



**Averages (%) of foods containing appropriate folate levels (to achieve adequate folate intake) based on the proposed method in food groups.** All high folate (excellent source of folate) and folate source (good source of folate) foods, excluding high folate and folate source baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. High folate and folate source 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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