



**Averages (%) of foods containing appropriate choline levels (to achieve adequate choline intake) based on the proposed method in food groups.** All high choline (excellent source of choline) and choline source (good source of choline) foods, excluding high choline and choline source baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. High choline and choline source baby foods are based on the reference energy intake of 1,000 kcal for children 1 through 3 years of age.

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