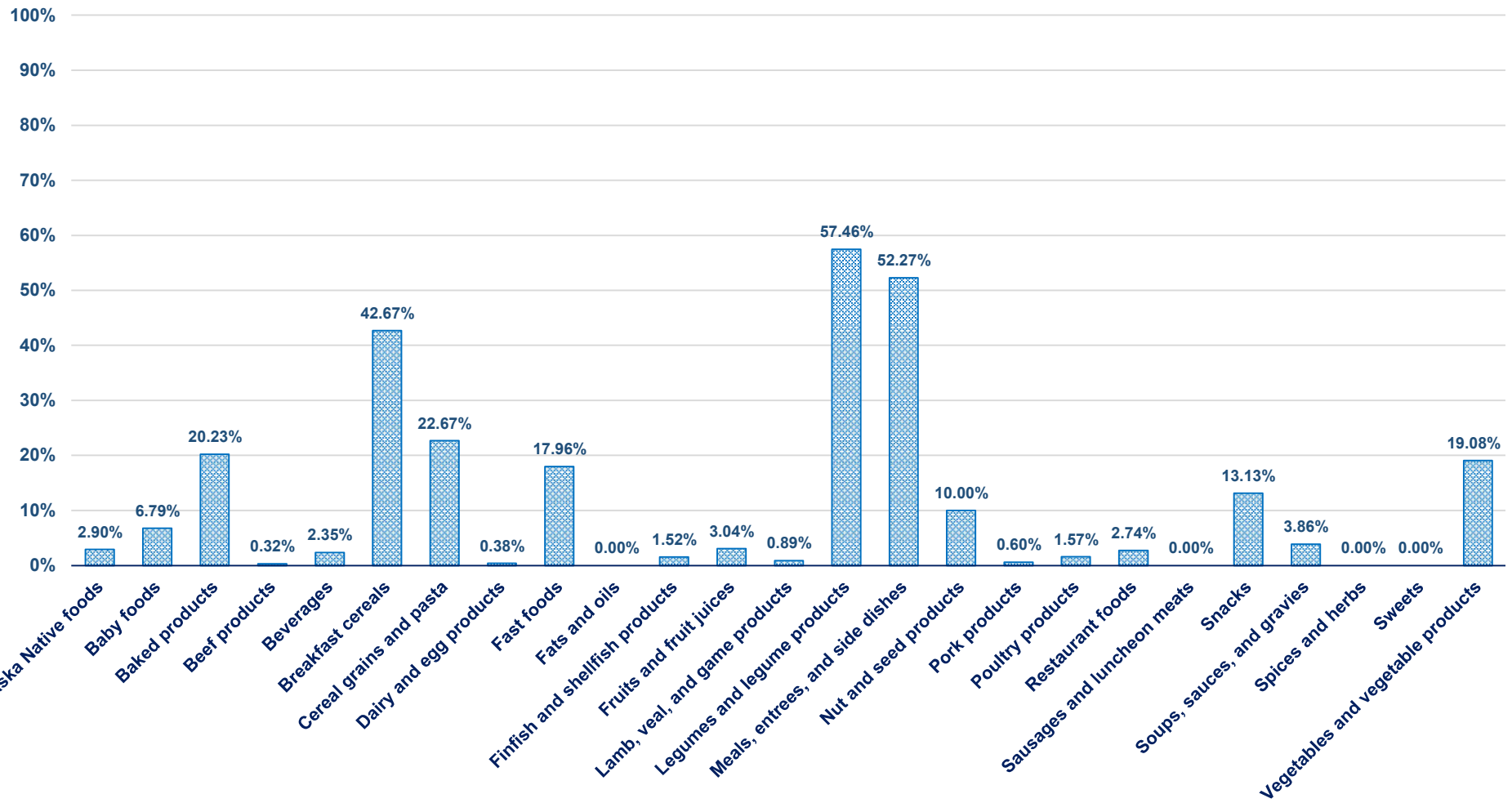


Folate - Manganese



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

References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating folate content and determining appropriate folate levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133391
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating manganese content and determining appropriate manganese levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133411
- 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.