves | 0.006 |
| 02028 | Spices, paprika | 2.3 | 1.0 tsp | 0.016 |
| 02029 | Spices, parsley, dried | 0.5 | 1.0 tsp | 0.004 |
| 02030 | Spices, pepper, black | 2.3 | 1.0 tsp, ground | 0.031 |
| 02031 | Spices, pepper, red or cayenne | 1.8 | 1.0 tsp | 0.007 |
| 02032 | Spices, pepper, white | 2.4 | 1.0 tsp, ground | 0.022 |
| 02033 | Spices, poppy seed | 2.8 | 1.0 tsp | 0.046 |
| 02034 | Spices, poultry seasoning | 1.5 | 1.0 tsp | 0.013 |
| 02035 | Spices, pumpkin pie spice | 1.7 | 1.0 tsp | 0.008 |
| 02036 | Spices, rosemary, dried | 1.2 | 1.0 tsp | 0.007 |
| 02037 | Spices, saffron | 0.7 | 1.0 tsp | 0.002 |
| 02038 | Spices, sage, ground | 0.7 | 1.0 tsp | 0.005 |
| 02039 | Spices, savory, ground | 1.4 | 1.0 tsp | 0.012 |
| 02041 | Spices, tarragon, dried | 0.6 | 1.0 tsp, leaves | 0.004 |
| 02042 | Spices, thyme, dried | 1.0 | 1.0 tsp, leaves | 0.009 |
| 02043 | Spices, turmeric, ground | 3.0 | 1.0 tsp | 0.039 |
| 11658 | Spinach souffle | 136.0 | 1.0 cup | 0.080 |
| 11855 | Spinach, canned, no salt added, solids and liquids | 234.0 | 1.0 cup | 0.271 |
| 11461 | Spinach, canned, regular pack, drained solids | 214.0 | 1.0 cup | 0.385 |
| 11459 | Spinach, canned, regular pack, solids and liquids | 234.0 | 1.0 cup | 0.271 |
| 11854 | Spinach, cooked, boiled, drained, with salt | 180.0 | 1.0 cup | 0.313 |
| 11458 | Spinach, cooked, boiled, drained, without salt | 180.0 | 1.0 cup | 0.313 |
| 11856 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, with salt | 95.0 | 0.5 cup | 0.153 |
| 11464 | Spinach, frozen, chopped or leaf, cooked, boiled, drained, without salt | 95.0 | 0.5 cup | 0.153 |
| 11463 | Spinach, frozen, chopped or leaf, unprepared | 156.0 | 1.0 cup | 0.225 |
| 11457 | Spinach, raw | 30.0 | 1.0 cup | 0.039 |
| 06192 | Split pea soup, canned, reduced sodium, prepared with water or ready-to serve | 253.0 | 1.0 cup | 0.278 |
| 06193 | Split pea with ham soup, canned, reduced sodium, prepared with water or ready-to-serve | 245.0 | 1.0 cup | 0.245 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05162 | Squab, (pigeon), light meat without skin, raw | 101.0 | 1.0 breast, bone removed | 0.437 |
| 05160 | Squab, (pigeon), meat and skin, raw | 85.0 | 3.0 oz | 0.371 |
| 05161 | Squab, (pigeon), meat only, raw | 251.0 | 1.0 unit (yield from 1 lb ready-to-cook squab) | 1.491 |
| 11857 | Squash, summer, all varieties, cooked, boiled, drained, with salt | 180.0 | 1.0 cup slices | 0.185 |
| 11642 | Squash, summer, all varieties, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 0.185 |
| 11641 | Squash, summer, all varieties, raw | 113.0 | 1.0 cup, sliced | 0.058 |
| 11471 | Squash, summer, crookneck and straightneck, canned, drained, solid, without salt | 210.0 | 1.0 cup, diced | 0.168 |
| 11858 | Squash, summer, crookneck and straightneck, cooked, boiled, drained, with salt | 180.0 | 1.0 cup slices | 0.117 |
| 11468 | Squash, summer, crookneck and straightneck, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 0.117 |
| 11859 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, with salt | 192.0 | 1.0 cup slices | 0.140 |
| 11474 | Squash, summer, crookneck and straightneck, frozen, cooked, boiled, drained, without salt | 192.0 | 1.0 cup slices | 0.140 |
| 11473 | Squash, summer, crookneck and straightneck, frozen, unprepared | 130.0 | 1.0 cup slices | 0.110 |
| 11467 | Squash, summer, crookneck and straightneck, raw | 127.0 | 1.0 cup sliced | 0.117 |
| 11860 | Squash, summer, scallop, cooked, boiled, drained, with salt | 90.0 | 0.5 cup slices | 0.075 |
| 11476 | Squash, summer, scallop, cooked, boiled, drained, without salt | 240.0 | 1.0 cup, mashed | 0.199 |
| 11475 | Squash, summer, scallop, raw | 130.0 | 1.0 cup slices | 0.133 |
| 11861 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, with salt | 90.0 | 0.5 cup slices | 0.047 |
| 11478 | Squash, summer, zucchini, includes skin, cooked, boiled, drained, without salt | 180.0 | 1.0 cup, sliced | 0.094 |
| 11862 | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, with salt | 223.0 | 1.0 cup | 0.105 |
| 11480 | Squash, summer, zucchini, includes skin, frozen, cooked, boiled, drained, without salt | 223.0 | 1.0 cup | 0.105 |
| 11479 | Squash, summer, zucchini, includes skin, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 0.048 |
| 11477 | Squash, summer, zucchini, includes skin, raw | 124.0 | 1.0 cup, chopped | 0.066 |
| 11481 | Squash, summer, zucchini, italian style, canned | 227.0 | 1.0 cup | 0.222 |
| 11864 | Squash, winter, acorn, cooked, baked, with salt | 205.0 | 1.0 cup, cubes | 0.176 |
| 11483 | Squash, winter, acorn, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 0.176 |
| 11865 | Squash, winter, acorn, cooked, boiled, mashed, with salt | 245.0 | 1.0 cup, mashed | 0.127 |
| 11484 | Squash, winter, acorn, cooked, boiled, mashed, without salt | 245.0 | 1.0 cup, mashed | 0.127 |
| 11482 | Squash, winter, acorn, raw | 140.0 | 1.0 cup, cubes | 0.091 |
| 11863 | Squash, winter, all varieties, cooked, baked, with salt | 205.0 | 1.0 cup, cubes | 0.168 |
| 11644 | Squash, winter, all varieties, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 0.168 |
| 11643 | Squash, winter, all varieties, raw | 116.0 | 1.0 cup, cubes | 0.082 |
| 11866 | Squash, winter, butternut, cooked, baked, with salt | 205.0 | 1.0 cup, cubes | 0.133 |
| 11486 | Squash, winter, butternut, cooked, baked, without salt | 205.0 | 1.0 cup, cubes | 0.133 |
| 11867 | Squash, winter, butternut, frozen, cooked, boiled, with salt | 240.0 | 1.0 cup, mashed | 0.086 |
| 11488 | Squash, winter, butternut, frozen, cooked, boiled, without salt | 240.0 | 1.0 cup, mashed | 0.086 |
| 11487 | Squash, winter, butternut, frozen, unprepared | 113.0 | 0.33 package (12 oz) | 0.058 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11485 | Squash, winter, butternut, raw | 140.0 | 1.0 cup, cubes | 0.101 |
| 11868 | Squash, winter, hubbard, baked, with salt | 205.0 | 1.0 cup, cubes | 0.092 |
| 11490 | Squash, winter, hubbard, baked, without salt | 205.0 | 1.0 cup, cubes | 0.092 |
| 11869 | Squash, winter, hubbard, cooked, boiled, mashed, with salt | 236.0 | 1.0 cup, mashed | 0.111 |
| 11491 | Squash, winter, hubbard, cooked, boiled, mashed, without salt | 236.0 | 1.0 cup, mashed | 0.111 |
| 11489 | Squash, winter, hubbard, raw | 116.0 | 1.0 cup, cubes | 0.074 |
| 11870 | Squash, winter, spaghetti, cooked, boiled, drained, or baked, with salt | 155.0 | 1.0 cup | 0.054 |
| 11493 | Squash, winter, spaghetti, cooked, boiled, drained, or baked, without salt | 155.0 | 1.0 cup | 0.054 |
| 11492 | Squash, winter, spaghetti, raw | 101.0 | 1.0 cup, cubes | 0.037 |
| 11953 | Squash, zucchini, baby, raw | 16.0 | 1.0 large | 0.016 |
| 35144 | Stew, dumpling with mutton (Navajo) | 308.0 | 1.0 serving | 0.163 |
| 35145 | Stew, hominy with mutton (Navajo) | 411.0 | 1.0 serving | 0.193 |
| 35146 | Stew, mutton, corn, squash (Navajo) | 303.0 | 1.0 serving | 0.191 |
| 35236 | Stew, pinto bean and hominy, badufsuki (Hopi) | 227.0 | 8.0 oz | 0.082 |
| 35205 | Stinging Nettles, blanched (Northern Plains Indians) | 89.0 | 1.0 cup | 0.068 |
| 09317 | Strawberries, canned, heavy syrup pack, solids and liquids | 254.0 | 1.0 cup | 0.160 |
| 09320 | Strawberries, frozen, sweetened, sliced | 255.0 | 1.0 cup, thawed | 0.051 |
| 09319 | Strawberries, frozen, sweetened, whole | 255.0 | 1.0 cup, thawed | 0.048 |
| 09318 | Strawberries, frozen, unsweetened | 221.0 | 1.0 cup, thawed | 0.108 |
| 09316 | Strawberries, raw | 152.0 | 1.0 cup, halves | 0.073 |
| 14350 | Strawberry-flavor beverage mix, powder | 22.0 | 1.0 serving (2-3 heaping tsp) | 0.000 |
| 18354 | Strudel, apple | 28.35 | 1.0 oz | 0.009 |
| 21161 | SUBWAY, B.L.T. sub on white bread with bacon, lettuce and tomato | 148.0 | 6.0 inch sub | 0.149 |
| 21209 | SUBWAY, black forest ham sub on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 0.151 |
