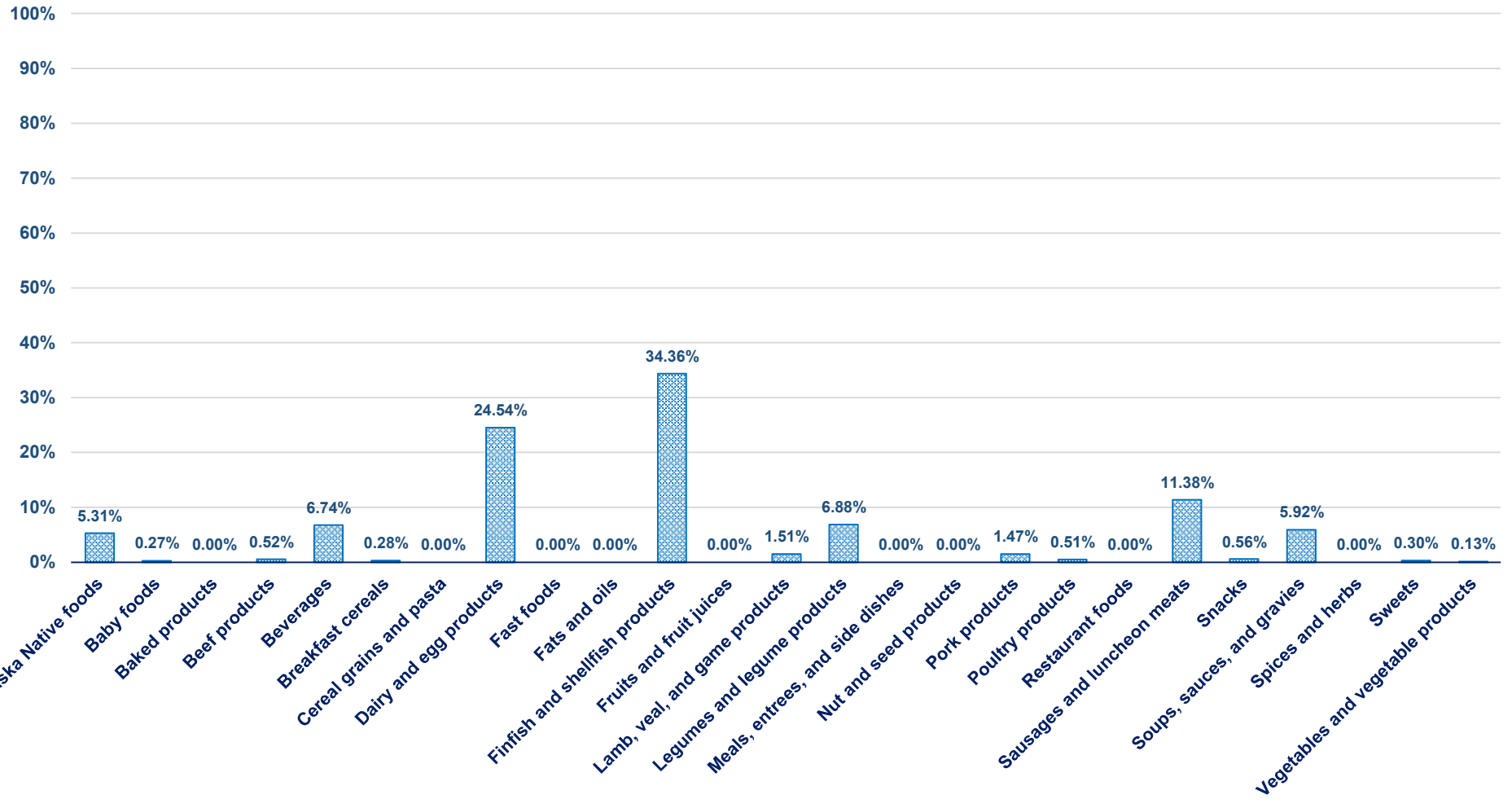


Energy - Vitamin B₁₂



Averages (%) of foods containing appropriate levels of energy and vitamin B₁₂ (to limit energy intake and to achieve adequate vitamin B₁₂ intake) based on the proposed method in food groups

References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating energy content and determining appropriate energy levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4132581
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin B₁₂ content and determining appropriate vitamin B₁₂ 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.