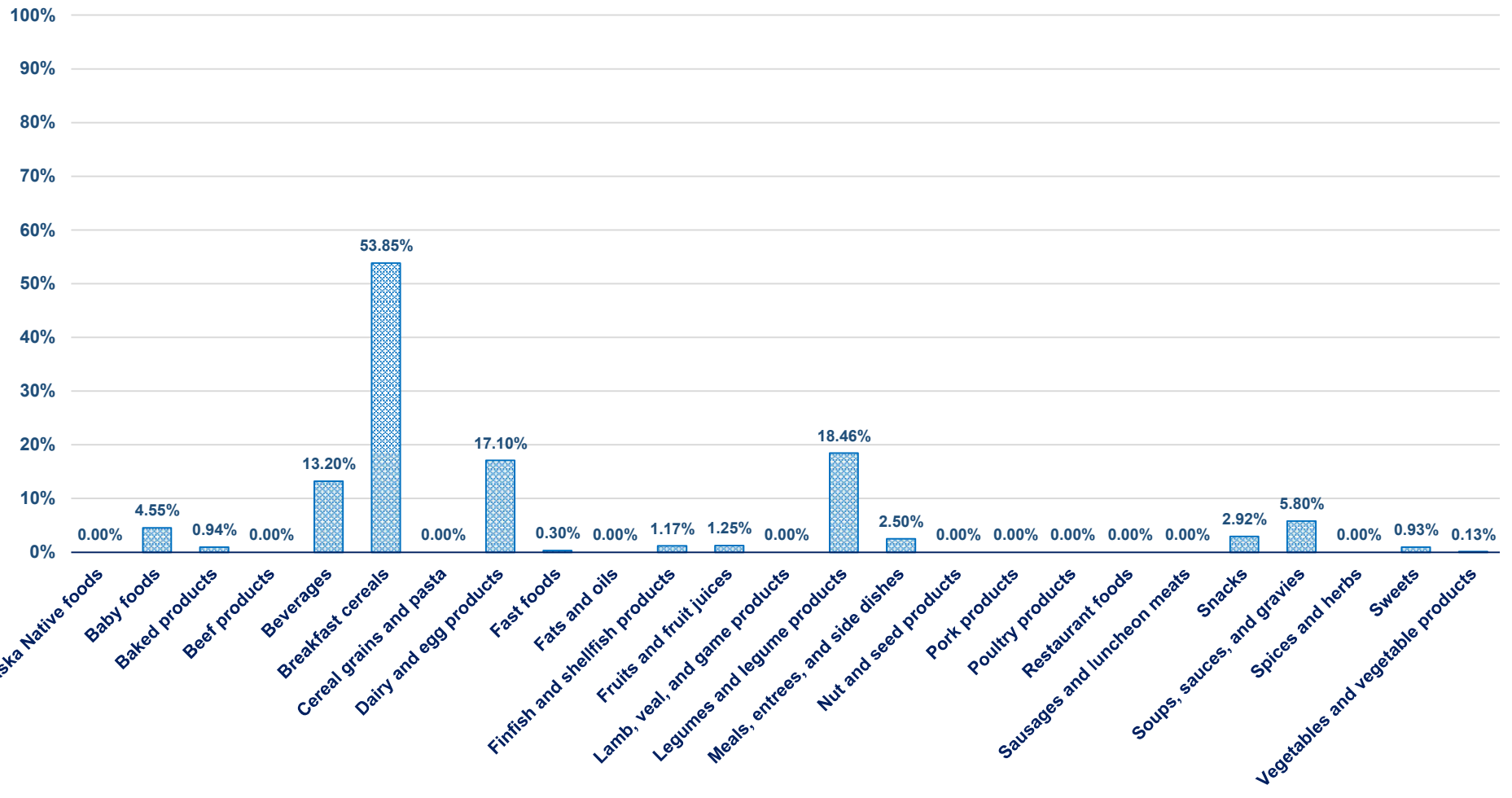


## Cholesterol - Vitamin B<sub>12</sub>



Averages (%) of foods containing appropriate levels of cholesterol and vitamin B<sub>12</sub> (to limit cholesterol intake and to achieve adequate vitamin B<sub>12</sub> intake) based on the proposed method in food groups

### References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating cholesterol and saturated fat contents and determining appropriate cholesterol levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4131337
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin B<sub>12</sub> content and determining appropriate vitamin B<sub>12</sub> levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133649
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. Food Prod Process Nutr 2024;6:43.