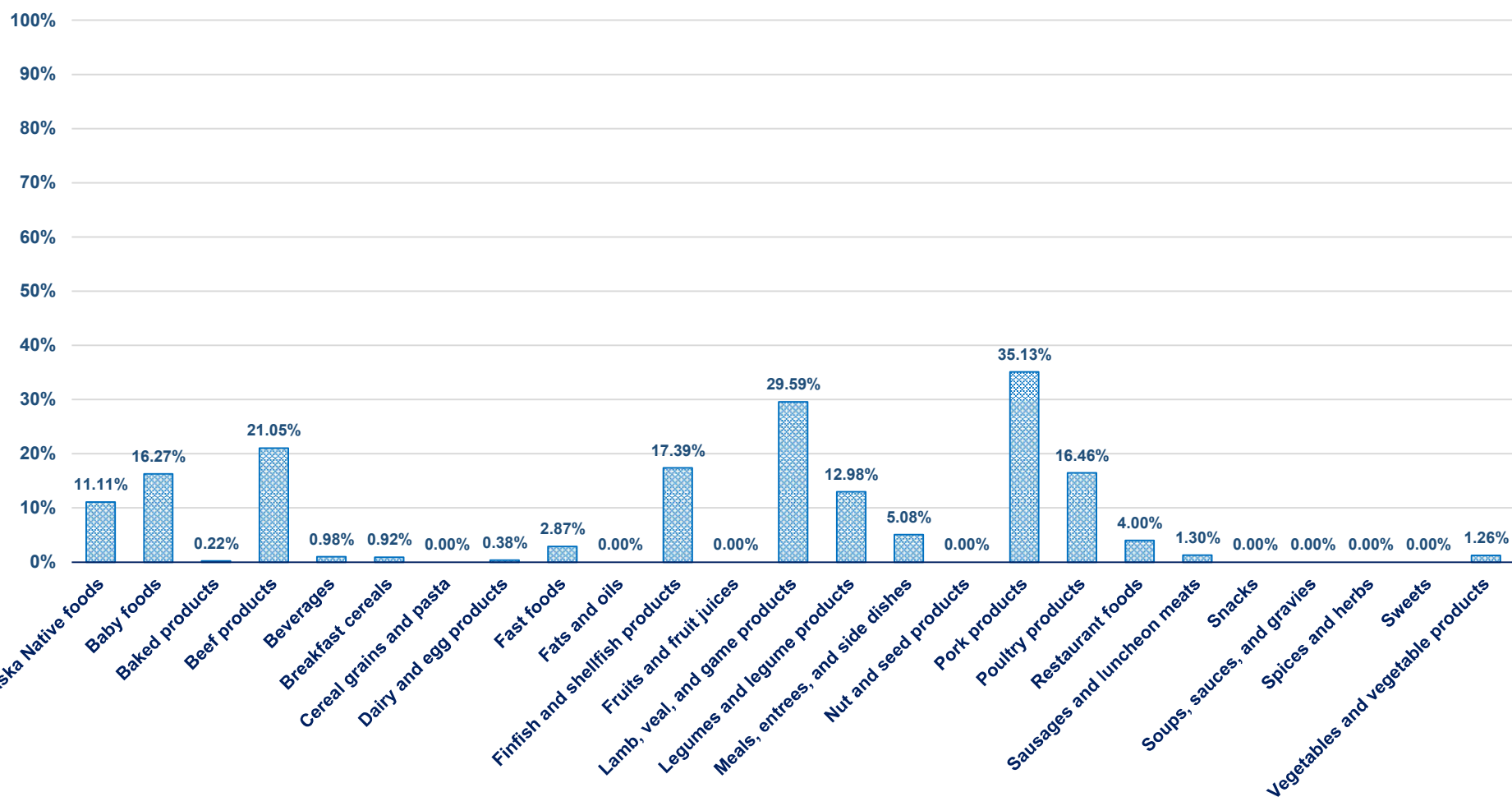


## Choline - Copper



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

### References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating choline content and determining appropriate choline levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4132554
- 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. 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.