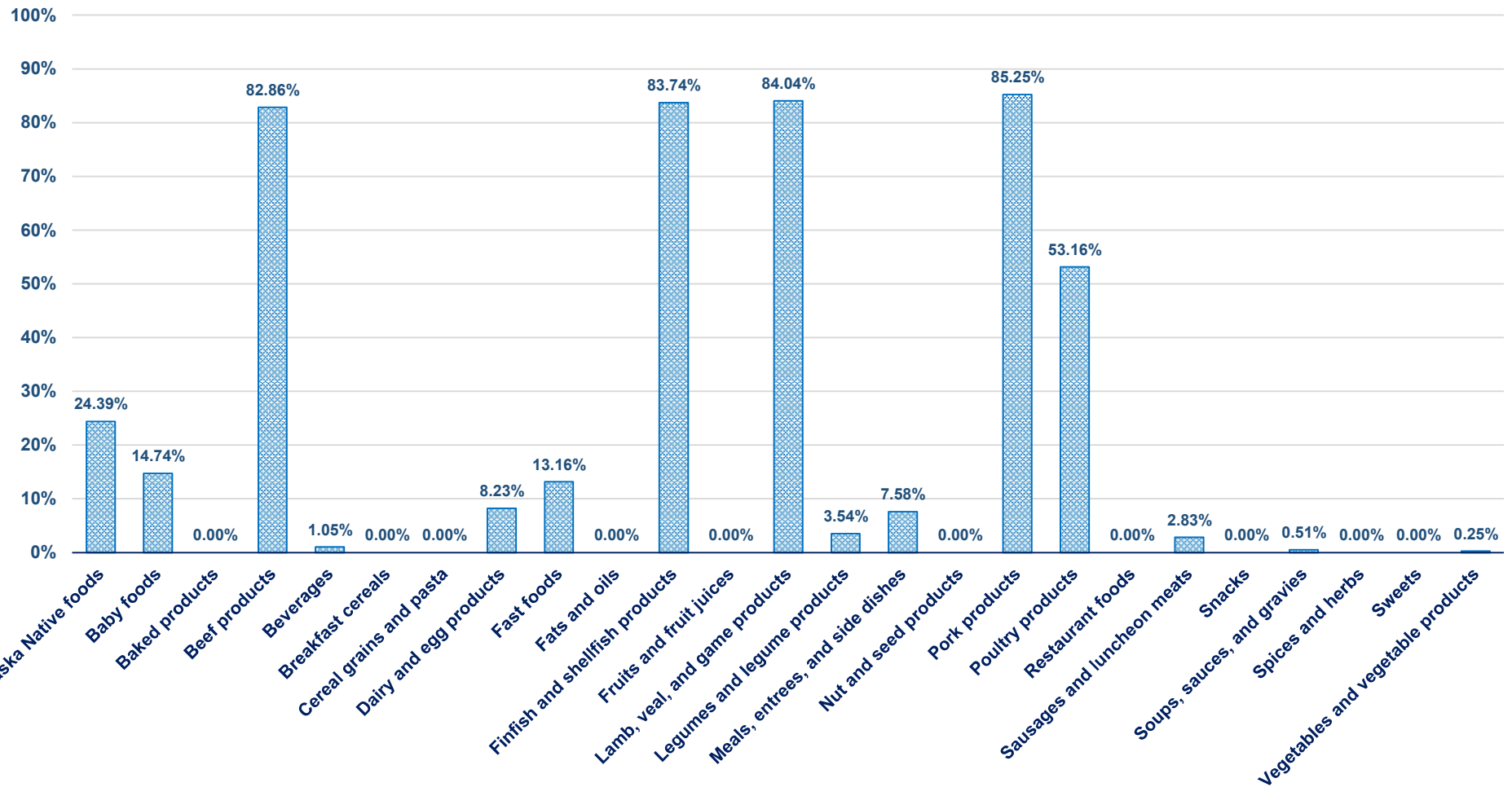


Choline - Vitamin B₁₂



Averages (%) of foods containing appropriate levels of choline and vitamin B₁₂ (to achieve adequate intakes of choline and vitamin B₁₂) based on the proposed method in food groups

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