| 21213 | SUBWAY, cold cut sub on white bread with lettuce and tomato | 196.0 | 6.0 inch sub | 0.165 |
| 21157 | SUBWAY, meatball marinara sub on white bread (no toppings) | 209.0 | 6.0 inch sub | 0.278 |
| 21211 | SUBWAY, oven roasted chicken sub on white bread with lettuce and tomato | 198.0 | 6.0 inch sub | 0.150 |
| 21210 | SUBWAY, roast beef sub on white bread with lettuce and tomato | 190.0 | 6.0 inch sub | 0.154 |
| 21159 | SUBWAY, steak & cheese sub on white bread with American cheese, lettuce and tomato | 201.0 | 6.0 inch sub | 0.173 |
| 21152 | SUBWAY, SUBWAY CLUB sub on white bread with lettuce and tomato | 207.0 | 6.0 inch sub | 0.168 |
| 21150 | SUBWAY, sweet onion chicken teriyaki sub on white bread with lettuce, tomato and sweet onion sauce | 228.0 | 6.0 inch sub | 0.162 |
| 21214 | SUBWAY, tuna sub on white bread with lettuce and tomato | 237.0 | 6.0 inch sub | 0.178 |
| 21207 | SUBWAY, turkey breast sub on white bread with lettuce and tomato | 184.0 | 6.0 inch sub | 0.138 |
| 11497 | Succotash, (corn and limas), canned, with cream style corn | 266.0 | 1.0 cup | 0.473 |
| 11499 | Succotash, (corn and limas), canned, with whole kernel corn, solids and liquids | 255.0 | 1.0 cup | 0.278 |
| 11871 | Succotash, (corn and limas), cooked, boiled, drained, with salt | 192.0 | 1.0 cup | 0.344 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11496 | Succotash, (corn and limas), cooked, boiled, drained, without salt | 192.0 | 1.0 cup | 0.344 |
| 11872 | Succotash, (corn and limas), frozen, cooked, boiled, drained, with salt | 170.0 | 1.0 cup | 0.102 |
| 11502 | Succotash, (corn and limas), frozen, cooked, boiled, drained, without salt | 170.0 | 1.0 cup | 0.102 |
| 11501 | Succotash, (corn and limas), frozen, unprepared | 156.0 | 1.0 cup | 0.098 |
| 19908 | Sugar, turbinado | 4.6 | 1.0 tsp | 0.000 |
| 09321 | Sugar-apples, (sweetsop), raw | 250.0 | 1.0 cup, pulp | 0.215 |
| 19334 | Sugars, brown | 3.0 | 1.0 tsp unpacked | 0.001 |
| 19335 | Sugars, granulated | 2.8 | 1.0 serving packet | 0.000 |
| 19340 | Sugars, maple | 3.0 | 1.0 tsp | 0.003 |
| 19336 | Sugars, powdered | 120.0 | 1.0 cup unsifted | 0.008 |
| 11504 | Swamp cabbage (skunk cabbage), cooked, boiled, drained, without salt | 98.0 | 1.0 cup, chopped | 0.021 |
| 11873 | Swamp cabbage (skunk cabbage), cooked, boiled, drained, with salt | 98.0 | 1.0 cup, chopped | 0.021 |
| 11503 | Swamp cabbage, (skunk cabbage), raw | 56.0 | 1.0 cup, chopped | 0.013 |
| 11874 | Sweet potato leaves, cooked, steamed, with salt | 64.0 | 1.0 cup | 0.021 |
| 11506 | Sweet potato leaves, cooked, steamed, without salt | 64.0 | 1.0 cup | 0.021 |
| 11514 | Sweet potato, canned, mashed | 255.0 | 1.0 cup | 0.709 |
| 11647 | Sweet potato, canned, syrup pack, drained solids | 196.0 | 1.0 cup | 0.327 |
| 11645 | Sweet potato, canned, syrup pack, solids and liquids | 228.0 | 1.0 cup | 0.283 |
| 11512 | Sweet potato, canned, vacuum pack | 255.0 | 1.0 cup, mashed | 0.354 |
| 11875 | Sweet potato, cooked, baked in skin, flesh, with salt | 114.0 | 1.0 medium (2" dia, 5" long, raw) | 0.184 |
| 11508 | Sweet potato, cooked, baked in skin, flesh, without salt | 200.0 | 1.0 cup | 0.322 |
| 11510 | Sweet potato, cooked, boiled, without skin | 328.0 | 1.0 cup, mashed | 0.308 |
| 11876 | Sweet potato, cooked, boiled, without skin, with salt | 328.0 | 1.0 cup, mashed | 0.308 |
| 11659 | Sweet potato, cooked, candied, home-prepared | 105.0 | 1.0 piece (2-1/2" x 2" dia) | 0.119 |
| 11877 | Sweet potato, frozen, cooked, baked, with salt | 176.0 | 1.0 cup, cubes | 0.322 |
| 11517 | Sweet potato, frozen, cooked, baked, without salt | 176.0 | 1.0 cup, cubes | 0.322 |
| 11516 | Sweet potato, frozen, unprepared | 176.0 | 1.0 cup, cubes | 0.312 |
| 11507 | Sweet potato, raw, unprepared | 133.0 | 1.0 cup, cubes | 0.201 |
| 31023 | Sweet Potatoes, french fried, frozen as packaged, salt added in processing | 51.0 | 12.0 fries | 0.090 |
| 18355 | Sweet rolls, cheese | 28.35 | 1.0 oz | 0.027 |
| 18356 | Sweet rolls, cinnamon, commercially prepared with raisins | 28.35 | 1.0 oz | 0.025 |
| 18357 | Sweet rolls, cinnamon, refrigerated dough with frosting | 28.35 | 1.0 oz | 0.018 |
| 18358 | Sweet rolls, cinnamon, refrigerated dough with frosting, baked | 28.35 | 1.0 oz | 0.020 |
| 19918 | Sweetener, herbal extract powder from Stevia leaf | 1.0 | 1.0 package | 0.000 |
| 19912 | Sweetener, syrup, agave | 6.9 | 1.0 tsp | 0.001 |
| 19906 | Sweeteners, for baking, brown, contains sugar and sucralose | 12.9 | 1.0 tbsp | 0.011 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 19907 | Sweeteners, for baking, contains sugar and sucralose | 14.5 | 1.0 tbsp | 0.001 |
| 19909 | Sweeteners, sugar substitute, granulated, brown | 0.5 | 1.0 tsp | 0.000 |
| 19337 | Sweeteners, tabletop, aspartame, EQUAL, packets | 3.5 | 1.0 tsp | 0.000 |
| 43216 | Sweeteners, tabletop, fructose, dry, powder | 196.0 | 1.0 cup | 0.433 |
| 44018 | Sweeteners, tabletop, fructose, liquid | 0.1 | 1.0 serving | 0.000 |
| 43158 | Sweeteners, tabletop, saccharin (sodium saccharin) | 1.0 | 1.0 serving 1 packet | 0.000 |
| 19868 | Sweeteners, tabletop, sucralose, SPLENDA packets | 1.0 | 1.0 serving 1 packet | 0.000 |
| 07920 | Swisswurst, pork and beef, with swiss cheese, smoked | 77.0 | 1.0 serving 2.7 oz | 0.054 |
| 90480 | Syrup, Cane | 21.0 | 1.0 serving | 0.004 |
| 19030 | Syrup, fruit flavored | 20.0 | 1.0 serving | 0.001 |
| 19924 | Syrup, NESTLE, chocolate | 20.0 | 1.0 tablespoon | 0.062 |
| 19348 | Syrups, chocolate, fudge-type | 304.0 | 1.0 cup | 1.058 |
| 19345 | Syrups, chocolate, HERSHEY'S Genuine Chocolate Flavored Lite Syrup | 35.0 | 2.0 tbsp | 0.097 |
| 19916 | Syrups, chocolate, HERSHEY'S Sugar free, Genuine Chocolate Flavored, Lite Syrup | 35.0 | 2.0 tbsp | 0.198 |
| 19349 | Syrups, corn, dark | 328.0 | 1.0 cup | 0.174 |
| 19351 | Syrups, corn, high-fructose | 310.0 | 1.0 cup | 0.090 |
| 19350 | Syrups, corn, light | 341.0 | 1.0 cup | 0.000 |
| 42040 | Syrups, grenadine | 20.0 | 1.0 tbsp | 0.005 |
| 19352 | Syrups, malt | 332.0 | 1.0 cup | 0.664 |
| 19353 | Syrups, maple | 20.0 | 1.0 tbsp | 0.004 |
| 19355 | Syrups, sorghum | 330.0 | 1.0 cup | 0.429 |
| 43026 | Syrups, sugar free | 240.0 | 1.0 cup | 0.000 |
| 19361 | Syrups, table blends, cane and 15% maple | 315.0 | 1.0 cup | 0.054 |
| 19362 | Syrups, table blends, corn, refiner, and sugar | 316.0 | 1.0 cup | 0.190 |
| 19129 | Syrups, table blends, pancake | 314.0 | 1.0 cup | 0.000 |
| 19128 | Syrups, table blends, pancake, reduced-calorie | 73.0 | 1.0 serving 1/4 cup | 0.013 |
| 19360 | Syrups, table blends, pancake, with 2% maple | 20.0 | 1.0 tbsp | 0.009 |
| 19720 | Syrups, table blends, pancake, with 2% maple, with added potassium | 315.0 | 1.0 cup | 0.142 |
| 19113 | Syrups, table blends, pancake, with butter | 73.0 | 1.0 serving 1/4 cup | 0.010 |
| 36020 | T.G.I. FRIDAY'S, chicken fingers | 225.0 | 1.0 serving | 0.149 |
| 36010 | T.G.I. FRIDAY'S, chicken fingers, from kids' menu | 41.0 | 1.0 piece | 0.026 |
| 36011 | T.G.I. FRIDAY'S, classic sirloin steak (10 oz) | 176.0 | 1.0 serving | 0.197 |
| 36007 | T.G.I. FRIDAY'S, french fries | 184.0 | 1.0 serving | 0.212 |
| 36006 | T.G.I. FRIDAY'S, FRIDAY'S Shrimp, breaded | 175.0 | 1.0 serving | 0.242 |
| 36008 | T.G.I. FRIDAY'S, fried mozzarella | 35.0 | 1.0 piece | 0.025 |
| 36009 | T.G.I. FRIDAY'S, macaroni & cheese, from kid's menu | 144.0 | 1.0 cup | 0.098 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 21264 | TACO BELL, Bean Burrito | 185.0 | 1.0 each burrito | 0.303 |
| 21265 | TACO BELL, BURRITO SUPREME with beef | 241.0 | 1.0 burrito | 0.255 |
| 21266 | TACO BELL, BURRITO SUPREME with chicken | 248.0 | 1.0 item | 0.248 |
| 21267 | TACO BELL, BURRITO SUPREME with steak | 248.0 | 1.0 item | 0.285 |
