



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