



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