| 21268 | TACO BELL, Nachos | 80.0 | 1.0 serving | 0.051 |
| 21269 | TACO BELL, Nachos Supreme | 222.0 | 1.0 serving | 0.231 |
| 21260 | TACO BELL, Original Taco with beef, cheese and lettuce | 69.0 | 1.0 each taco | 0.053 |
| 21261 | TACO BELL, Soft Taco with beef, cheese and lettuce | 102.0 | 1.0 each taco | 0.068 |
| 21262 | TACO BELL, Soft Taco with chicken, cheese and lettuce | 98.0 | 1.0 each taco | 0.059 |
| 21263 | TACO BELL, Soft Taco with steak | 127.0 | 1.0 item | 0.144 |
| 21270 | TACO BELL, Taco Salad | 533.0 | 1.0 item | 0.805 |
| 18360 | Taco shells, baked | 12.9 | 1.0 shell | 0.015 |
| 18448 | Taco shells, baked, without added salt | 28.35 | 1.0 oz | 0.034 |
| 35147 | Tamales (Navajo) | 186.0 | 1.0 piece | 0.117 |
| 35237 | Tamales, masa and pork filling (Hopi) | 113.0 | 4.0 oz | 0.098 |
| 09437 | Tamarind nectar, canned | 251.0 | 1.0 cup | 0.035 |
| 09322 | Tamarinds, raw | 120.0 | 1.0 cup, pulp | 0.103 |
| 09223 | Tangerine juice, canned, sweetened | 249.0 | 1.0 cup | 0.062 |
| 09221 | Tangerine juice, raw | 247.0 | 1.0 cup | 0.062 |
| 09219 | Tangerines, (mandarin oranges), canned, juice pack | 249.0 | 1.0 cup | 0.082 |
| 09383 | Tangerines, (mandarin oranges), canned, juice pack, drained | 189.0 | 1.0 cup | 0.077 |
| 09220 | Tangerines, (mandarin oranges), canned, light syrup pack | 252.0 | 1.0 cup | 0.111 |
| 09218 | Tangerines, (mandarin oranges), raw | 195.0 | 1.0 cup, sections | 0.082 |
| 20068 | Tapioca, pearl, dry | 152.0 | 1.0 cup | 0.030 |
| 32007 | Taquitos, frozen, beef and cheese, oven-heated | 42.0 | 1.0 piece | 0.043 |
| 32006 | Taquitos, frozen, chicken and cheese, oven-heated | 42.0 | 1.0 piece | 0.042 |
| 11521 | Taro leaves, cooked, steamed, without salt | 145.0 | 1.0 cup | 0.203 |
| 11520 | Taro leaves, raw | 28.0 | 1.0 cup | 0.076 |
| 11523 | Taro shoots, cooked, without salt | 140.0 | 1.0 cup slices | 0.132 |
| 11522 | Taro shoots, raw | 43.0 | 0.5 cup slices | 0.038 |
| 11878 | Taro, cooked, with salt | 132.0 | 1.0 cup slices | 0.265 |
| 11519 | Taro, cooked, without salt | 132.0 | 1.0 cup, sliced | 0.265 |
| 11879 | Taro, leaves, cooked, steamed, with salt | 145.0 | 1.0 cup | 0.203 |
| 11518 | Taro, raw | 104.0 | 1.0 cup, sliced | 0.179 |
| 11880 | Taro, shoots, cooked, with salt | 140.0 | 1.0 cup slices | 0.132 |
| 11881 | Taro, tahitian, cooked, with salt | 137.0 | 1.0 cup slices | 0.104 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11526 | Taro, tahitian, cooked, without salt | 137.0 | 1.0 cup slices | 0.104 |
| 11525 | Taro, tahitian, raw | 125.0 | 1.0 cup slices | 0.089 |
| 20143 | Teff, cooked | 252.0 | 1.0 cup | 0.570 |
| 20142 | Teff, uncooked | 193.0 | 1.0 cup | 1.563 |
| 16114 | Tempeh | 166.0 | 1.0 cup | 0.930 |
| 07078 | Thuringer, cervelat, summer sausage, beef, pork | 56.0 | 2.0 oz 1 serving | 0.084 |
| 02049 | Thyme, fresh | 0.8 | 1.0 tsp | 0.004 |
| 18361 | Toaster pastries, brown-sugar-cinnamon | 28.35 | 1.0 oz | 0.028 |
| 18362 | Toaster pastries, fruit (includes apple, blueberry, cherry, strawberry) | 28.35 | 1.0 oz | 0.020 |
| 18938 | Toaster Pastries, fruit, frosted (include apples, blueberry, cherry, strawberry) | 53.0 | 1.0 piece | 0.033 |
| 18939 | Toaster pastries, fruit, toasted (include apple, blueberry, cherry, strawberry) | 51.0 | 1.0 pastry | 0.035 |
| 18476 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Blueberry | 52.0 | 1.0 pastry | 0.078 |
| 18478 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Brown sugar cinnamon | 50.0 | 1.0 pastry | 0.040 |
| 18477 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted blueberry | 52.0 | 1.0 pastry | 0.078 |
| 18481 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted cherry | 52.0 | 1.0 pastry | 0.099 |
| 18486 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Frosted raspberry | 52.0 | 1.0 pastry | 0.042 |
| 18487 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, S'mores | 52.0 | 1.0 pastry | 0.052 |
| 18488 | Toaster Pastries, KELLOGG, KELLOGG'S POP TARTS, Strawberry | 52.0 | 1.0 pastry | 0.000 |
| 03968 | Toddler formula, MEAD JOHNSON, ENFAGROW PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), ready-to-feed | 29.2 | 1.0 fl oz | 0.015 |
| 03967 | Toddler formula, MEAD JOHNSON, ENFAGROW, PREMIUM (formerly ENFAMIL, LIPIL, NEXT STEP), powder | 8.8 | 1.0 scoop | 0.040 |
| 43476 | Tofu yogurt | 262.0 | 1.0 cup | 0.196 |
| 16128 | Tofu, dried-frozen (koyadofu) | 17.0 | 1.0 piece | 0.200 |
| 16428 | Tofu, dried-frozen (koyadofu), prepared with calcium sulfate | 17.0 | 1.0 piece | 0.200 |
| 16159 | Tofu, extra firm, prepared with nigari | 91.0 | 0.2 block | 0.182 |
| 16126 | Tofu, firm, prepared with calcium sulfate and magnesium chloride (nigari) | 126.0 | 0.5 cup | 0.268 |
| 16129 | Tofu, fried | 28.35 | 1.0 oz | 0.113 |
| 16429 | Tofu, fried, prepared with calcium sulfate | 13.0 | 1.0 piece | 0.052 |
| 16160 | Tofu, hard, prepared with nigari | 122.0 | 0.25 block | 0.400 |
| 16426 | Tofu, raw, firm, prepared with calcium sulfate | 126.0 | 0.5 cup | 0.476 |
| 16427 | Tofu, raw, regular, prepared with calcium sulfate | 124.0 | 0.5 cup | 0.239 |
| 16132 | Tofu, salted and fermented (fuyu) | 11.0 | 1.0 block | 0.041 |
| 16432 | Tofu, salted and fermented (fuyu), prepared with calcium sulfate | 11.0 | 1.0 block | 0.041 |
| 16127 | Tofu, soft, prepared with calcium sulfate and magnesium chloride (nigari) | 120.0 | 1.0 piece (2-1/2" x 2-3/4" x 1") | 0.188 |
| 11954 | Tomatillos, raw | 34.0 | 1.0 medium | 0.027 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 43365 | Tomato and vegetable juice, low sodium | 242.0 | 1.0 cup | 0.484 |
| 11540 | Tomato juice, canned, with salt added | 243.0 | 1.0 cup | 0.102 |
| 11886 | Tomato juice, canned, without salt added | 243.0 | 1.0 cup | 0.102 |
| 11546 | Tomato products, canned, paste, without salt added | 66.0 | 0.25 cup | 0.241 |
| 11888 | Tomato products, canned, puree, with salt added | 250.0 | 1.0 cup | 0.718 |
| 11547 | Tomato products, canned, puree, without salt added | 250.0 | 1.0 cup | 0.718 |
| 11549 | Tomato products, canned, sauce | 245.0 | 1.0 cup | 0.282 |
| 11649 | Tomato products, canned, sauce, spanish style | 244.0 | 1.0 cup | 0.390 |
| 11555 | Tomato products, canned, sauce, with herbs and cheese | 122.0 | 0.5 cup | 0.212 |
| 11551 | Tomato products, canned, sauce, with mushrooms | 245.0 | 1.0 cup | 0.488 |
| 11553 | Tomato products, canned, sauce, with onions | 245.0 | 1.0 cup | 0.443 |
| 11557 | Tomato products, canned, sauce, with onions, green peppers, and celery | 250.0 | 1.0 cup | 0.495 |
| 11559 | Tomato products, canned, sauce, with tomato tidbits | 244.0 | 1.0 cup | 0.034 |
| 43217 | Tomato sauce, canned, no salt added | 245.0 | 1.0 cup | 0.282 |
| 11693 | Tomatoes, crushed, canned | 121.0 | 0.5 cup | 0.221 |
| 11527 | Tomatoes, green, raw | 180.0 | 1.0 cup | 0.162 |
| 11695 | Tomatoes, orange, raw | 158.0 | 1.0 cup, chopped | 0.098 |
| 11531 | Tomatoes, red, ripe, canned, packed in tomato juice | 240.0 | 1.0 cup | 0.125 |
| 11885 | Tomatoes, red, ripe, canned, packed in tomato juice, no salt added | 240.0 | 1.0 cup | 0.125 |
| 11533 | Tomatoes, red, ripe, canned, stewed | 255.0 | 1.0 cup | 0.286 |
| 11537 | Tomatoes, red, ripe, canned, with green chilies | 241.0 | 1.0 cup | 0.217 |
| 11530 | Tomatoes, red, ripe, cooked | 240.0 | 1.0 cup | 0.180 |
| 11660 | Tomatoes, red, ripe, cooked, stewed | 101.0 | 1.0 cup | 0.096 |
| 11884 | Tomatoes, red, ripe, cooked, with salt | 240.0 | 1.0 cup | 0.180 |
| 11529 | Tomatoes, red, ripe, raw, year round average | 149.0 | 1.0 cup cherry tomatoes | 0.088 |
| 11955 | Tomatoes, sun-dried | 54.0 | 1.0 cup | 0.768 |
| 11956 | Tomatoes, sun-dried, packed in oil, drained | 110.0 | 1.0 cup | 0.520 |
| 11696 | Tomatoes, yellow, raw | 139.0 | 1.0 cup, chopped | 0.140 |
| 19364 | Toppings, butterscotch or caramel | 41.0 | 2.0 tbsp | 0.000 |
