



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