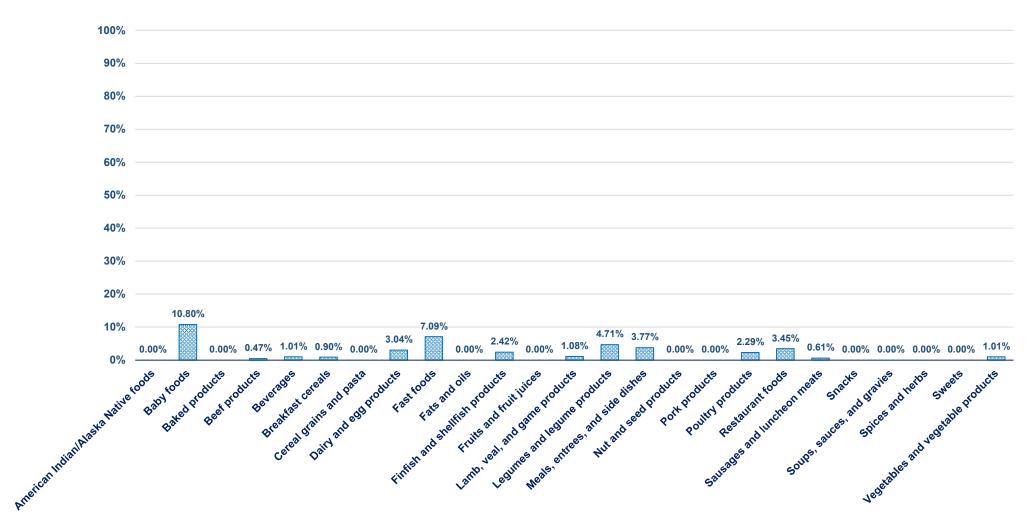
## **Choline - Folate**



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

## **References:**

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