



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