

Copper

Information for parents and carers

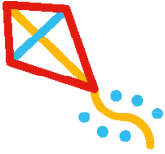
Children with medical conditions or poor dietary intake can sometimes develop low vitamins and minerals levels. Whilst in many instances this can be managed with medication, it is also beneficial to ensure good dietary sources as well.

Your child has a low level of Copper. The following contains some information on food sources to help improve this.

Copper is needed to play a role in making red blood cells and maintaining nerve cells and the immune system.

Copper also helps the body to form collagen and absorb iron.





Best food sources:

- Liver and liver pâté
- Nuts and seeds, especially brazil nuts (not suitable for young children due to choking hazard)
- Shellfish

Other sources

- Leafy green vegetables e.g. cabbage, spinach, kale and broccoli
- Pulses – peas, beans and lentils
- White bread
- Meat and meat products
- Potatoes
- Fortified breakfast cereals, e.g. Cheerios, Shreddies, Shredded Wheat, Weetabix

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Developed by: Leanne Fawcett, Children's Dietetic Assistant & The Children's Dietetic Team
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