| 19365 | Toppings, marshmallow cream | 28.35 | 1.0 oz | 0.027 |
| 19367 | Toppings, nuts in syrup | 328.0 | 1.0 cup | 1.771 |
| 19366 | Toppings, pineapple | 340.0 | 1.0 cup | 0.177 |
| 19137 | Toppings, strawberry | 42.0 | 2.0 tbsp | 0.013 |
| 22901 | Tortellini, pasta with cheese filling, fresh-refrigerated, as purchased | 81.0 | 0.75 cup | 0.065 |
| 19433 | Tortilla chips, low fat, baked without fat | 28.35 | 1.0 oz | 0.031 |
| 25028 | Tortilla chips, yellow, plain, salted | 28.35 | 1.0 oz | 0.030 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 35239 | Tortilla, blue corn, Sakwavikaviki (Hopi) | 57.0 | 1.0 piece | 0.072 |
| 35143 | Tortilla, includes plain and from mutton sandwich (Navajo) | 197.0 | 1.0 serving | 0.201 |
| 18363 | Tortillas, ready-to-bake or -fry, corn | 28.35 | 1.0 oz | 0.044 |
| 18449 | Tortillas, ready-to-bake or -fry, corn, without added salt | 28.35 | 1.0 oz | 0.044 |
| 18364 | Tortillas, ready-to-bake or -fry, flour, refrigerated | 48.0 | 1.0 tortilla | 0.050 |
| 18970 | Tortillas, ready-to-bake or -fry, flour, shelf stable | 49.0 | 1.0 tortilla | 0.056 |
| 18450 | Tortillas, ready-to-bake or -fry, flour, without added calcium | 28.35 | 1.0 oz | 0.076 |
| 28295 | Tortillas, ready-to-bake or -fry, whole wheat | 41.0 | 1.0 tortilla 1 serving | 0.109 |
| 18952 | Tostada shells, corn | 12.3 | 1.0 piece | 0.018 |
| 11928 | Tree fern, cooked, with salt | 31.0 | 1.0 frond (6-1/2" long) | 0.063 |
| 11563 | Tree fern, cooked, without salt | 71.0 | 0.5 cup, chopped | 0.143 |
| 20069 | Triticale | 192.0 | 1.0 cup | 0.877 |
| 20070 | Triticale flour, whole-grain | 130.0 | 1.0 cup | 0.727 |
| 05286 | Turkey and gravy, frozen | 85.0 | 3.0 oz | 0.019 |
| 42173 | Turkey and pork sausage, fresh, bulk, patty or link, cooked | 130.0 | 1.0 cup, cooked | 0.192 |
| 07973 | Turkey bacon, microwaved | 8.1 | 1.0 slice | 0.010 |
| 07254 | Turkey bacon, unprepared | 14.0 | 1.0 serving | 0.010 |
| 07046 | Turkey breast, low salt, prepackaged or deli, luncheon meat | 28.0 | 1.0 slice | 0.016 |
| 05293 | Turkey breast, pre-basted, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.035 |
| 07081 | Turkey breast, sliced, prepackaged | 16.0 | 1.0 slice | 0.004 |
| 05187 | Turkey from whole, dark meat, meat only, raw | 85.0 | 1.0 serving | 0.078 |
| 05182 | Turkey from whole, light meat, meat and skin, cooked, roasted | 85.0 | 1.0 serving | 0.058 |
| 05181 | Turkey from whole, light meat, meat and skin, raw | 85.0 | 3.0 oz | 0.057 |
| 05703 | Turkey from whole, light meat, meat and skin, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.053 |
| 05702 | Turkey from whole, light meat, meat and skin, with added solution, raw | 114.0 | 4.0 oz | 0.058 |
| 05697 | Turkey from whole, light meat, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.053 |
| 05696 | Turkey from whole, light meat, meat only, with added solution, raw | 114.0 | 4.0 oz | 0.059 |
| 05185 | Turkey from whole, light meat, raw | 85.0 | 1.0 serving | 0.060 |
| 05180 | Turkey from whole, neck, meat only, cooked, simmered | 85.0 | 1.0 serving | 0.134 |
| 05179 | Turkey from whole, neck, meat only, raw | 28.35 | 1.0 oz | 0.040 |
| 42128 | Turkey ham, sliced, extra lean, prepackaged or deli-sliced | 138.0 | 1.0 cup pieces | 0.152 |
| 05295 | Turkey roast, boneless, frozen, seasoned, light and dark meat, raw | 85.0 | 3.0 oz | 0.075 |
| 07958 | Turkey sausage, fresh, cooked | 57.0 | 1.0 serving | 0.083 |
| 07955 | Turkey sausage, fresh, raw | 57.0 | 1.0 serving | 0.049 |
| 07066 | Turkey sausage, reduced fat, brown and serve, cooked (include BUTTERBALL breakfast links turkey sausage) | 128.0 | 1.0 cup | 0.191 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05300 | Turkey sticks, breaded, battered, fried | 64.0 | 1.0 stick (2.25 oz) | 0.047 |
| 05294 | Turkey thigh, pre-basted, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.118 |
| 05190 | Turkey, all classes, back, meat and skin, cooked, roasted | 140.0 | 1.0 cup, chopped or diced | 0.199 |
| 05192 | Turkey, all classes, breast, meat and skin, cooked, roasted | 112.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.053 |
| 05191 | Turkey, all classes, breast, meat and skin, raw | 146.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.108 |
| 05194 | Turkey, all classes, leg, meat and skin, cooked, roasted | 71.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.109 |
| 05193 | Turkey, all classes, leg, meat and skin, raw | 105.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.149 |
| 05186 | Turkey, all classes, light meat, cooked, roasted | 85.0 | 1.0 serving | 0.054 |
| 05196 | Turkey, all classes, wing, meat and skin, cooked, roasted | 24.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.013 |
| 05195 | Turkey, all classes, wing, meat and skin, raw | 33.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.025 |
| 05215 | Turkey, back from whole bird, meat only, raw | 114.0 | 4.0 oz | 0.105 |
| 05744 | Turkey, back, from whole bird, meat and skin, with added solution, raw | 114.0 | 4.0 oz | 0.097 |
| 05745 | Turkey, back, from whole bird, meat and skin, with added solution, roasted | 85.0 | 3.0 oz | 0.054 |
| 05216 | Turkey, back, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 0.108 |
| 05719 | Turkey, back, from whole bird, meat only, with added solution, raw | 114.0 | 4.0 oz | 0.121 |
| 05720 | Turkey, back, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 0.053 |
| 05219 | Turkey, breast, from whole bird, meat only, raw | 114.0 | 4.0 oz | 0.080 |
| 05220 | Turkey, breast, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 0.054 |
| 05721 | Turkey, breast, from whole bird, meat only, with added solution, raw | 114.0 | 4.0 oz | 0.059 |
| 05718 | Turkey, breast, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 0.053 |
| 05284 | Turkey, canned, meat only, with broth | 135.0 | 1.0 cup, drained | 0.100 |
| 05184 | Turkey, dark meat from whole, meat and skin, cooked, roasted | 85.0 | 1.0 serving | 0.106 |
| 05701 | Turkey, dark meat from whole, meat and skin, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.101 |
| 05700 | Turkey, dark meat from whole, meat and skin, with added solution, raw | 114.0 | 4.0 oz | 0.107 |
| 05694 | Turkey, dark meat from whole, meat only, with added solution, raw | 114.0 | 4.0 oz | 0.121 |
| 05183 | Turkey, dark meat, meat and skin, raw | 28.35 | 1.0 oz | 0.024 |
| 05695 | Turkey, dark meat, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.109 |
| 05285 | Turkey, diced, light and dark meat, seasoned | 28.35 | 1.0 oz | 0.018 |
| 05738 | Turkey, drumstick, from whole bird, meat only, raw | 85.0 | 3.0 oz | 0.060 |
| 05739 | Turkey, drumstick, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 0.054 |
| 05724 | Turkey, drumstick, from whole bird, meat only, with added solution, raw | 114.0 | 4.0 oz | 0.121 |
| 05725 | Turkey, drumstick, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 0.109 |
| 43367 | Turkey, drumstick, smoked, cooked, with skin, bone removed | 21.0 | 1.0 oz with bone, cooked (yield after bone removed) | 0.032 |
| 05188 | Turkey, from whole, dark meat, cooked, roasted | 85.0 | 1.0 serving | 0.108 |
| 05200 | Turkey, fryer-roasters, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.124 |
| 05174 | Turkey, gizzard, all classes, cooked, simmered | 45.0 | 1.0 gizzard cooked | 0.123 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05173 | Turkey, gizzard, all classes, raw | 63.0 | 1.0 raw gizzard | 0.139 |
| 05176 | Turkey, heart, all classes, cooked, simmered | 20.0 | 1.0 heart | 0.165 |
| 05175 | Turkey, heart, all classes, raw | 24.0 | 1.0 piece | 0.117 |
| 43391 | Turkey, light or dark meat, smoked, cooked, skin and bone removed | 28.0 | 1.0 medium slice (approx 3" x 2" x 1/4") | 0.026 |
