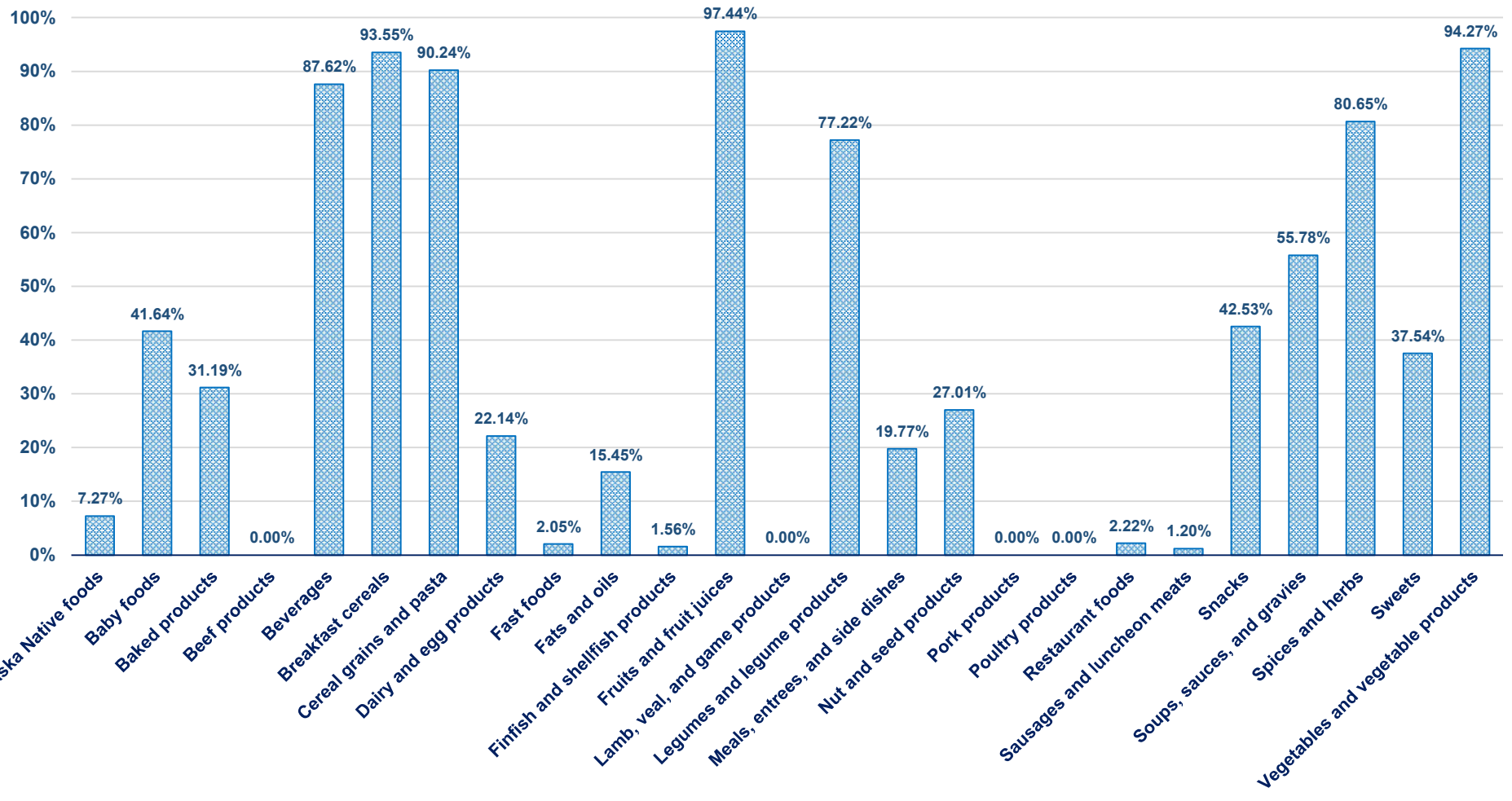


Cholesterol - Saturated fat



Averages (%) of foods containing appropriate levels of cholesterol and saturated fat (to limit intakes of cholesterol and saturated fat) based on the proposed method in food groups

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