Energy - Sugars


## Averages (\%) of foods containing appropriate levels of energy and sugars (to limit intakes of energy and sugars) based on the proposed method in food groups

## References:

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating energy content and determining appropriate energy levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4132581 Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating sugars content and determining appropriate sugars levels in foods. SSRN 2022. DOI: $10.2139 / \mathrm{ssrn} .4133577$