| 43390 | Turkey, light or dark meat, smoked, cooked, with skin, bone removed | 85.0 | 3.0 oz, boneless | 0.079 |
| 05178 | Turkey, liver, all classes, cooked, simmered | 53.0 | 1.0 liver cooked | 0.554 |
| 05177 | Turkey, liver, all classes, raw | 78.0 | 1.0 raw liver | 0.673 |
| 05304 | Turkey, mechanically deboned, from turkey frames, raw | 227.0 | 0.5 lb | 0.211 |
| 07900 | Turkey, pork, and beef sausage, low fat, smoked | 85.0 | 3.0 oz | 0.114 |
| 05733 | Turkey, retail parts, breast, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.054 |
| 05732 | Turkey, retail parts, breast, meat and skin, raw | 85.0 | 3.0 oz | 0.046 |
| 05727 | Turkey, retail parts, breast, meat and skin, with added solution, raw | 85.0 | 3.0 oz | 0.037 |
| 05711 | Turkey, retail parts, breast, meat only, cooked, roasted | 863.0 | 1.0 breast | 0.518 |
| 05710 | Turkey, retail parts, breast, meat only, raw | 85.0 | 3.0 oz | 0.046 |
| 05709 | Turkey, retail parts, breast, meat only, with added solution, cooked, roasted | 85.0 | 3.0 oz | 0.048 |
| 05708 | Turkey, retail parts, breast, meat only, with added solution, raw | 1171.0 | 1.0 breast | 0.504 |
| 05737 | Turkey, retail parts, drumstick, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.091 |
| 05736 | Turkey, retail parts, drumstick, meat and skin, raw | 85.0 | 3.0 oz | 0.067 |
| 05723 | Turkey, retail parts, drumstick, meat only, cooked, roasted | 28.0 | 3.0 oz | 0.031 |
| 05716 | Turkey, retail parts, drumstick, meat only, raw | 85.0 | 3.0 oz | 0.070 |
| 05743 | Turkey, retail parts, thigh, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.076 |
| 05742 | Turkey, retail parts, thigh, meat and skin, raw | 85.0 | 3.0 oz | 0.065 |
| 05722 | Turkey, retail parts, thigh, meat only, cooked, roasted | 85.0 | 3.0 oz | 0.080 |
| 05717 | Turkey, retail parts, thigh, meat only, raw | 85.0 | 3.0 oz | 0.071 |
| 05735 | Turkey, retail parts, wing, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.060 |
| 05734 | Turkey, retail parts, wing, meat and skin, raw | 85.0 | 3.0 oz | 0.042 |
| 05713 | Turkey, retail parts, wing, meat only, cooked, roasted | 85.0 | 3.0 oz | 0.050 |
| 05712 | Turkey, retail parts, wing, meat only, raw | 28.0 | 3.0 oz | 0.013 |
| 05170 | Turkey, skin from whole (light and dark), roasted | 85.0 | 1.0 serving | 0.094 |
| 05698 | Turkey, skin from whole (light and dark), with added solution, raw | 28.35 | 1.0 oz | 0.013 |
| 05169 | Turkey, skin from whole, (light and dark), raw | 28.35 | 1.0 oz | 0.015 |
| 05699 | Turkey, skin from whole, (light and dark), with added solution, roasted | 28.35 | 1.0 oz | 0.019 |
| 05715 | Turkey, skin, from retail parts, from dark meat, cooked, roasted | 28.35 | 1.0 oz | 0.016 |
| 05714 | Turkey, skin, from retail parts, from dark meat, raw | 28.35 | 1.0 oz | 0.012 |
| 22957 | Turkey, stuffing, mashed potatoes w/gravy, assorted vegetables, frozen, microwaved | 385.0 | 1.0 serving | 0.216 |
| 05740 | Turkey, thigh, from whole bird, meat only, raw | 85.0 | 3.0 oz | 0.078 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 05741 | Turkey, thigh, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 0.108 |
| 05726 | Turkey, thigh, from whole bird, meat only, with added solution, raw | 85.0 | 3.0 oz | 0.090 |
| 05728 | Turkey, thigh, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 0.109 |
| 07944 | Turkey, white, rotisserie, deli cut | 48.0 | 1.69 oz (1 serving) | 0.019 |
| 05172 | Turkey, whole, giblets, cooked, simmered | 95.0 | 1.0 giblets | 0.657 |
| 05171 | Turkey, whole, giblets, raw | 85.0 | 3.0 oz | 0.490 |
| 05166 | Turkey, whole, meat and skin, cooked, roasted | 85.0 | 3.0 oz | 0.079 |
| 05165 | Turkey, whole, meat and skin, raw | 85.0 | 3.0 oz | 0.065 |
| 05706 | Turkey, whole, meat and skin, with added solution, raw | 85.0 | 3.0 oz | 0.059 |
| 05707 | Turkey, whole, meat and skin, with added solution, roasted | 85.0 | 3.0 oz | 0.074 |
| 05168 | Turkey, whole, meat only, cooked, roasted | 85.0 | 3.0 oz | 0.077 |
| 05167 | Turkey, whole, meat only, raw | 85.0 | 3.0 oz | 0.067 |
| 05704 | Turkey, whole, meat only, with added solution, raw | 85.0 | 3.0 oz | 0.058 |
| 05705 | Turkey, whole, meat only, with added solution, roasted | 28.0 | 3.0 oz | 0.025 |
| 05227 | Turkey, wing, from whole bird, meat only, raw | 85.0 | 3.0 oz | 0.060 |
| 05228 | Turkey, wing, from whole bird, meat only, roasted | 85.0 | 3.0 oz | 0.054 |
| 05729 | Turkey, wing, from whole bird, meat only, with added solution, raw | 85.0 | 3.0 oz | 0.044 |
| 05730 | Turkey, wing, from whole bird, meat only, with added solution, roasted | 85.0 | 3.0 oz | 0.053 |
| 43366 | Turkey, wing, smoked, cooked, with skin, bone removed | 19.0 | 1.0 oz with bone, cooked (yield after bone removed) | 0.011 |
| 05236 | Turkey, young hen, skin only, cooked, roasted | 31.0 | 1.0 unit (yield from 1 lb ready-to-cook turkey) | 0.024 |
| 11893 | Turnip greens and turnips, frozen, cooked, boiled, drained, with salt | 163.0 | 1.0 cup | 0.217 |
| 11577 | Turnip greens and turnips, frozen, cooked, boiled, drained, without salt | 163.0 | 1.0 cup | 0.217 |
| 11576 | Turnip greens and turnips, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 0.048 |
| 43387 | Turnip greens, canned, no salt added | 144.0 | 1.0 cup | 0.120 |
| 11570 | Turnip greens, canned, solids and liquids | 117.0 | 0.5 cup | 0.097 |
| 11891 | Turnip greens, cooked, boiled, drained, with salt | 144.0 | 1.0 cup, chopped | 0.364 |
| 11569 | Turnip greens, cooked, boiled, drained, without salt | 144.0 | 1.0 cup, chopped | 0.364 |
| 11892 | Turnip greens, frozen, cooked, boiled, drained, with salt | 82.0 | 0.5 cup | 0.123 |
| 11575 | Turnip greens, frozen, cooked, boiled, drained, without salt | 164.0 | 1.0 cup | 0.246 |
| 11574 | Turnip greens, frozen, unprepared | 82.0 | 0.5 cup, chopped or diced | 0.047 |
| 11568 | Turnip greens, raw | 55.0 | 1.0 cup, chopped | 0.192 |
| 11889 | Turnips, cooked, boiled, drained, with salt | 156.0 | 1.0 cup, cubes | 0.100 |
| 11565 | Turnips, cooked, boiled, drained, without salt | 156.0 | 1.0 cup, cubes | 0.003 |
| 11890 | Turnips, frozen, cooked, boiled, drained, with salt | 156.0 | 1.0 cup | 0.098 |
| 11567 | Turnips, frozen, cooked, boiled, drained, without salt | 156.0 | 1.0 cup | 0.098 |
| 11566 | Turnips, frozen, unprepared | 94.0 | 0.333 package, mashed (10 oz) | 0.042 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11564 | Turnips, raw | 130.0 | 1.0 cup, cubes | 0.110 |
| 32015 | Turnover, cheese-filled, tomato-based sauce, frozen, unprepared | 127.0 | 1.0 serving 4.5 oz | 0.118 |
| 32026 | Turnover, chicken- or turkey-, and vegetable-filled, reduced fat, frozen | 127.0 | 1.0 piece turnover 1 serving | 0.140 |
| 32028 | Turnover, filled with egg, meat and cheese, frozen | 127.0 | 1.0 piece turnover 1 serving | 0.081 |
| 32027 | Turnover, meat- and cheese-filled, tomato-based sauce, reduced fat, frozen | 127.0 | 1.0 piece turnover 1 serving | 0.098 |
| 93600 | Turtle, green, raw | 85.0 | 3.0 oz | 0.212 |
| 28370 | UDI'S, Gluten Free, Classic French Dinner Rolls | 36.0 | 1.0 roll | 0.030 |
| 28371 | UDI'S, Gluten Free, Soft & Delicious White Sandwich Bread | 28.0 | 1.0 slice | 0.015 |
| 28372 | UDI'S, Gluten Free, Soft & Hearty Whole Grain Bread | 25.0 | 1.0 slice | 0.018 |
| 28373 | UDI'S, Gluten Free, Whole Grain Dinner Rolls | 44.0 | 1.0 roll | 0.114 |
| 05336 | USDA Commodity Chicken, canned, meat only, drained | 135.0 | 1.0 cup drained | 0.082 |
| 04670 | USDA Commodity Food, oil, vegetable, low saturated fat | 13.6 | 1.0 tbsp | 0.000 |
| 04669 | USDA Commodity Food, oil, vegetable, soybean, refined | 13.6 | 1.0 tablespoon | 0.000 |
| 23501 | USDA Commodity, beef patties with VPP, frozen, cooked | 68.0 | 1.0 patty | 0.171 |
| 23506 | USDA Commodity, beef patties with VPP, frozen, raw | 85.0 | 1.0 serving | 0.139 |
| 13166 | USDA Commodity, beef, canned | 45.0 | 1.0 serving | 0.013 |
