MOST HIGH COPPER FOOD LISTS ENCOURAGE YOU TO CONSUME MORE COPPER. THIS LIST'S PURPOSE IS THE OPPOSITE: IF YOU STRUGGLE WITH ESTROGENIC SYMPTOMS, CONSIDER REDUCING COPPER FOODS TO REDUCE SYMPTOMS.

A few notes

Coffee is estrogenic, so best to avoid as well.

Below are the top 50+ foods that are high in copper. Happily, as mentioned, some may be fine to keep in the diet, like beans. Others will be easy to eliminate, like oysters and liver. Finally, I have emboldened those that I think you need to notice; many Americans eat these foods regularly and think they're healthy. Yes, you need to consider eliminating (or greatly reducing quantities of) foods like avocados and mushrooms.

You'll also see many nuts and seeds below that I haven't emboldened. Most seeds should be eliminated as they're very estrogenic, as well as being high in copper. Consider reducing nut intake, or enjoy macadamia nuts, which are the only ones that are truly healthy in every way; but do buy organic, as conventional mac. nuts are heavily treated with chemicals.

50+ FOODS HIGHEST IN COPPER

1. Oysters
2. Liver
3. Rowal (a fruit native to Western Pacific islands)
4. Buckwheat
5. **Shellfish**: Squid, or calamari, Whelk, Alaskan King Crab, Lobster, Cuttlefish
6. **Shiitake mushrooms**
7. **Firm tofu**
8. **Molasses**
9. Raw oats (This may apply to granola? Cooked oats are fine, and raw oats may not be a problem because of their soluble fiber and the fact that they soak in your stomach if you drink a decent amount of water.)
10. **Soy and whey protein powders**
11. **Chocolate and cocoa/cacao**
12. **Button mushrooms**
13. **Soy foods**
14. **Sweet potatoes**
15. **Potato skins** (Cook and eat potatoes peeled.)
16. Adzuki beans (Reminder, most people do not need to eliminate beans because of their soluble fiber. Choose which beans you eat based on which ones make you feel best. Some people need more soluble fiber, and some people need less.)
17. **Sesame seeds, tahini**
18. **Avocado** (but avocado *oil* is fine)
19. **Canned tomatoes**
20. **Cashews**
21. **Spirulina**

22. **Black pepper**
23. **Brewer's Yeast**
24. Gelatin (I'm not sure this one is relevant because of the amount that is consumed and because it's spread out or diluted in a recipe.)
25. Crayfish, Conch, Octopus, Clams
26. Chickpeas, aka garbanzo beans (Reminder, most people do not need to eliminate beans because of their soluble fiber. Choose which beans you eat based on which ones make you feel best. Some people need more soluble fiber, and some people need less.)
27. **Teff**
28. **Dungeness crab**
29. Durian
30. Sunflower seeds, Brazil nuts
31. Black turtle beans (Reminder, most people do not need to eliminate beans because of their soluble fiber. Choose which beans you eat based on which ones make you feel best. Some people need more soluble fiber, and some people need less.)
32. Hazelnuts, Hemp seeds, Walnuts
33. Lentils, Fava beans, Lima beans, Navy beans, Catjang beans (cowpeas), Black eyed peas (Reminder, most people do not need to eliminate beans because of their soluble fiber. Choose which beans you eat based on which ones make you feel best. Some people need more soluble fiber, and some people need less.)
34. **Coconut milk**
35. **Dried figs**
36. **Salmon**
37. **Kamut, Spelt, Whole Wheat, Barley**
38. Pumpkin Seeds, Mixed nuts, Pine nuts
39. Skirt steak
40. Great Northern Beans, Kidney beans, Pinto beans, Lupin beans, Baked beans, Black beans, Refried beans, Split peas
41. **Soy milk**
42. Goose, Lamb, Pork, Pheasant, Quail
43. **Beet greens, turnip greens, cilantro, other leafy greens**
44. **Dried bananas, Golden raisins, dates, dried apricots, prunes**
45. **Smoked whitefish**
46. Oat bran, **Amaranth**
47. Pistachios, Walnuts, Chestnuts
48. **Quinoa**
49. Guava, Nectarines
50. **Canned pumpkin**
51. **Cooked spinach**
52. **Canned sardines**
53. **Chia seeds**
54. Almonds
55. **Cooked peas**
56. Duck
57. Pomegranate, Blackberries, Kiwi, Mangoes, Pineapple, Olives, Raisins, Currants (May be fine in small portions, But avoid mango for Low Vitamin A diet.)