



**Averages (%) of foods containing appropriate thiamin levels (to achieve adequate thiamin intake) based on the proposed method in food groups.** All high thiamin (excellent source of thiamin) and thiamin source (good source of thiamin) foods, excluding high thiamin and thiamin source baby foods, are based on the reference energy intake of 2000 kcal for adults and children aged 4 years and older. High thiamin and thiamin source baby foods are based on the reference energy intake of 1000 kcal for children 1 through 3 years of age.

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