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Oysters, shellfish and chocolate: delicious sources of copper for the end-of-year festivities!

During end-of-year festivities, we eat dishes that are not only good for the palate, but also good for the body, with a number of little-known benefits. Certain foods traditionally found on Christmas tables such as oysters, lobster and chocolate are rich in essential minerals, especially copper. Copper is a vital trace element of key importance in maintaining good health.

Essential for proper growth and development, copper is needed in almost every part of the body: it helps to ensure the proper development and functioning of the heart, brain and nervous system, and transports iron. It also contributes to the regeneration of skin cells, protecting them against oxidation, and strengthens bones and teeth. When taken in the depths of winter, it boosts the immune system.

Copper can be found everywhere on Christmas tables; in oysters and scallops, in lobster, langoustines and all shellfish, in dark chocolate, walnuts and chestnuts, but also in wine. The copper content in 100g of each of these foods ranges from 0.5 to 6 mg. The festive season offers a unique opportunity to indulge yourself while recharging your batteries with the nutrients essential for maintaining good health: copper as well as iron and zinc.

According to the World Health Organization, the recommended daily intake of copper ranges from 1 mg for children under six to 1.5 mg for an adult woman and 2 mg for an adult man or pregnant women. Along with water, diet is the only source of copper for the body. Since the human body absorbs, uses and eliminates copper on a daily basis, it is very important that it is eaten every day.

Copper deficiency can cause, among other things, anaemia, lowered resistance to infection and chronic fatigue and weakness. Copper also influences the normal metabolism of cholesterol: a diet low in copper raises “bad” cholesterol (low-density lipoprotein) and reduces the amount of “good” cholesterol (high-density lipoprotein). For the elderly, copper also plays an important role in the prevention of osteoporosis and cardiovascular diseases.

Some examples of copper-rich foods:



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