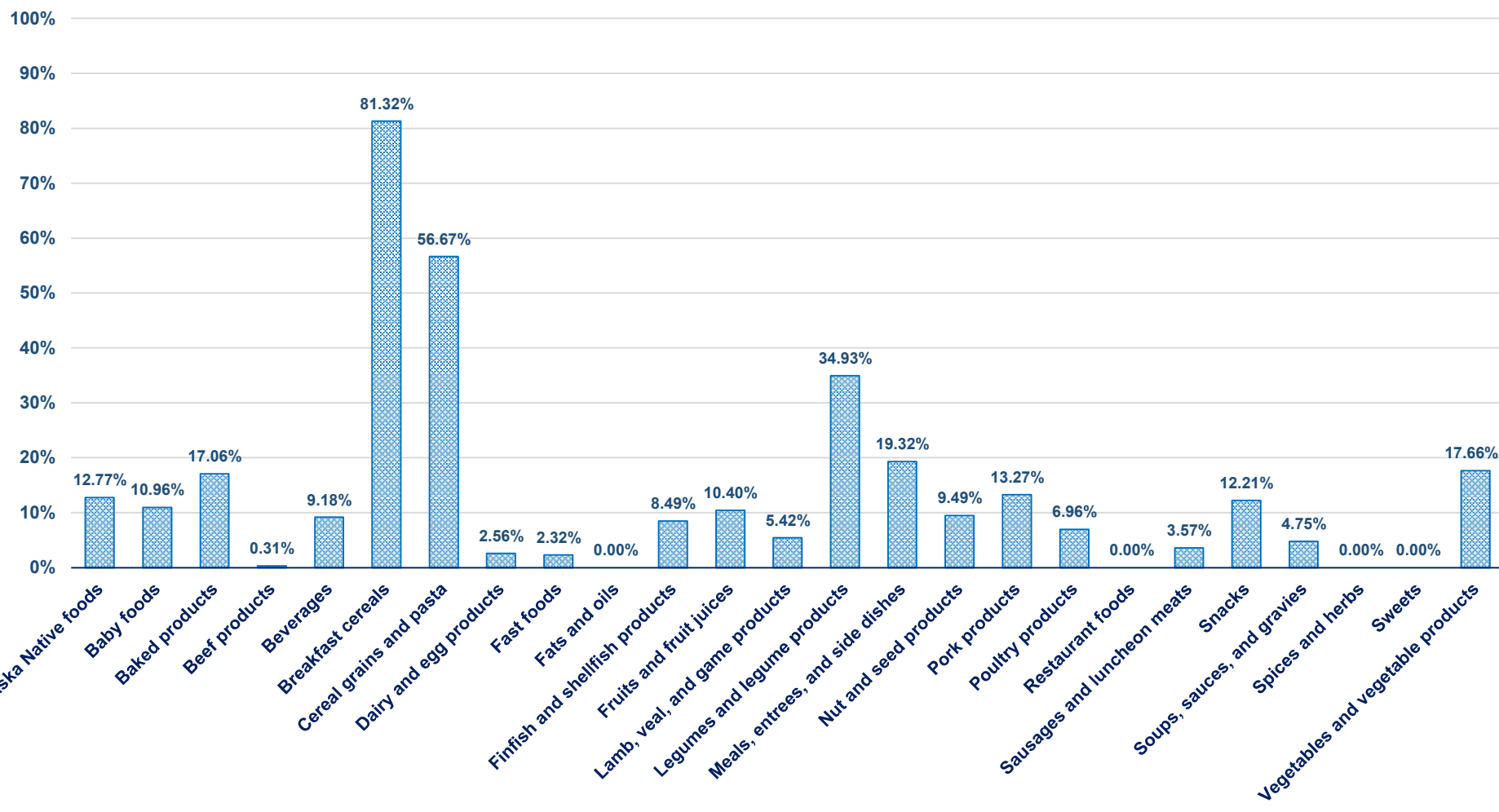


## Fat - Thiamin



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

**References:**

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