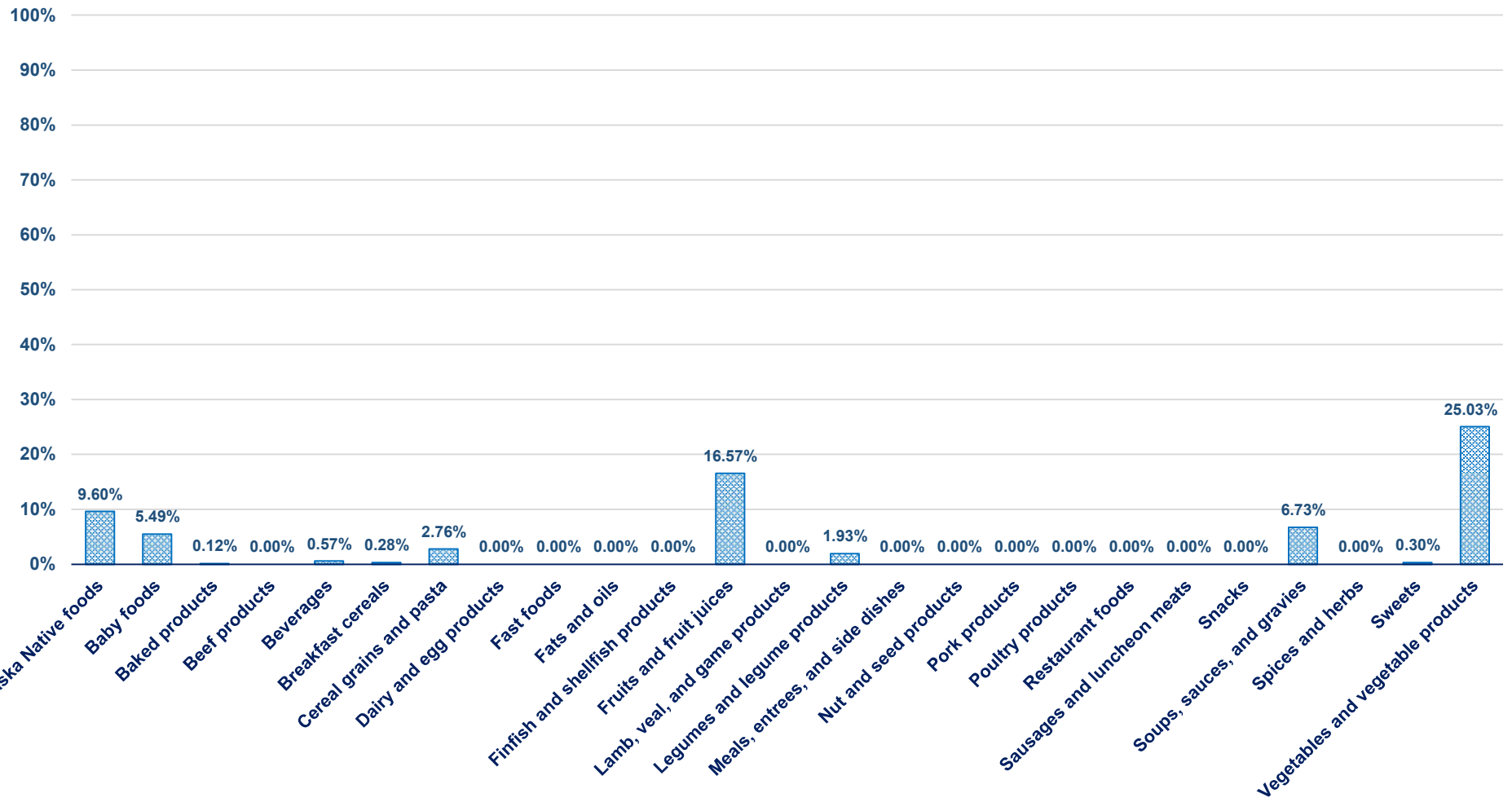


Dietary fiber - Energy



Averages (%) of foods containing appropriate levels of dietary fiber and energy (to achieve adequate dietary fiber intake and to limit energy intake) based on the proposed method in food groups

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