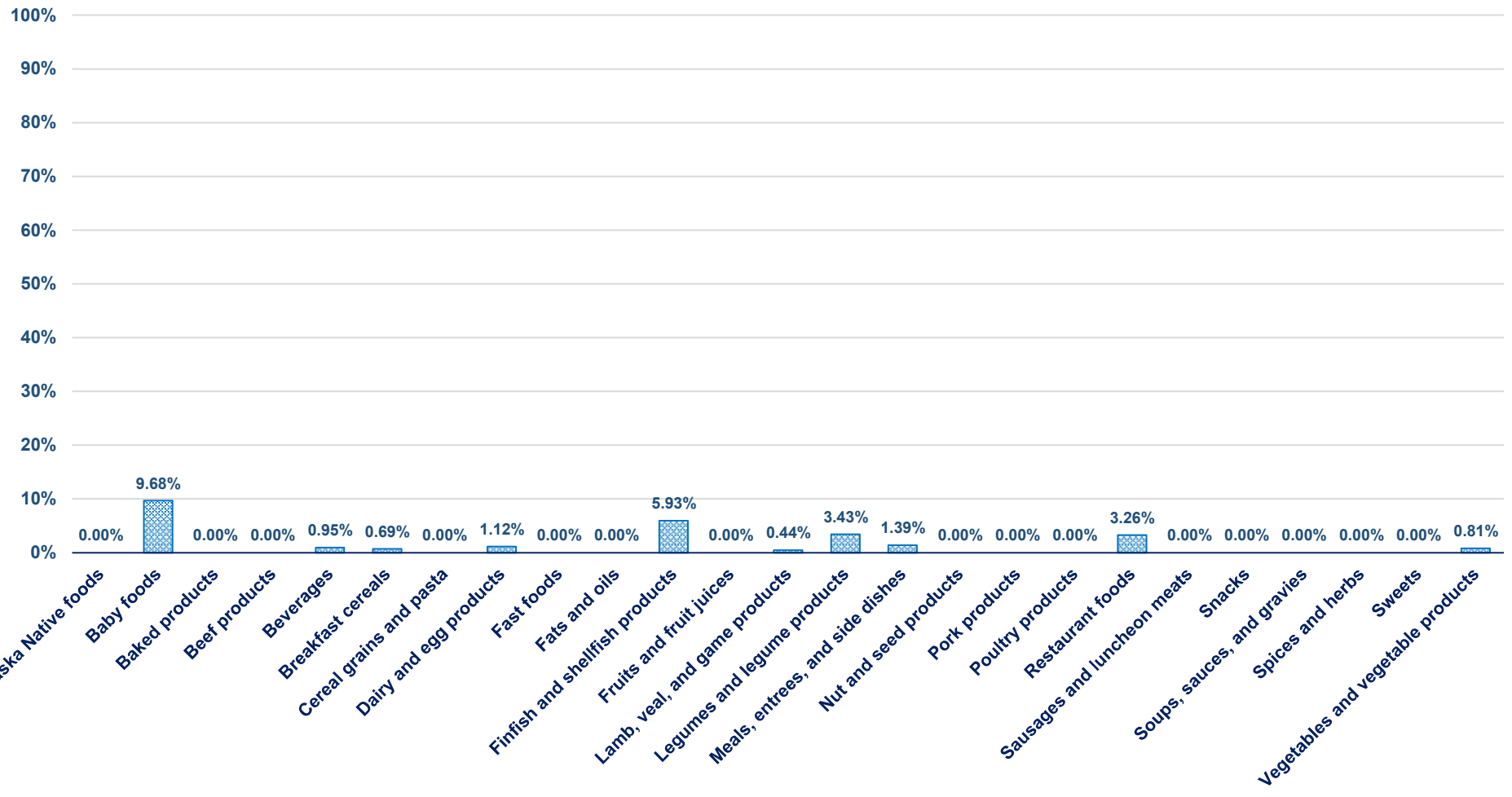


## Choline - Magnesium



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

### References:

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