

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

## **References:**

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating folate content and determining appropriate folate levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133391

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating vitamin C content and determining appropriate vitamin C levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133651

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. Food Process Nutr 2024;6:43.