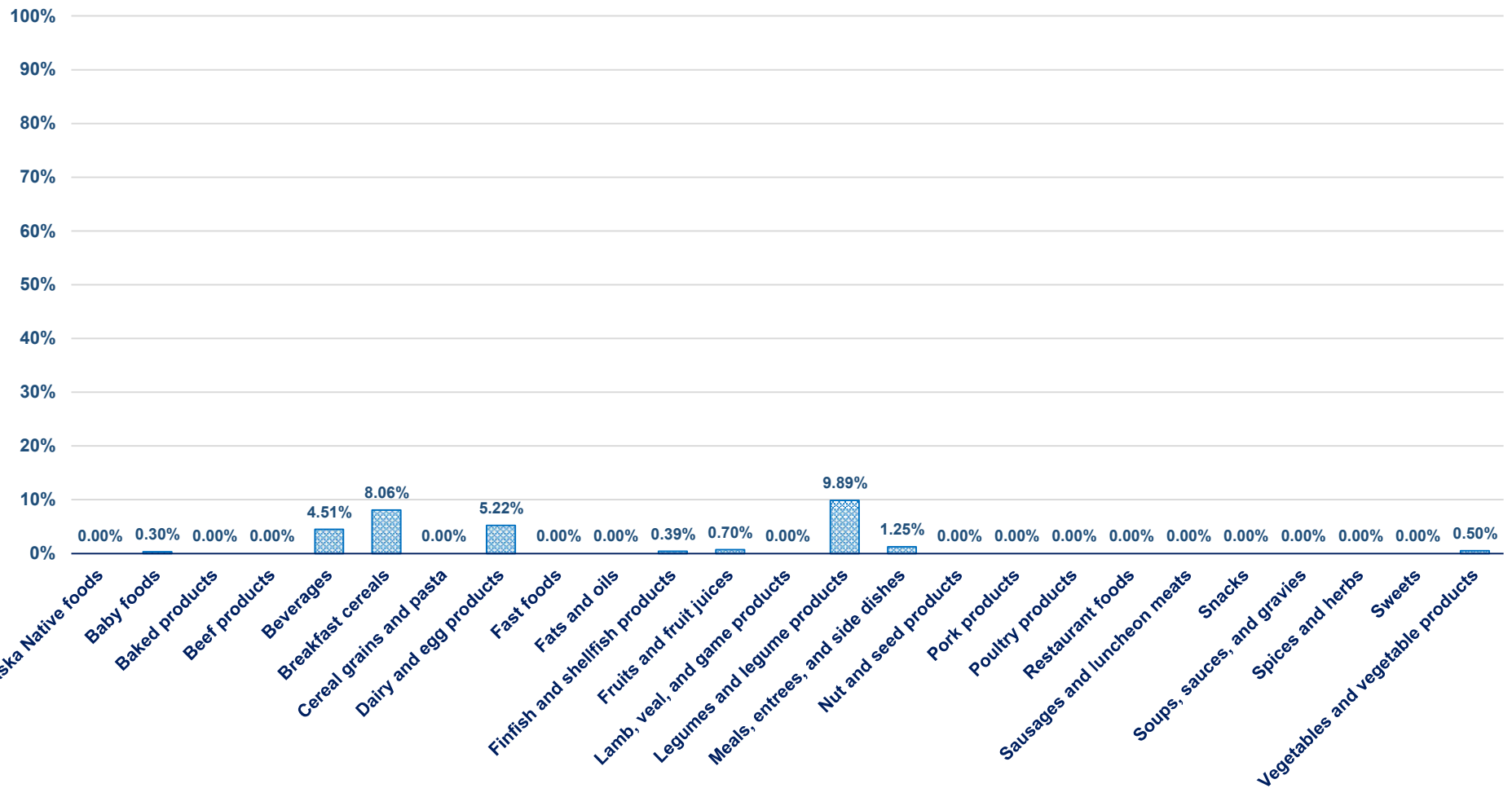


Cholesterol - Vitamin D



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

References:

Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating cholesterol and saturated fat contents and determining appropriate cholesterol levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4131337
 Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin D content and determining appropriate vitamin D levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133658
 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.