



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