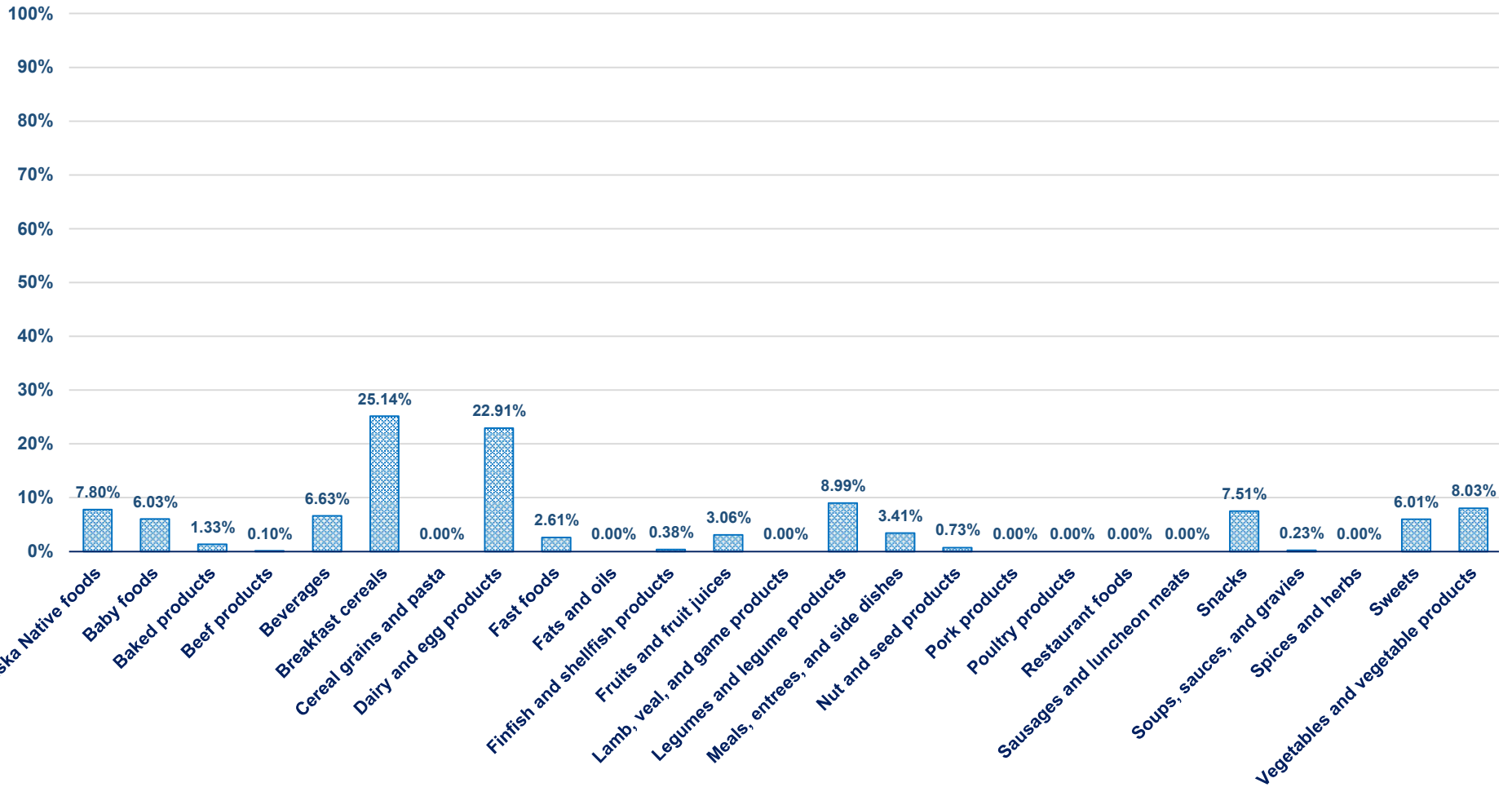


Calcium - Fat



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

References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A, Zand E. A new method for calculating calcium content and determining appropriate calcium levels in foods. *Food Anal Methods* 2022;15:16–25.
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating fat content and determining appropriate fat levels in foods. *Iran J Public Health* 2023;52:1038–1047.
- 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.