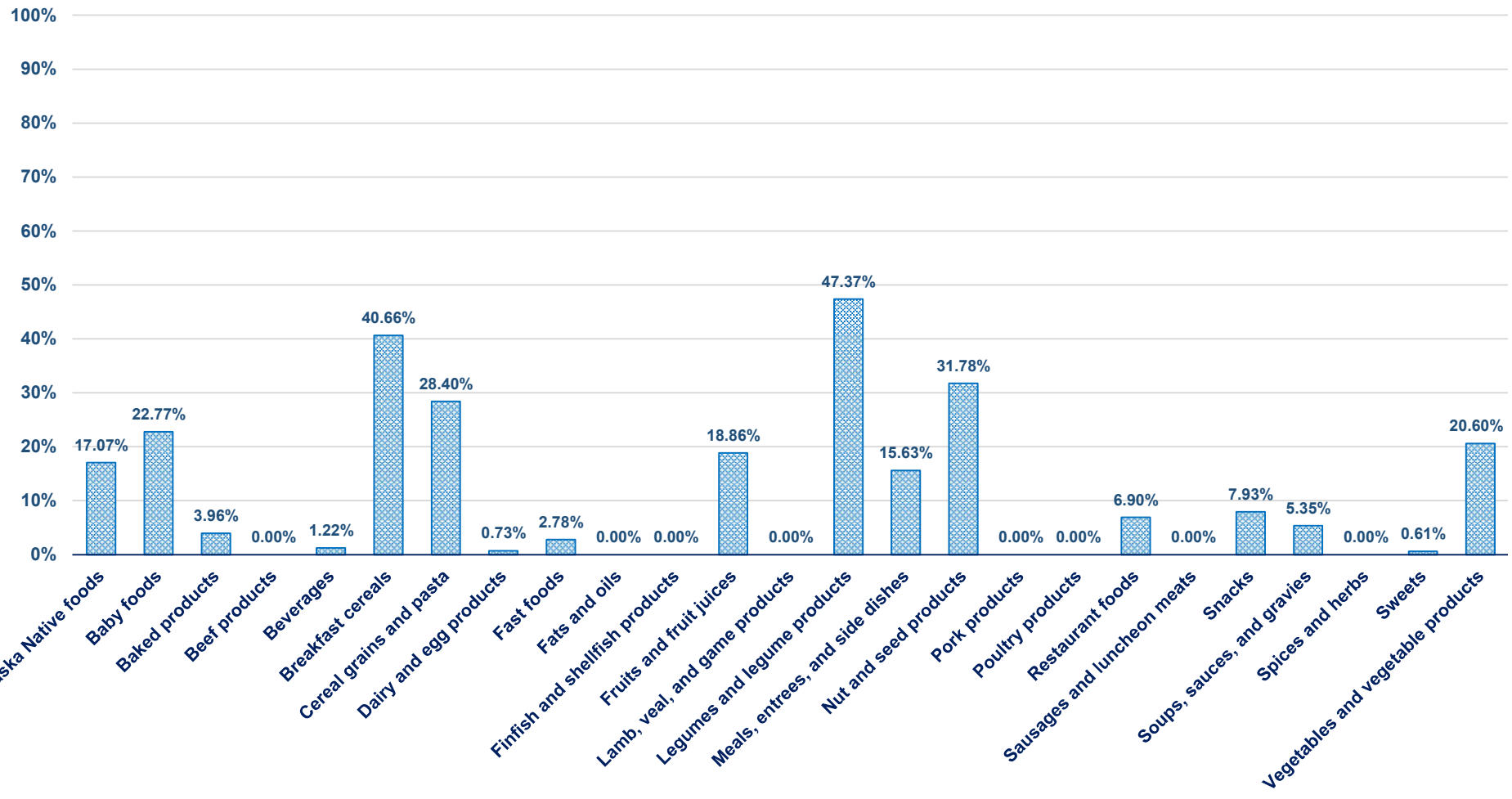


Copper - Dietary fiber



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

References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A, Zand E. A new method for calculating copper content and determining appropriate copper levels in foods. *Rev Chil Nutr* 2021;48:862–873.
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating dietary fiber content and determining appropriate dietary fiber levels in foods. *Acta Med Iran* 2023;61:26–35.
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. *Food Prod Process Nutr* 2024;6:43.