



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