



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