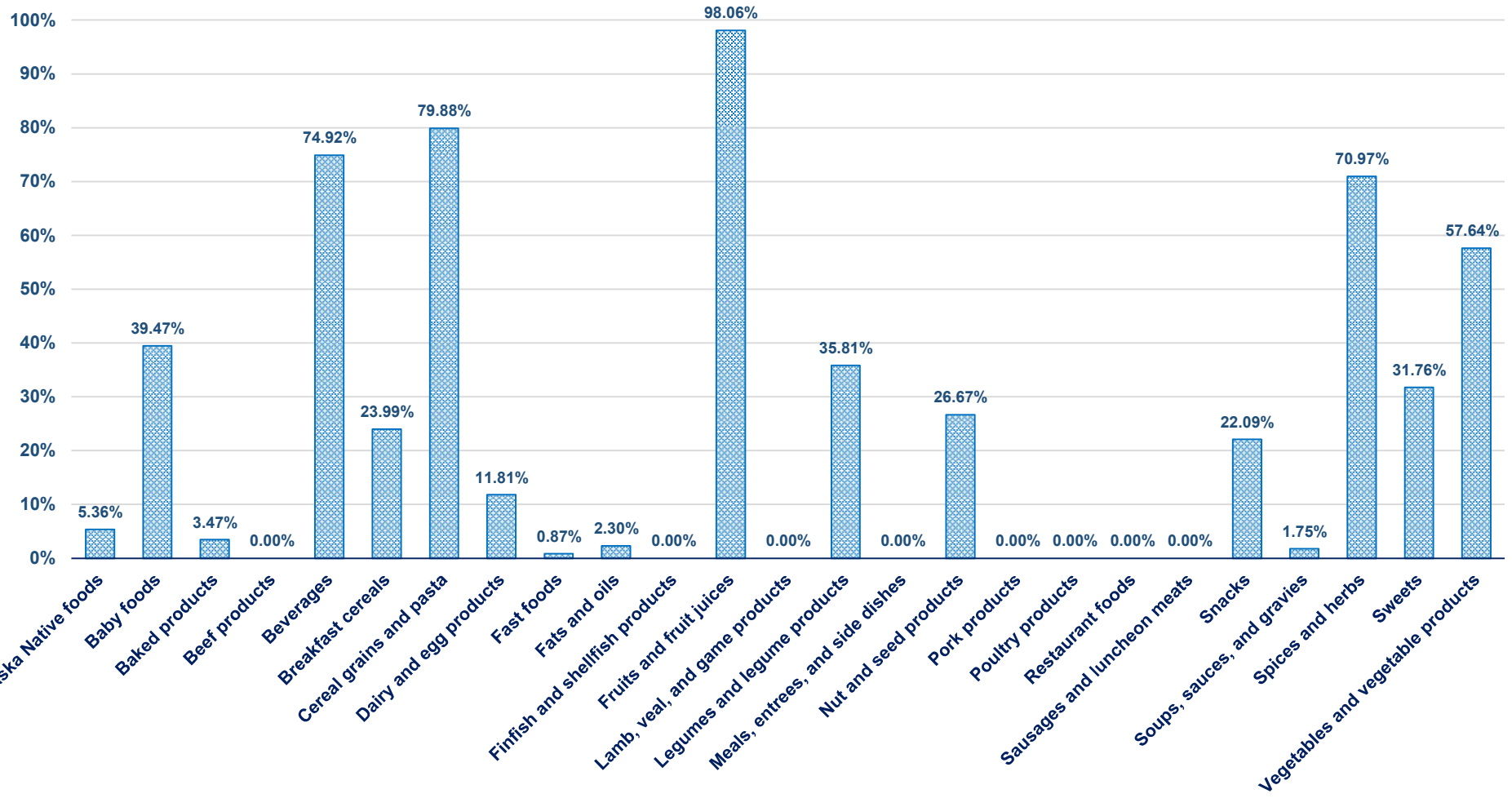


Cholesterol - Sodium



Averages (%) of foods containing appropriate levels of cholesterol and sodium (to limit intakes of cholesterol and sodium) 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 sodium content and determining appropriate sodium levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133574
 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.