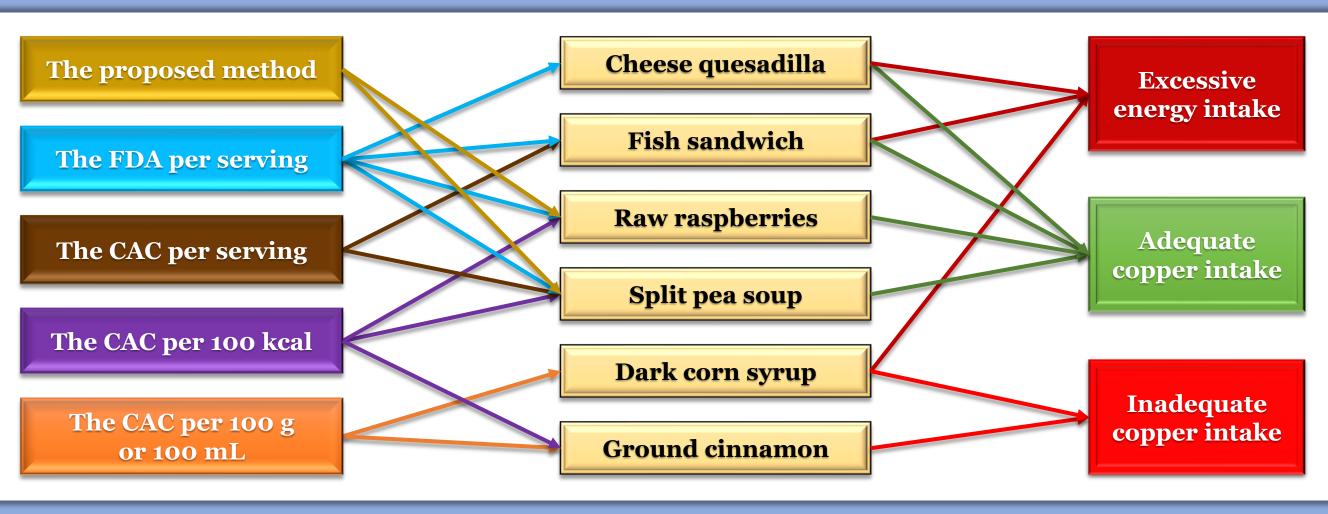
## Results of food choices based on different methods for achieving adequate copper intake



Suggested citation: Forouzesh, Abed; Forouzesh, Fatemeh; Samadi Foroushani, Sadegh; Forouzesh, Abolfazl; Zand, Eskandar. A new method for calculating copper content and determining appropriate copper levels in foods. Revista Chilena de Nutricion 2021;48:862–873. <a href="http://dx.doi.org/10.4067/S0717-75182021000600862">http://dx.doi.org/10.4067/S0717-75182021000600862</a>.