



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