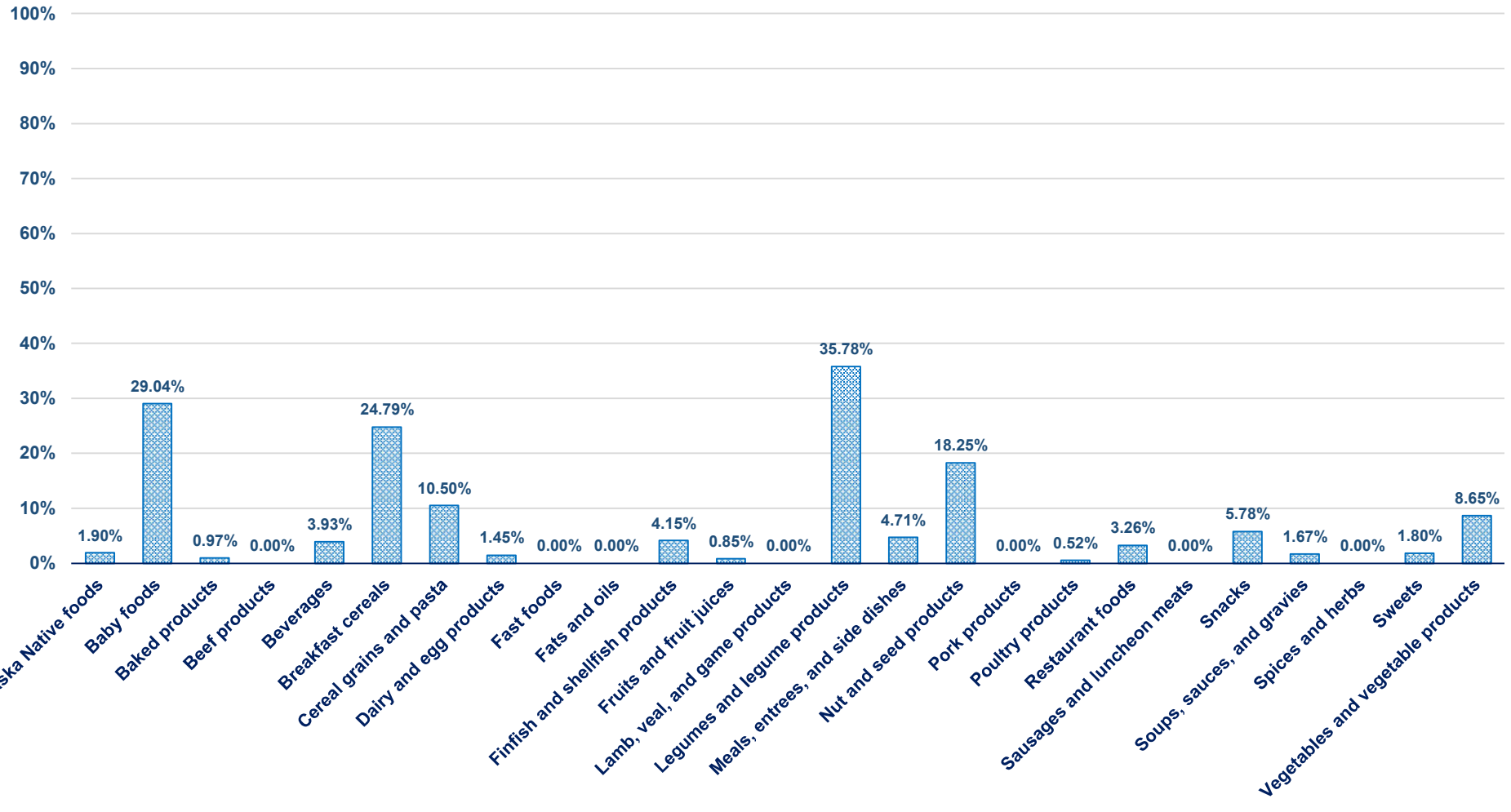


## Iron - Magnesium



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

### References:

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- 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.