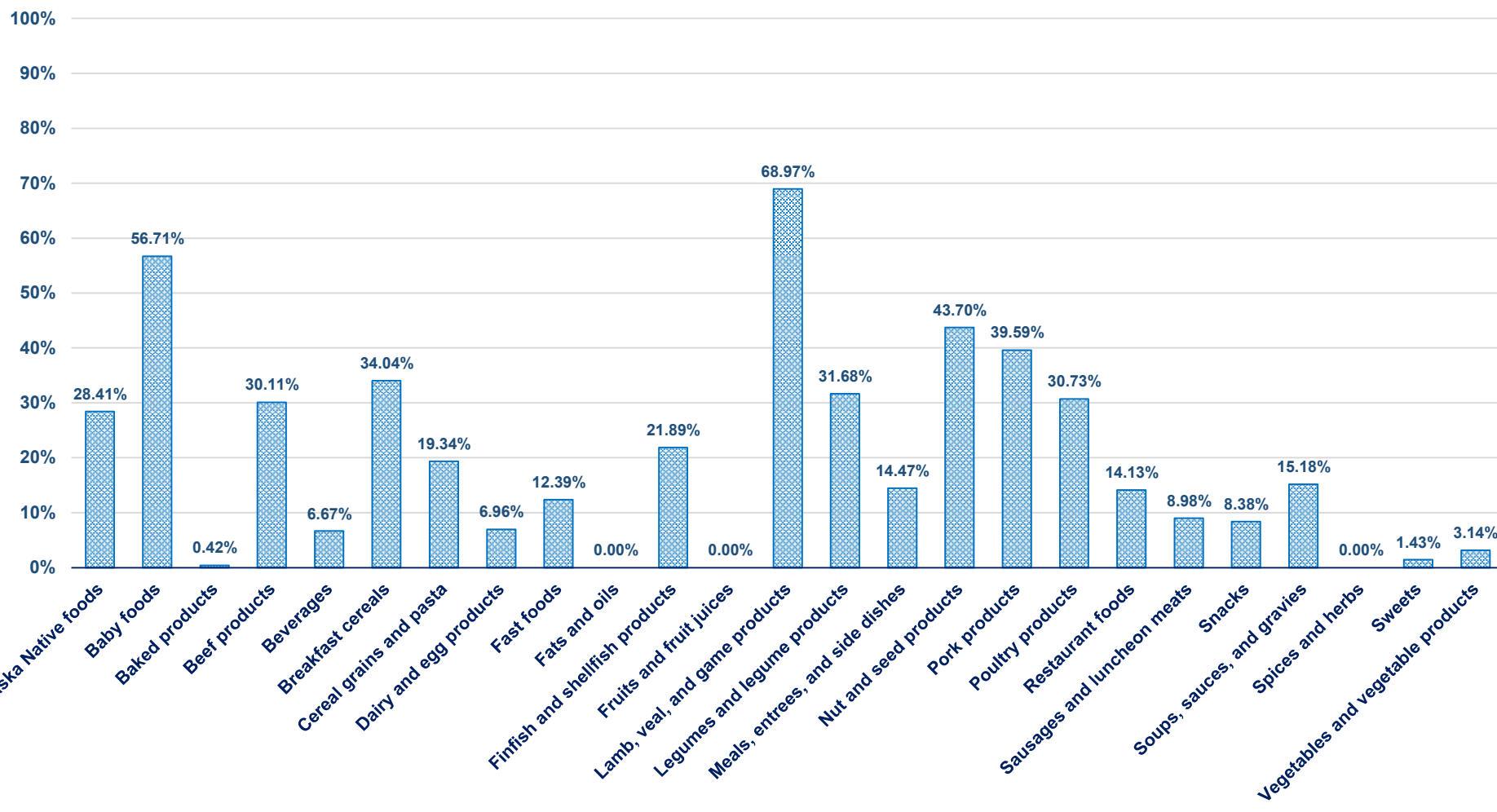


## Copper - Zinc



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

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