



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