| 23502 | USDA Commodity, beef, ground bulk/coarse ground, frozen, cooked | 28.35 | 1.0 oz | 0.040 |
| 23508 | USDA Commodity, beef, ground, bulk/coarse ground, frozen, raw | 85.0 | 1.0 serving | 0.053 |
| 23503 | USDA Commodity, beef, patties (100%), frozen, cooked | 64.0 | 1.0 patty | 0.041 |
| 23507 | USDA Commodity, beef, patties (100%), frozen, raw | 85.0 | 3.0 oz | 0.062 |
| 01182 | USDA Commodity, cheese, cheddar, reduced fat | 113.0 | 1.0 cup shredded | 0.024 |
| 05353 | USDA Commodity, chicken fajita strips, frozen | 9.4 | 1.0 strip | 0.003 |
| 05338 | USDA Commodity, Chicken, canned, meat only, with broth | 135.0 | 1.0 cup drained | 0.080 |
| 05337 | USDA Commodity, Chicken, canned, meat only, with water | 135.0 | 1.0 cup drained | 0.069 |
| 07044 | USDA Commodity, luncheon meat, canned | 45.0 | 1.0 serving | 0.013 |
| 16167 | USDA Commodity, Peanut Butter, smooth | 32.0 | 2.0 tbsp | 0.183 |
| 07907 | USDA Commodity, pork sausage, bulk/links/patties, frozen, raw | 28.0 | 1.0 link | 0.013 |
| 10158 | USDA Commodity, pork, canned | 85.0 | 3.0 oz | 0.026 |
| 10802 | USDA Commodity, pork, cured, ham, boneless, cooked, heated | 28.35 | 1.0 oz boneless | 0.032 |
| 10804 | USDA Commodity, pork, cured, ham, boneless, cooked, unheated | 28.35 | 1.0 oz boneless | 0.031 |
| 10803 | USDA Commodity, pork, ground, fine/coarse, frozen, cooked | 28.35 | 1.0 oz grilled patties | 0.037 |
| 10805 | USDA Commodity, pork, ground, fine/coarse, frozen, raw | 113.0 | 1.0 oz crumbles | 0.053 |
| 07901 | USDA Commodity, pork, sausage, bulk/links/patties, frozen, cooked | 28.35 | 1.0 oz | 0.029 |
| 15251 | USDA Commodity, salmon nuggets, breaded, frozen, heated | 28.35 | 1.0 oz | 0.022 |
| 15252 | USDA Commodity, salmon nuggets, cooked as purchased, unheated | 28.35 | 1.0 oz | 0.020 |
| 05354 | USDA Commodity, turkey taco meat, frozen, cooked | 85.0 | 3.0 oz | 0.026 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 28374 | VAN'S, Gluten Free, Totally Original Pancakes | 48.0 | 1.0 pancake | 0.052 |
| 28375 | VAN'S, Gluten Free, Totally Original Waffles | 47.0 | 1.0 waffle | 0.046 |
| 28376 | VAN'S, The Perfect 10, Crispy Six Whole Grain + Four Seed Baked Crackers, Gluten Free | 8.4 | 3.0 crackers | 0.024 |
| 02050 | Vanilla extract | 4.2 | 1.0 tsp | 0.003 |
| 02051 | Vanilla extract, imitation, alcohol | 4.2 | 1.0 tsp | 0.001 |
| 02052 | Vanilla extract, imitation, no alcohol | 4.2 | 1.0 tsp | 0.000 |
| 17273 | Veal, breast, plate half, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.059 |
| 17274 | Veal, breast, point half, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.062 |
| 17270 | Veal, breast, separable fat, cooked | 28.35 | 1.0 oz | 0.012 |
| 17272 | Veal, breast, whole, boneless, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.060 |
| 17271 | Veal, breast, whole, boneless, separable lean and fat, raw | 28.35 | 1.0 oz | 0.027 |
| 17275 | Veal, breast, whole, boneless, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.065 |
| 17093 | Veal, composite of trimmed retail cuts, separable fat, cooked | 85.0 | 3.0 oz | 0.037 |
| 17092 | Veal, composite of trimmed retail cuts, separable fat, raw | 28.35 | 1.0 oz | 0.011 |
| 17089 | Veal, composite of trimmed retail cuts, separable lean and fat, cooked | 85.0 | 3.0 oz | 0.097 |
| 17088 | Veal, composite of trimmed retail cuts, separable lean and fat, raw | 28.35 | 1.0 oz | 0.031 |
| 17091 | Veal, composite of trimmed retail cuts, separable lean only, cooked | 85.0 | 3.0 oz | 0.102 |
| 17090 | Veal, composite of trimmed retail cuts, separable lean only, raw | 28.35 | 1.0 oz | 0.032 |
| 17141 | Veal, cubed for stew (leg and shoulder), separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.130 |
| 17140 | Veal, cubed for stew (leg and shoulder), separable lean only, raw | 28.35 | 1.0 oz | 0.033 |
| 17436 | Veal, foreshank, osso buco, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.099 |
| 17429 | Veal, foreshank, osso buco, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.101 |
| 17143 | Veal, ground, cooked, broiled | 85.0 | 3.0 oz | 0.088 |
| 17424 | Veal, ground, cooked, pan-fried | 85.0 | 3.0 oz | 0.099 |
| 17142 | Veal, ground, raw | 85.0 | 3.0 oz | 0.075 |
| 17095 | Veal, leg (top round), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.119 |
| 17096 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, breaded | 85.0 | 3.0 oz | 0.062 |
| 17097 | Veal, leg (top round), separable lean and fat, cooked, pan-fried, not breaded | 85.0 | 3.0 oz | 0.053 |
| 17098 | Veal, leg (top round), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.110 |
| 17094 | Veal, leg (top round), separable lean and fat, raw | 28.35 | 1.0 oz | 0.031 |
| 17100 | Veal, leg (top round), separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.121 |
| 17101 | Veal, leg (top round), separable lean only, cooked, pan-fried, breaded | 85.0 | 3.0 oz | 0.063 |
| 17102 | Veal, leg (top round), separable lean only, cooked, pan-fried, not breaded | 85.0 | 3.0 oz | 0.054 |
| 17103 | Veal, leg (top round), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.110 |
| 17099 | Veal, leg (top round), separable lean only, raw | 28.35 | 1.0 oz | 0.031 |
| 17425 | Veal, leg, top round, cap off, cutlet, boneless, cooked, grilled | 85.0 | 3.0 oz | 0.095 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17426 | Veal, leg, top round, cap off, cutlet, boneless, raw | 85.0 | 3.0 oz | 0.076 |
| 17437 | Veal, loin, chop, separable lean and fat, cooked, grilled | 85.0 | 3.0 oz | 0.101 |
| 17427 | Veal, loin, chop, separable lean only, cooked, grilled | 85.0 | 3.0 oz | 0.105 |
| 17105 | Veal, loin, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.077 |
| 17106 | Veal, loin, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.094 |
| 17104 | Veal, loin, separable lean and fat, raw | 85.0 | 3.0 oz | 0.070 |
| 17108 | Veal, loin, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.084 |
| 17109 | Veal, loin, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.099 |
| 17107 | Veal, loin, separable lean only, raw | 85.0 | 3.0 oz | 0.075 |
| 17111 | Veal, rib, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.112 |
| 17112 | Veal, rib, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.084 |
| 17110 | Veal, rib, separable lean and fat, raw | 28.35 | 1.0 oz | 0.029 |
| 17114 | Veal, rib, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.119 |
| 17115 | Veal, rib, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.090 |
| 17113 | Veal, rib, separable lean only, raw | 28.35 | 1.0 oz | 0.031 |
| 17277 | Veal, shank (fore and hind), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.094 |
| 17276 | Veal, shank (fore and hind), separable lean and fat, raw | 28.35 | 1.0 oz | 0.021 |
| 17279 | Veal, shank (fore and hind), separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.096 |
| 17278 | Veal, shank (fore and hind), separable lean only, raw | 28.35 | 1.0 oz | 0.021 |
| 17435 | Veal, shank, separable lean and fat, raw | 85.0 | 3.0 oz | 0.085 |
| 17428 | Veal, shank, separable lean only, raw | 85.0 | 3.0 oz | 0.088 |
| 17123 | Veal, shoulder, arm, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.109 |
| 17124 | Veal, shoulder, arm, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.120 |
| 17122 | Veal, shoulder, arm, separable lean and fat, raw | 28.35 | 1.0 oz | 0.034 |
| 17126 | Veal, shoulder, arm, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.115 |
| 17127 | Veal, shoulder, arm, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.124 |
| 17125 | Veal, shoulder, arm, separable lean only, raw | 28.35 | 1.0 oz | 0.035 |
| 17438 | Veal, shoulder, blade chop, separable lean and fat, cooked, grilled | 85.0 | 3.0 oz | 0.121 |
| 17128 | Veal, shoulder, blade chop, separable lean and fat, raw | 85.0 | 3.0 oz | 0.068 |
