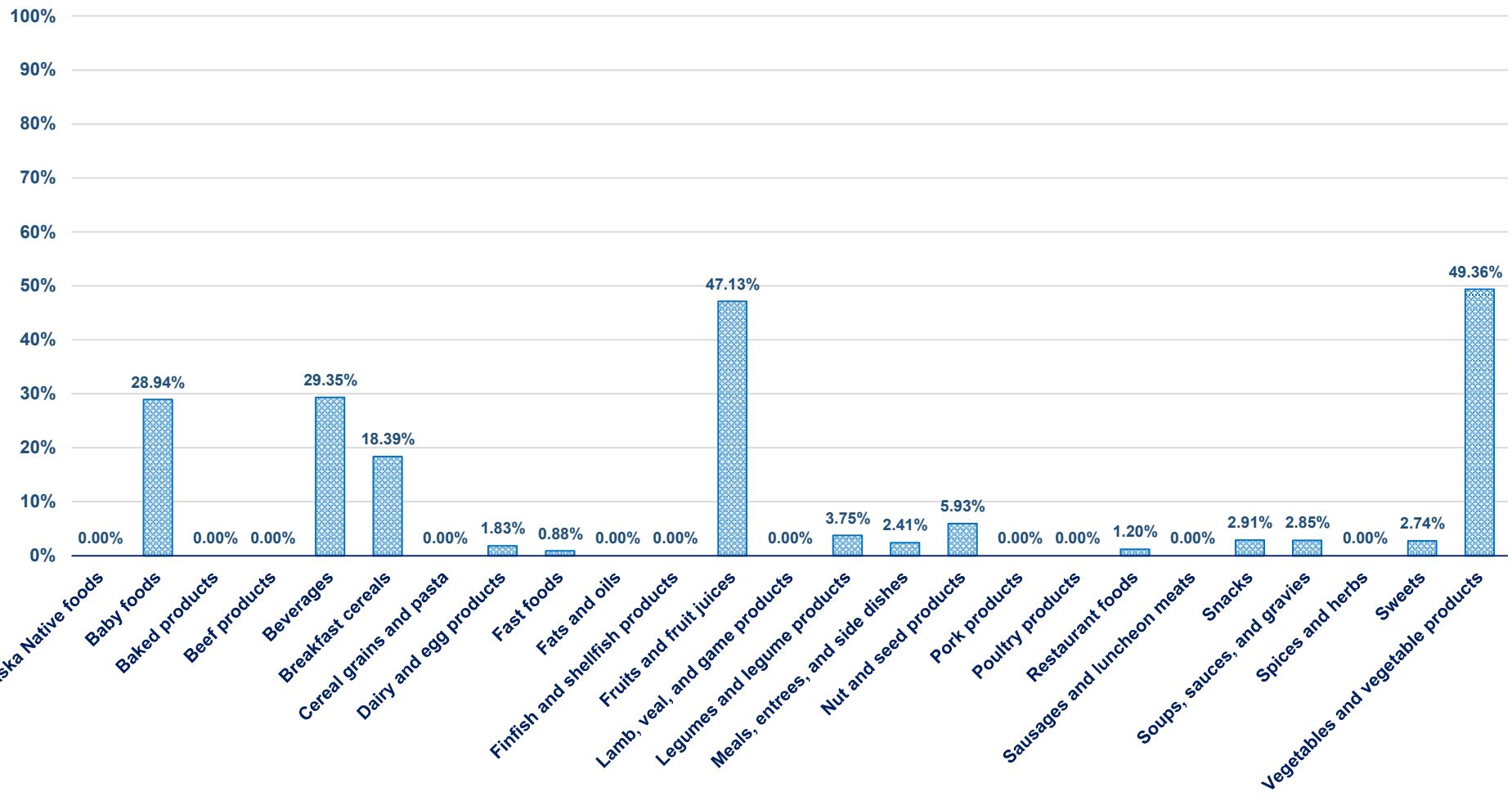


## Cholesterol - Vitamin C



Averages (%) of foods containing appropriate levels of cholesterol and vitamin C (to limit cholesterol intake and to achieve adequate vitamin C intake) based on the proposed method in food groups

**References:**  
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