



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