



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