



**Averages (%) of foods containing appropriate manganese levels (to achieve adequate manganese intake) based on the proposed method in food groups.** All high manganese (excellent source of manganese) and manganese source (good source of manganese) foods, excluding high manganese and manganese source baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. High manganese and manganese source 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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