

Copper - Vitamin B₆

Averages (%) of foods containing appropriate levels of copper and vitamin B₆ (to achieve adequate intakes of copper and vitamin B₆) based on the proposed method in food groups

References:

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A, Zand E. A new method for calculating copper content and determining appropriate copper levels in foods. Rev Chil Nutr 2021;48:862–873.

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating vitamin B₆ content and determining appropriate vitamin B₆ levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133646

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. Food Process Nutr 2024;6:43.