



Averages (%) of foods containing appropriate saturated fat levels (to limit saturated fat intake) based on the proposed method in food groups. All low saturated fat and saturated fat free foods, excluding low saturated fat and saturated fat free baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. Low saturated fat and saturated fat free baby foods are based on the reference energy intake of 1,000 kcal for children 1 through 3 years of age.

Suggested citation: Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating saturated fat content and determining appropriate saturated fat levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133571