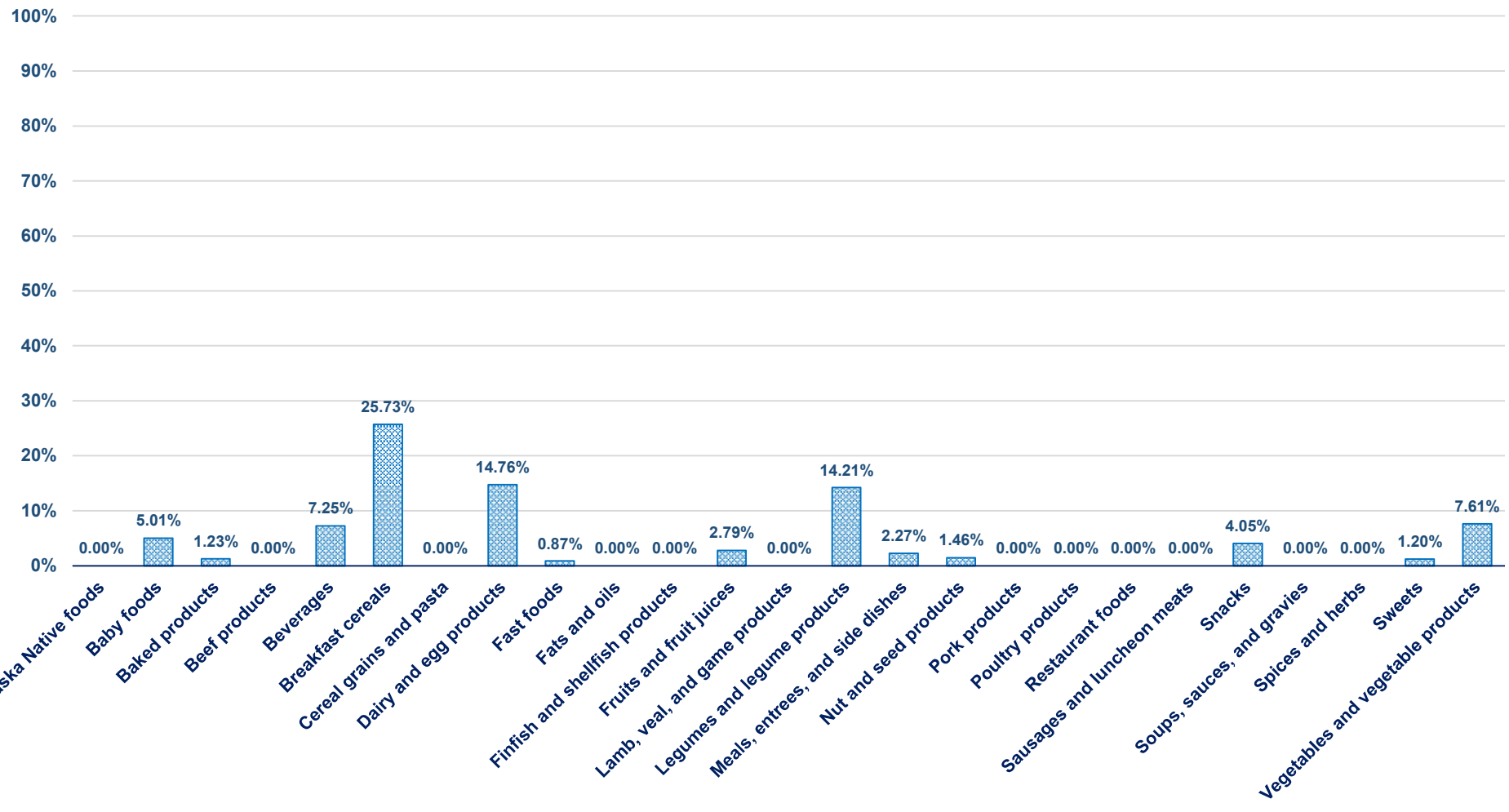


## Calcium - Cholesterol



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

### References:

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