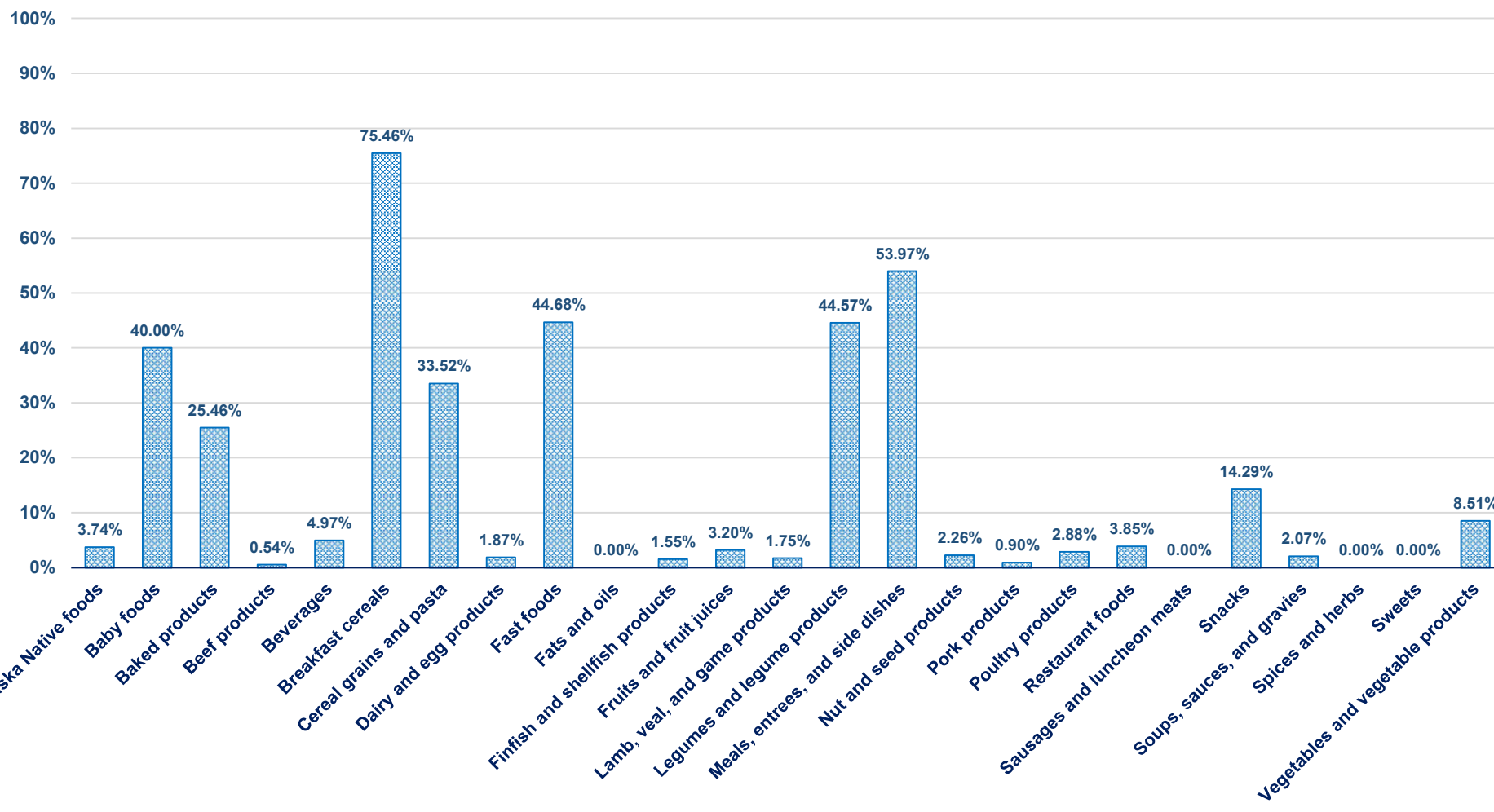


## Folate - Thiamin



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

### References:

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