



**Averages (%) of foods containing appropriate sodium levels (to limit sodium intake) based on the proposed method in food groups.** All low sodium, very low sodium, and sodium free foods, excluding low sodium, very low sodium, and sodium free baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. Low sodium, very low sodium, and sodium free 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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