



Averages (%) of foods containing appropriate cholesterol levels (to limit cholesterol and saturated fat intakes) based on the proposed method in food groups. All low cholesterol and cholesterol free foods, excluding low cholesterol and cholesterol free baby foods, are based on the reference energy intake of 2,000 kcal for adults and children aged 4 years and older. Low cholesterol and cholesterol free baby foods are based on the reference energy intake of 1,000 kcal for children 1 through 3 years of age.

Suggested citation: Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh 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