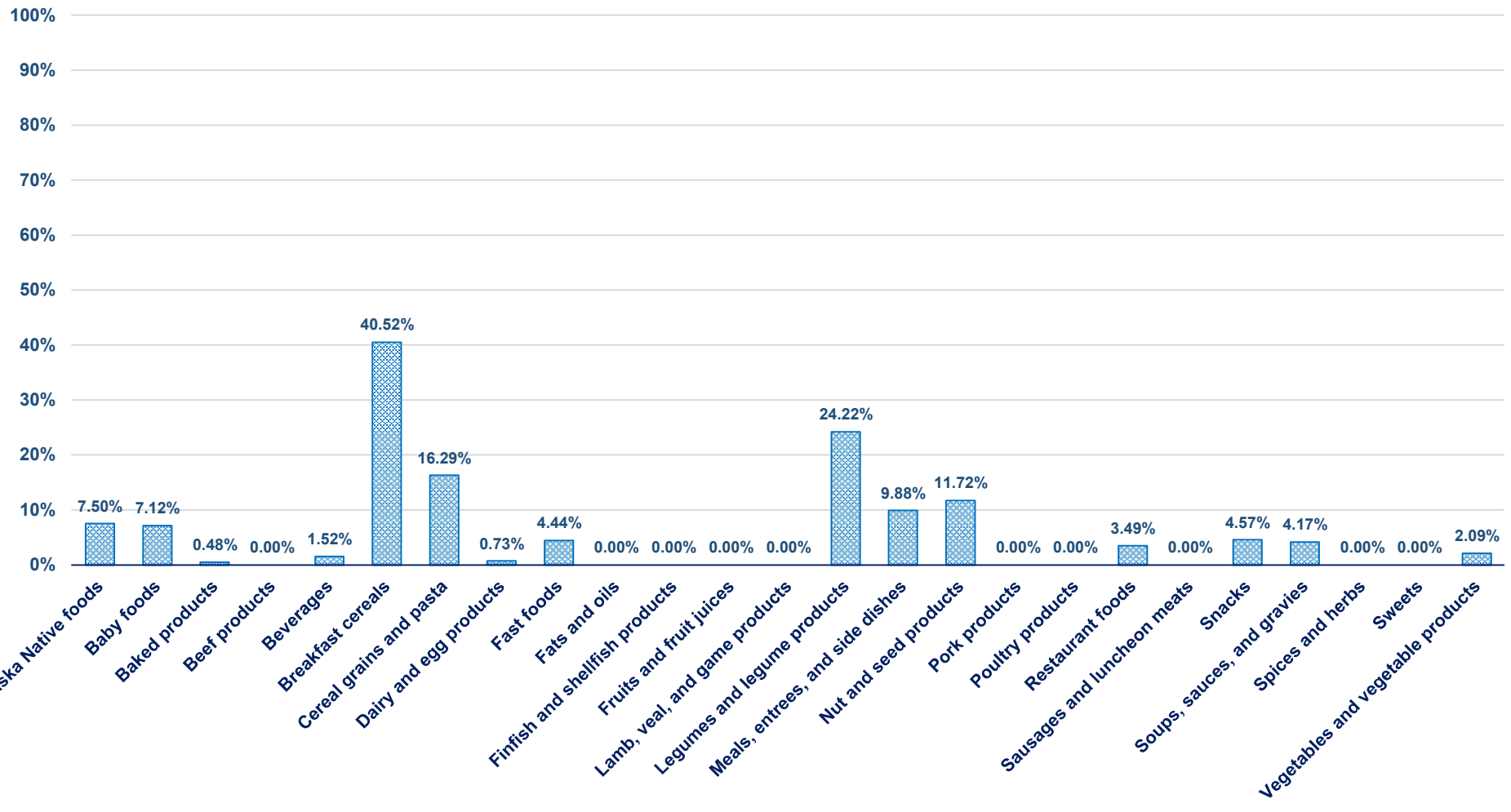


Dietary fiber - Zinc



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

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