



**Averages (%) of foods containing appropriate fat levels (to limit fat intake) based on the proposed method in food groups.** All low fat and fat free foods, excluding low fat and fat free baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. Low fat and fat free 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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