

FOR IMMEDIATE RELEASE

Wilson Disease Association Announces *Copper Conscious Cookbook* Now Available on Amazon

December 10, 2025 — The Wilson Disease Association (WDA) is pleased to announce that the highly anticipated *Copper Conscious Cookbook* is available for purchase on Amazon for \$12.99 (USD).

Published by the Wilson Disease Association and written by nutrition and culinary professionals including registered dietitians from Wilson Disease Centers of Excellence, *The Copper Conscious Cookbook* is more than a recipe book, it's a guide book to help navigate the challenges of a diet that limits copper-containing foods and beverages.

Designed to support the dietary management of Wilson disease this book provides charts of foods and beverages ranked by copper content, a delicious selection of easy-to-make kitchen-tested recipes, snack ideas, beverage suggestions, and tips on dining out. All recipes include nutrition information including copper content.

What You'll Find Inside:

- **Everyday Meal Solutions:** This cookbook features full color photography and twenty recipes for breakfast, lunch, and dinner, proving that a copper-conscious diet can be both delicious and nutritious. From Sesame Ginger Turkey Meatballs to Beef and Mushroom Lasagna, to Apple Celery Chicken Salad, the recipes are flexible to increase or decrease the number of servings.
- **Delightful Desserts and Snacks:** Satisfy your cravings without compromising your health. The cookbook includes creative recipes for low-copper desserts and snacks. Desserts such as Cinnamon Pumpkin Bars and Citrus-Berry Ricotta Parfaits are perfect for easy weeknights or celebratory entertaining.
- **Comprehensive Copper Content Charts:** Meticulously researched charts offer valuable lists of the copper content of a wide range of foods and beverages. Easy to read and categorized by low, medium, and high content this clear and concise information is designed to be a handy tool for meal planning and grocery shopping.
- **Expert Guidance on Dietary Management:** Beyond the recipes, "*The Copper Conscious Cookbook*" provides practical and easy-to-understand guidance on how to effectively follow a copper-conscious diet. The authors, all experts in Wilson disease care, offer insights into meal preparation, portion control, label reading, and strategies for dining out, equipping you with the knowledge to make informed food choices every day.

Carly Albinder, board member with WDA who helped launch the idea for the book,

says, “As someone navigating life with Wilson disease, this cookbook is exactly what I wish I had when I was diagnosed. It’s more than just a cookbook -- it’s peace of mind.”

Registered dietitian Anne Marie Rivard, MPH, RDN of the Yale New Haven Hospital’s Wilson Disease Center of Excellence says the book takes a positive approach to a diet that limits copper content, “It will help you focus on what you can eat, rather than dwelling on what you cannot.”

The Wilson Disease Association thanks the dedicated team of editors, authors, culinary experts, nutrition professionals, medical advisors and volunteers who worked together to create “*The Copper Conscious Cookbook: A guidebook with recipes for eating well with Wilson disease*”. The development of the *Copper Conscious Cookbook* was supported by education grants from Eton Pharmaceutical, Orphalan, Ultragenyx and Prime Medicine.

Order details

Priced at \$12.99 (USD) for a print version with an e-book coming soon. *The Copper Conscious Cookbook* is available to purchase in the following countries: US, UK, DE, FR, ES, IT, NL, PL, IE, BE, SE, CA, AU, JP.

About the Wilson Disease Association

The Wilson Disease Association is a nonprofit organization dedicated to improving the lives of individuals affected by Wilson disease through education, advocacy, support, and the advancement of research. For more information, visit www.wilsondisease.org

Media Contact: Rhonda.rowland@wilsonsdisease.org