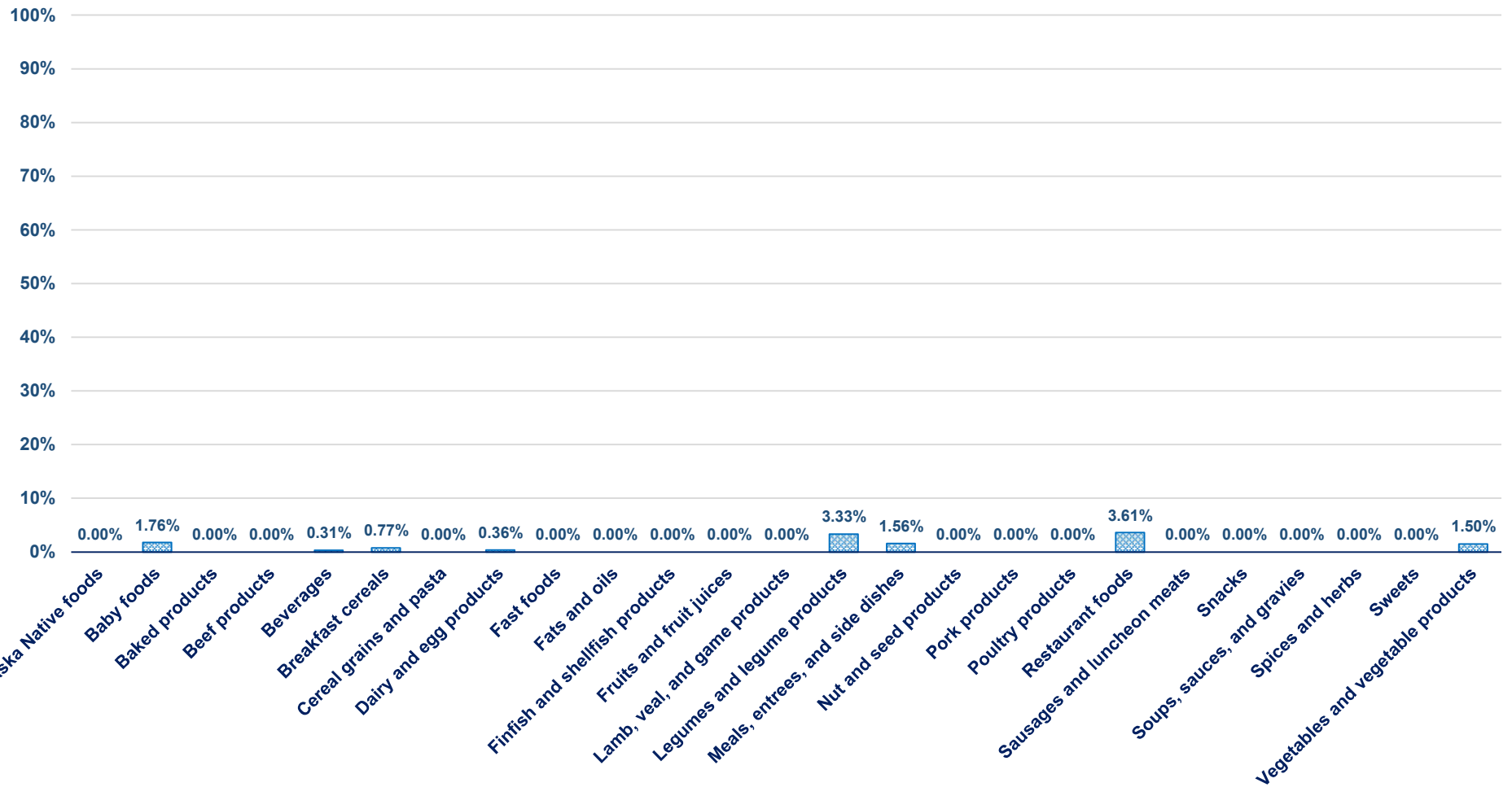


Choline - Dietary fiber



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

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