



Averages (%) of foods containing appropriate vitamin B₆ levels (to achieve adequate vitamin B₆ intake) based on the proposed method in food groups. All high vitamin B₆ (excellent source of vitamin B₆) and vitamin B₆ source (good source of vitamin B₆) foods, excluding high vitamin B₆ and vitamin B₆ 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 B₆ and vitamin B₆ 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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