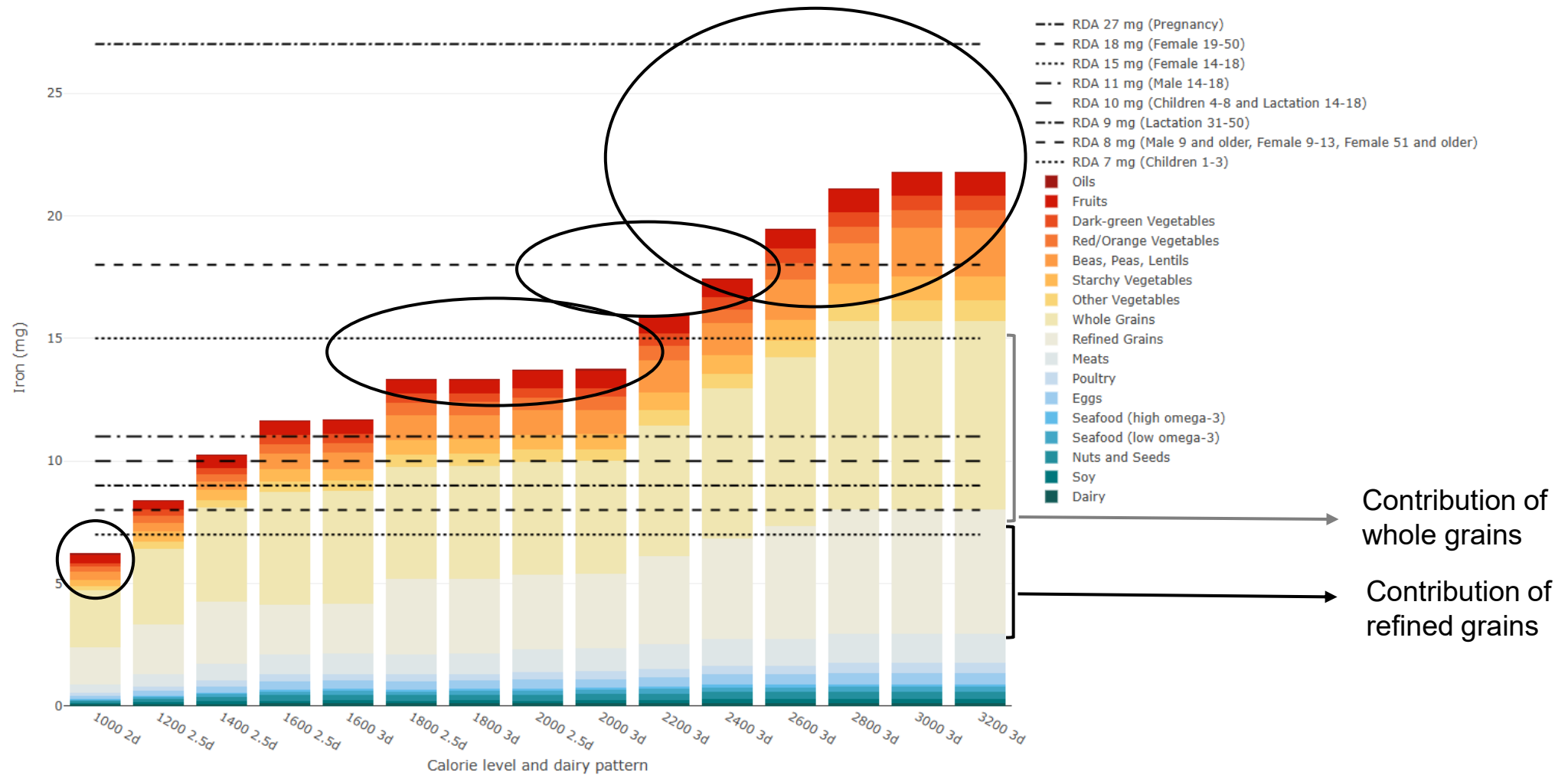


Removal of Refined Grains Means Major Gaps in Essential Nutrients for Growth, Pregnancy, and Lactation: Iron Intake WITH Refined Grains