| 17430 | Veal, shoulder, blade chop, separable lean only, cooked, grilled | 85.0 | 3.0 oz | 0.128 |
| 17131 | Veal, shoulder, blade chop, separable lean only, raw | 85.0 | 3.0 oz | 0.071 |
| 17129 | Veal, shoulder, blade, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.139 |
| 17130 | Veal, shoulder, blade, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.117 |
| 17132 | Veal, shoulder, blade, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.145 |
| 17133 | Veal, shoulder, blade, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.120 |
| 17117 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.128 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 17118 | Veal, shoulder, whole (arm and blade), separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.118 |
| 17116 | Veal, shoulder, whole (arm and blade), separable lean and fat, raw | 28.35 | 1.0 oz | 0.034 |
| 17120 | Veal, shoulder, whole (arm and blade), separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.135 |
| 17121 | Veal, shoulder, whole (arm and blade), separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.121 |
| 17119 | Veal, shoulder, whole (arm and blade), separable lean only, raw | 28.35 | 1.0 oz | 0.034 |
| 17135 | Veal, sirloin, separable lean and fat, cooked, braised | 85.0 | 3.0 oz | 0.109 |
| 17136 | Veal, sirloin, separable lean and fat, cooked, roasted | 85.0 | 3.0 oz | 0.110 |
| 17134 | Veal, sirloin, separable lean and fat, raw | 28.35 | 1.0 oz | 0.031 |
| 17138 | Veal, sirloin, separable lean only, cooked, braised | 85.0 | 3.0 oz | 0.117 |
| 17139 | Veal, sirloin, separable lean only, cooked, roasted | 85.0 | 3.0 oz | 0.116 |
| 17137 | Veal, sirloin, separable lean only, raw | 28.35 | 1.0 oz | 0.033 |
| 17189 | Veal, variety meats and by-products, brain, cooked, braised | 85.0 | 3.0 oz | 0.221 |
| 17190 | Veal, variety meats and by-products, brain, cooked, pan-fried | 85.0 | 3.0 oz | 0.255 |
| 17188 | Veal, variety meats and by-products, brain, raw | 28.35 | 1.0 oz | 0.062 |
| 17194 | Veal, variety meats and by-products, heart, cooked, braised | 85.0 | 3.0 oz | 0.367 |
| 17193 | Veal, variety meats and by-products, heart, raw | 28.35 | 1.0 oz | 0.096 |
| 17198 | Veal, variety meats and by-products, kidneys, cooked, braised | 85.0 | 3.0 oz | 0.306 |
| 17197 | Veal, variety meats and by-products, kidneys, raw | 28.35 | 1.0 oz | 0.140 |
| 17203 | Veal, variety meats and by-products, liver, cooked, braised | 80.0 | 1.0 slice | 11.952 |
| 17204 | Veal, variety meats and by-products, liver, cooked, pan-fried | 67.0 | 1.0 slice | 10.084 |
| 17202 | Veal, variety meats and by-products, liver, raw | 28.35 | 1.0 oz | 3.364 |
| 17208 | Veal, variety meats and by-products, lungs, cooked, braised | 85.0 | 3.0 oz | 0.188 |
| 17207 | Veal, variety meats and by-products, lungs, raw | 28.35 | 1.0 oz | 0.068 |
| 17213 | Veal, variety meats and by-products, pancreas, cooked, braised | 85.0 | 3.0 oz | 0.086 |
| 17212 | Veal, variety meats and by-products, pancreas, raw | 28.35 | 1.0 oz | 0.017 |
| 17217 | Veal, variety meats and by-products, spleen, cooked, braised | 85.0 | 3.0 oz | 0.786 |
| 17216 | Veal, variety meats and by-products, spleen, raw | 28.35 | 1.0 oz | 0.047 |
| 17219 | Veal, variety meats and by-products, thymus, cooked, braised | 85.0 | 3.0 oz | 0.061 |
| 17218 | Veal, variety meats and by-products, thymus, raw | 28.35 | 1.0 oz | 0.022 |
| 17223 | Veal, variety meats and by-products, tongue, cooked, braised | 85.0 | 3.0 oz | 0.178 |
| 17222 | Veal, variety meats and by-products, tongue, raw | 28.35 | 1.0 oz | 0.057 |
| 11578 | Vegetable juice cocktail, canned | 253.0 | 1.0 cup | 0.172 |
| 11585 | Vegetable juice cocktail, low sodium, canned | 254.0 | 1.0 cup | 0.173 |
| 31035 | Vegetable juice, BOLTHOUSE FARMS, DAILY GREENS | 269.0 | 1.0 cup | 0.059 |
| 04513 | Vegetable oil, palm kernel | 13.6 | 1.0 tablespoon | 0.000 |
| 42151 | Vegetable oil-butter spread, reduced calorie | 13.0 | 1.0 tbsp | 0.000 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 31032 | Vegetable smoothie, NAKED JUICE, KALE BLAZER | 268.0 | 1.0 cup | 0.088 |
| 43312 | Vegetables, mixed (corn, lima beans, peas, green beans, carrots) canned, no salt added | 182.0 | 1.0 cup | 0.189 |
| 11581 | Vegetables, mixed, canned, drained solids | 163.0 | 1.0 cup | 0.119 |
| 11579 | Vegetables, mixed, canned, solids and liquids | 245.0 | 1.0 cup | 0.255 |
| 11894 | Vegetables, mixed, frozen, cooked, boiled, drained, with salt | 91.0 | 0.5 cup | 0.076 |
| 11584 | Vegetables, mixed, frozen, cooked, boiled, drained, without salt | 91.0 | 0.5 cup | 0.076 |
| 11583 | Vegetables, mixed, frozen, unprepared | 95.0 | 0.33 package (10 oz) | 0.088 |
| 43134 | Vegetarian fillets | 85.0 | 1.0 fillet | 0.786 |
| 43137 | Vegetarian meatloaf or patties | 56.0 | 1.0 slice | 0.395 |
| 16147 | Veggie burgers or soyburgers, unprepared | 70.0 | 1.0 pattie | 0.140 |
| 43114 | Vermicelli, made from soy | 140.0 | 1.0 cup | 2.682 |
| 02069 | Vinegar, balsamic | 16.0 | 1.0 tbsp | 0.004 |
| 02048 | Vinegar, cider | 14.9 | 1.0 tbsp | 0.001 |
| 02053 | Vinegar, distilled | 14.9 | 1.0 tbsp | 0.001 |
| 02068 | Vinegar, red wine | 14.9 | 1.0 tbsp | 0.001 |
| 18934 | Waffle, buttermilk, frozen, ready-to-heat, microwaved | 35.0 | 1.0 waffle | 0.022 |
| 18933 | Waffle, buttermilk, frozen, ready-to-heat, toasted | 28.0 | 1.0 oz | 0.010 |
| 18935 | Waffle, plain, frozen, ready-to-heat, microwave | 32.0 | 1.0 waffle, round (4"dia) | 0.012 |
| 18932 | Waffles, buttermilk, frozen, ready-to-heat | 39.0 | 1.0 waffle, square | 0.016 |
| 18951 | Waffles, chocolate chip, frozen, ready-to-heat | 70.0 | 2.0 waffles | 0.155 |
| 28346 | Waffles, gluten-free, frozen, ready-to-heat | 45.0 | 1.0 waffle | 0.040 |
| 18403 | Waffles, plain, frozen, ready -to-heat, toasted | 28.35 | 1.0 oz | 0.009 |
| 18365 | Waffles, plain, frozen, ready-to-heat | 28.35 | 1.0 oz | 0.012 |
| 18367 | Waffles, plain, prepared from recipe | 28.35 | 1.0 oz | 0.018 |
| 28304 | Waffles, whole wheat, lowfat, frozen, ready-to-heat | 70.0 | 1.0 serving 2 waffles | 0.135 |
| 27064 | Wasabi | 20.0 | 1.0 tablespoon | 0.011 |
| 11990 | Wasabi, root, raw | 130.0 | 1.0 cup, sliced | 0.201 |
| 14555 | Water, bottled, generic | 29.6 | 1.0 fl oz | 0.002 |
| 14604 | Water, non-carbonated, bottles, natural fruit flavors, sweetened with low calorie sweetener | 29.6 | 1.0 fl oz | 0.000 |
| 14637 | Water, with corn syrup and/or sugar and low calorie sweetener, fruit flavored | 200.0 | 1.0 pouch | 0.014 |
| 11588 | Waterchestnuts, chinese, (matai), raw | 62.0 | 0.5 cup slices | 0.202 |
| 11590 | Waterchestnuts, chinese, canned, solids and liquids | 70.0 | 0.5 cup slices | 0.070 |
| 11591 | Watercress, raw | 34.0 | 1.0 cup, chopped | 0.026 |
| 09326 | Watermelon, raw | 154.0 | 1.0 cup, balls | 0.065 |
| 11895 | Waxgourd, (chinese preserving melon), cooked, boiled, drained, with salt | 175.0 | 1.0 cup, cubes | 0.038 |
| 11594 | Waxgourd, (chinese preserving melon), cooked, boiled, drained, without salt | 175.0 | 1.0 cup, cubes | 0.038 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 11593 | Waxgourd, (chinese preserving melon), raw | 132.0 | 1.0 cup, cubes | 0.030 |
| 21508 | WEND'YS, Crispy Chicken Sandwich | 126.0 | 1.0 sandwich | 0.093 |
| 21246 | WENDY'S, Chicken Nuggets | 68.0 | 5.0 pieces | 0.041 |
| 21243 | WENDY'S, CLASSIC DOUBLE, with cheese | 310.0 | 1.0 item | 0.232 |
| 21239 | WENDY'S, CLASSIC SINGLE Hamburger, no cheese | 218.0 | 1.0 item | 0.303 |
| 21240 | WENDY'S, CLASSIC SINGLE Hamburger, with cheese | 236.0 | 1.0 item | 0.177 |
| 21510 | WENDY'S, DAVE'S Hot 'N Juicy 1/4 LB, single | 215.0 | 1.0 sandwich | 0.174 |
| 21507 | WENDY'S, Double Stack, with cheese | 146.0 | 1.0 sandwich | 0.126 |
| 21247 | WENDY'S, french fries | 71.0 | 1.0 kid's meal Serving | 0.113 |
