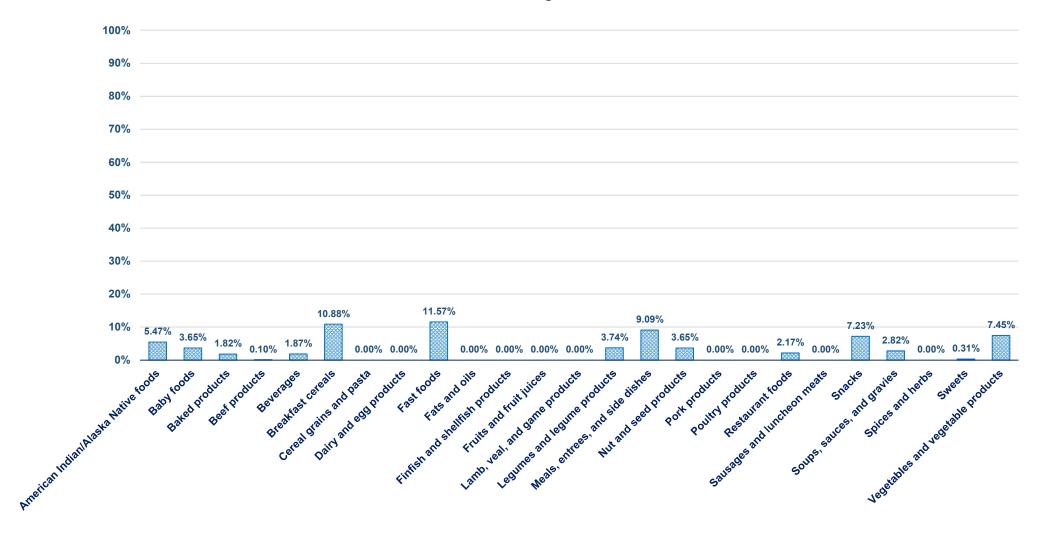
Calcium - Manganese



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

References:

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A, Zand E. A new method for calculating calcium content and determining appropriate calcium levels in foods. Food Anal Methods 2022;15:16–25.

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating manganese content and determining appropriate manganese levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133411

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. Food Process Nutr 2024;6:43.