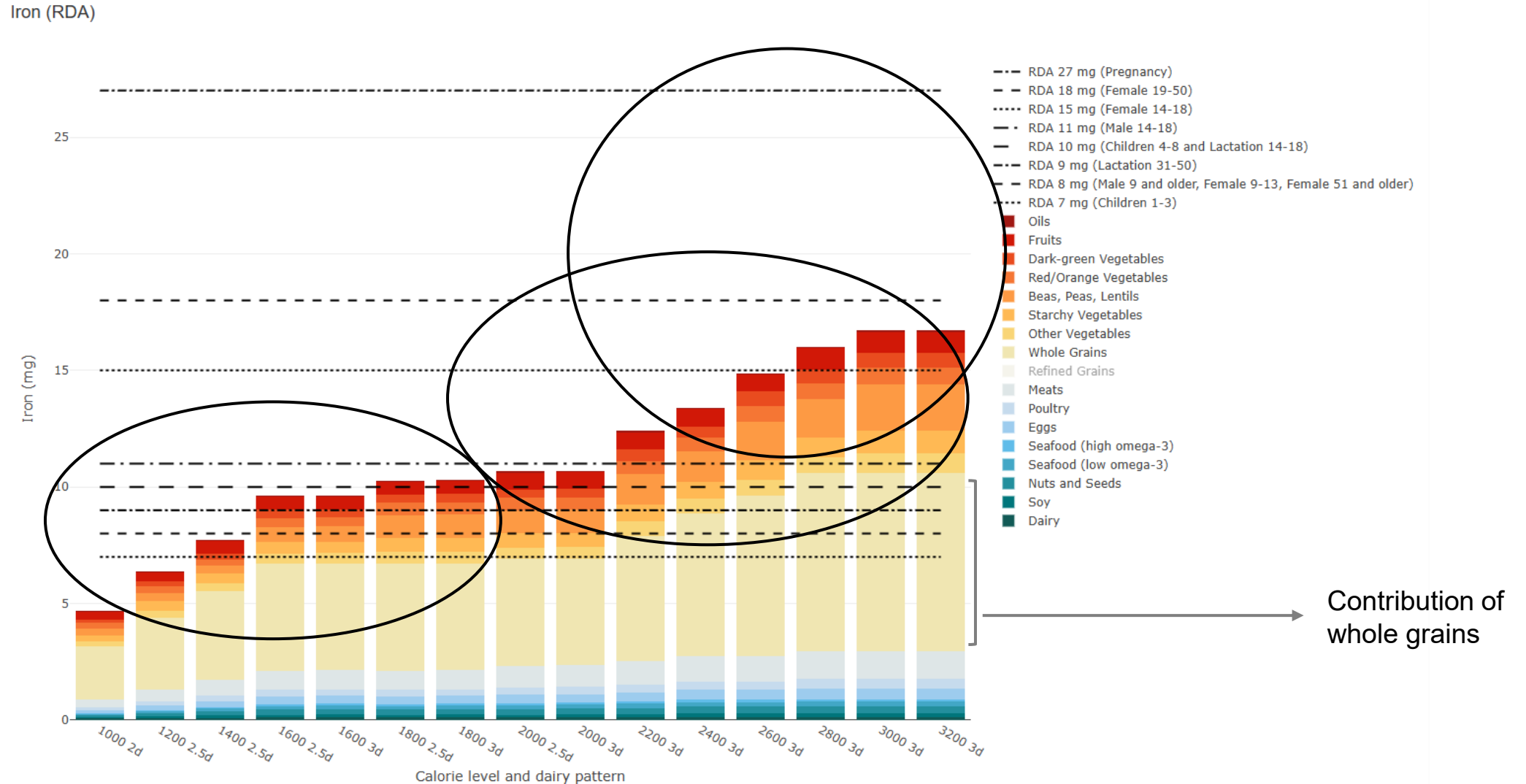
Contribution of each food group and sub-group to Iron Recommendations for each age/sex/life-stage appropriate kcal level

Iron (RDA)



