



NUTRITION AND WILSON'S DISEASE

Check the copper content of household drinking water

Well water or water from copper pipes can contain high levels of copper. Make sure your drinking water has no more than .1 parts per million (ppm) copper.

Avoid pots, pans, and containers that are made of copper

Avoid vitamin and mineral supplements that contain copper

Always check supplement labels to see if they contain copper. Consult your pharmacist or dietitian for help finding a multivitamin that does not contain copper

Avoid these high copper containing foods

- Lamb
- Pork
- Pheasant
- Quail
- Duck
- Goose
- Squid
- Salmon
- Organ meats (liver, heart, kidney, and brain)
- Shellfish
- Soy protein and meat substitutes
- Tofu
- Nuts and seeds
- Vegetable juice cocktail
- Mushrooms
- Nectarines
- Dried fruits (raisins, dates, prunes)
- Avocado
- Dried beans
- Dried peas
- Lentils
- Millet
- Barley
- Wheat germ
- Bran breads
- Cereals with >0.2 mg of copper per serving
- Soy flour
- Soy grits
- Fresh sweet potatoes
- Chocolate milk
- Soy milk
- Cocoa
- Instant breakfast beverages
- Mineral water
- Soy-based beverages
- Brewer's yeast