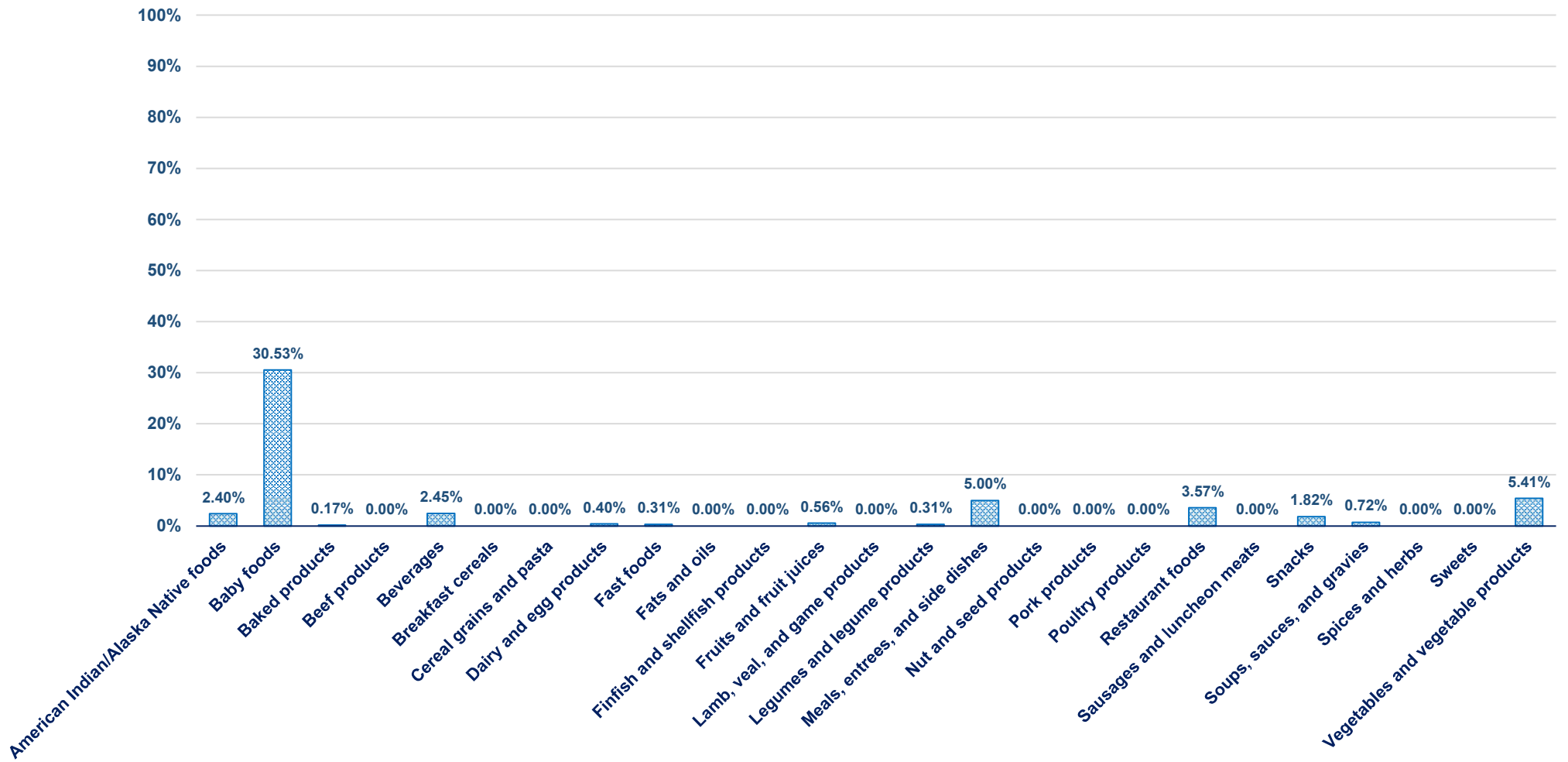


Calcium - Vitamin K



Averages (%) of foods containing appropriate levels of calcium and vitamin K (to achieve adequate intakes of calcium and vitamin K) based on the proposed method in food groups

References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A, Zand E. A new method for calculating calcium content and determining appropriate calcium levels in foods. *Food Anal Methods* 2022;15:16–25.
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin K content and determining appropriate vitamin K levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133660
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. *Food Prod Process Nutr* 2024;6:43.