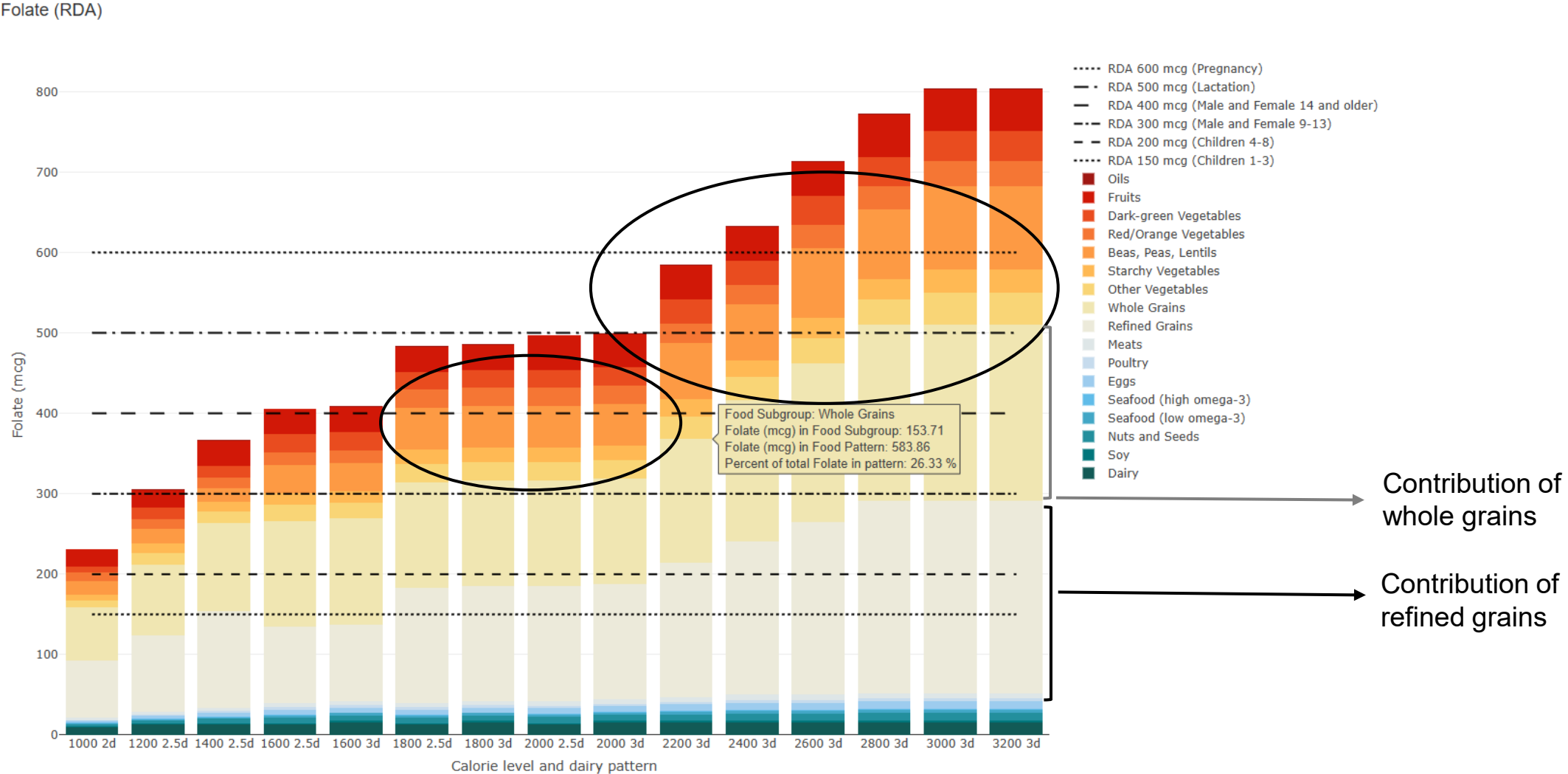
Removal of Refined Grains Means Major Gaps in Essential Nutrients for Growth, Pregnancy, and Lactation: Iron Intake WITHOUT Refined Grains

Contribution of each food group and sub-group to Iron Recommendations for each age/sex/life-stage appropriate kcal level



Removal of Refined Grains Means Major Gaps in Essential Nutrients for Growth, Pregnancy, and Lactation: Folate Intake WITH Refined Grains

Contribution of each food group and sub-group to Folate Recommendations for each age/sex/life-stage appropriate kcal level



Removal of Refined Grains Means Major Gaps in Essential Nutrients for Growth, Pregnancy, and Lactation: Folate Intake WITHOUT Refined Grains

Contribution of each food group and sub-group to Folate Recommendations for each age/sex/life-stage appropriate kcal level