| 21248 | WENDY'S, Frosty Dairy Dessert | 113.0 | 1.0 junior 6 oz. cup | 0.085 |
| 21244 | WENDY'S, Homestyle Chicken Fillet Sandwich | 230.0 | 1.0 item | 0.310 |
| 21242 | WENDY'S, Jr. Hamburger, with cheese | 129.0 | 1.0 item | 0.141 |
| 21241 | WENDY'S, Jr. Hamburger, without cheese | 117.0 | 1.0 item | 0.137 |
| 21245 | WENDY'S, Ultimate Chicken Grill Sandwich | 225.0 | 1.0 item | 0.169 |
| 35009 | Whale, beluga, meat, dried (Alaska Native) | 45.0 | 1.0 strip | 0.144 |
| 20077 | Wheat bran, crude | 58.0 | 1.0 cup | 0.579 |
| 20081 | Wheat flour, white, all-purpose, enriched, bleached | 125.0 | 1.0 cup | 0.180 |
| 20381 | Wheat flour, white, all-purpose, enriched, calcium-fortified | 125.0 | 1.0 cup | 0.180 |
| 20581 | Wheat flour, white, all-purpose, enriched, unbleached | 125.0 | 1.0 cup | 0.180 |
| 20082 | Wheat flour, white, all-purpose, self-rising, enriched | 125.0 | 1.0 cup | 0.140 |
| 20481 | Wheat flour, white, all-purpose, unenriched | 125.0 | 1.0 cup | 0.180 |
| 20083 | Wheat flour, white, bread, enriched | 137.0 | 1.0 cup | 0.249 |
| 20084 | Wheat flour, white, cake, enriched | 137.0 | 1.0 cup unsifted, dipped | 0.190 |
| 20086 | Wheat flour, white, tortilla mix, enriched | 111.0 | 1.0 cup | 0.111 |
| 20080 | Wheat flour, whole-grain | 120.0 | 1.0 cup | 0.492 |
| 20129 | Wheat flours, bread, unenriched | 137.0 | 1.0 cup unsifted, dipped | 0.249 |
| 20078 | Wheat germ, crude | 115.0 | 1.0 cup | 0.915 |
| 20076 | Wheat, durum | 192.0 | 1.0 cup | 1.062 |
| 20071 | Wheat, hard red spring | 192.0 | 1.0 cup | 0.787 |
| 20072 | Wheat, hard red winter | 192.0 | 1.0 cup | 0.833 |
| 20074 | Wheat, hard white | 192.0 | 1.0 cup | 0.697 |
| 20139 | Wheat, KAMUT khorasan, cooked | 172.0 | 1.0 cup | 0.356 |
| 20138 | Wheat, KAMUT khorasan, uncooked | 186.0 | 1.0 cup | 0.941 |
| 20073 | Wheat, soft red winter | 168.0 | 1.0 cup | 0.756 |
| 20075 | Wheat, soft white | 168.0 | 1.0 cup | 0.716 |
| 20087 | Wheat, sprouted | 108.0 | 1.0 cup | 0.282 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 01113 | Whey, acid, dried | 57.0 | 1.0 cup | 0.028 |
| 01112 | Whey, acid, fluid | 246.0 | 1.0 cup | 0.007 |
| 01115 | Whey, sweet, dried | 145.0 | 1.0 cup | 0.102 |
| 01114 | Whey, sweet, fluid | 246.0 | 1.0 cup | 0.010 |
| 43268 | Whipped cream substitute, dietetic, made from powdered mix | 80.0 | 1.0 cup | 0.018 |
| 42135 | Whipped topping, frozen, low fat | 75.0 | 1.0 cup | 0.008 |
| 14530 | Whiskey sour mix, bottled, with added potassium and sodium | 32.3 | 1.0 fl oz | 0.000 |
| 20089 | Wild rice, cooked | 164.0 | 1.0 cup | 0.198 |
| 20088 | Wild rice, raw | 160.0 | 1.0 cup | 0.838 |
| 11896 | Winged bean, immature seeds, cooked, boiled, drained, with salt | 62.0 | 1.0 cup | 0.023 |
| 11596 | Winged beans, immature seeds, cooked, boiled, drained, without salt | 62.0 | 1.0 cup | 0.023 |
| 11595 | Winged beans, immature seeds, raw | 44.0 | 1.0 cup slices | 0.022 |
| 16436 | Winged beans, mature seeds, cooked, boiled, with salt | 172.0 | 1.0 cup | 1.330 |
| 16136 | Winged beans, mature seeds, cooked, boiled, without salt | 172.0 | 1.0 cup | 1.330 |
| 16135 | Winged beans, mature seeds, raw | 182.0 | 1.0 cup | 5.242 |
| 35232 | Wocas, dried seeds, Oregon, yellow pond lily (Klamath) | 28.35 | 1.0 oz | 0.021 |
| 35235 | Wocas, tuber, cooked, Oregon, yellow pond lily (Klamath) | 28.35 | 1.0 oz | 0.001 |
| 18368 | Wonton wrappers (includes egg roll wrappers) | 28.35 | 1.0 oz | 0.042 |
| 11897 | Yam, cooked, boiled, drained, or baked, with salt | 136.0 | 1.0 cup, cubes | 0.207 |
| 11602 | Yam, cooked, boiled, drained, or baked, without salt | 136.0 | 1.0 cup, cubes | 0.207 |
| 11601 | Yam, raw | 150.0 | 1.0 cup, cubes | 0.267 |
| 11603 | Yambean (jicama), raw | 120.0 | 1.0 cup slices | 0.058 |
| 11899 | Yardlong bean, cooked, boiled, drained, with salt | 104.0 | 1.0 cup slices | 0.049 |
| 11200 | Yardlong bean, cooked, boiled, drained, without salt | 104.0 | 1.0 cup slices | 0.049 |
| 11199 | Yardlong bean, raw | 91.0 | 1.0 cup slices | 0.044 |
| 16434 | Yardlong beans, mature seeds, cooked, boiled, with salt | 171.0 | 1.0 cup | 0.385 |
| 16134 | Yardlong beans, mature seeds, cooked, boiled, without salt | 171.0 | 1.0 cup | 0.385 |
| 16133 | Yardlong beans, mature seeds, raw | 167.0 | 1.0 cup | 1.468 |
| 11991 | Yautia (tannier), raw | 135.0 | 1.0 cup, sliced | 0.347 |
| 43406 | Yeast extract spread | 6.0 | 1.0 tsp | 0.015 |
| 32011 | Yellow rice with seasoning, dry packet mix, unprepared | 57.0 | 1.0 serving (2 oz) | 0.155 |
| 21463 | Yogurt parfait, lowfat, with fruit and granola | 149.0 | 1.0 item | 0.080 |
| 01187 | Yogurt, chocolate, nonfat milk | 170.0 | 1.0 container (6 oz) | 0.355 |
| 01222 | Yogurt, chocolate, nonfat milk, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.355 |
| 01235 | Yogurt, frozen, flavors not chocolate, nonfat milk, with low-calorie sweetener | 68.0 | 0.5 cup | 0.138 |
| 43261 | Yogurt, fruit variety, nonfat | 170.0 | 1.0 container (6 oz) | 0.019 |

| NDB_No | Description | Weight(g) | Measure | Copper, Cu(mg) Per Measure |
|---|---|---|---|---|
| 01218 | Yogurt, fruit variety, nonfat, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.019 |
| 01121 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.136 |
| 01217 | Yogurt, fruit, low fat, 10 grams protein per 8 ounce, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.136 |
| 01122 | Yogurt, fruit, low fat, 11 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.136 |
| 01120 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.134 |
| 01216 | Yogurt, fruit, low fat, 9 grams protein per 8 ounce, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.134 |
| 01203 | Yogurt, fruit, lowfat, with low calorie sweetener | 170.0 | 1.0 container (6 oz) | 0.136 |
| 01219 | Yogurt, fruit, lowfat, with low calorie sweetener, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.136 |
| 01281 | Yogurt, Greek, nonfat, strawberry, CHOBANI | 150.0 | 5.3 oz | 0.028 |
| 01280 | Yogurt, Greek, nonfat, strawberry, DANNON OIKOS | 150.0 | 5.3 oz | 0.026 |
| 01275 | Yogurt, Greek, nonfat, vanilla, CHOBANI | 150.0 | 5.3 oz | 0.028 |
| 01278 | Yogurt, Greek, nonfat, vanilla, DANNON OIKOS | 150.0 | 5.3 oz | 0.026 |
| 01287 | Yogurt, Greek, plain, lowfat | 200.0 | 1.0 container (7 oz) | 0.042 |
| 01256 | Yogurt, Greek, plain, nonfat | 170.0 | 1.0 container | 0.029 |
| 01276 | Yogurt, Greek, strawberry, DANNON OIKOS | 150.0 | 5.3 oz | 0.027 |
| 01284 | Yogurt, Greek, strawberry, lowfat | 150.0 | 1.0 container (5.3 oz) | 0.028 |
| 01285 | Yogurt, Greek, strawberry, nonfat | 150.0 | 1.0 container (5.3 oz) | 0.028 |
| 01286 | Yogurt, Greek, vanilla, nonfat | 150.0 | 1.0 container (5.3 oz) | 0.027 |
| 01117 | Yogurt, plain, low fat, 12 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.022 |
| 01118 | Yogurt, plain, skim milk, 13 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.026 |
| 01116 | Yogurt, plain, whole milk, 8 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.015 |
| 01231 | Yogurt, vanilla flavor, lowfat milk, sweetened with low calorie sweetener | 170.0 | 1.0 container | 0.022 |
| 01184 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener | 170.0 | 1.0 container (6 oz) | 0.134 |
| 01221 | Yogurt, vanilla or lemon flavor, nonfat milk, sweetened with low-calorie sweetener, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.134 |
| 01119 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce | 170.0 | 1.0 container (6 oz) | 0.022 |
| 01220 | Yogurt, vanilla, low fat, 11 grams protein per 8 ounce, fortified with vitamin D | 170.0 | 1.0 container (6 oz) | 0.022 |
| 01295 | Yogurt, vanilla, non-fat | 245.0 | 1.0 cup (8 fl oz) | 0.032 |
| 16004 | Yokan, prepared from adzuki beans and sugar | 14.0 | 1.0 slice | 0.004 |
| 03217 | Zwieback | 28.35 | 1.0 oz | 0.041 |