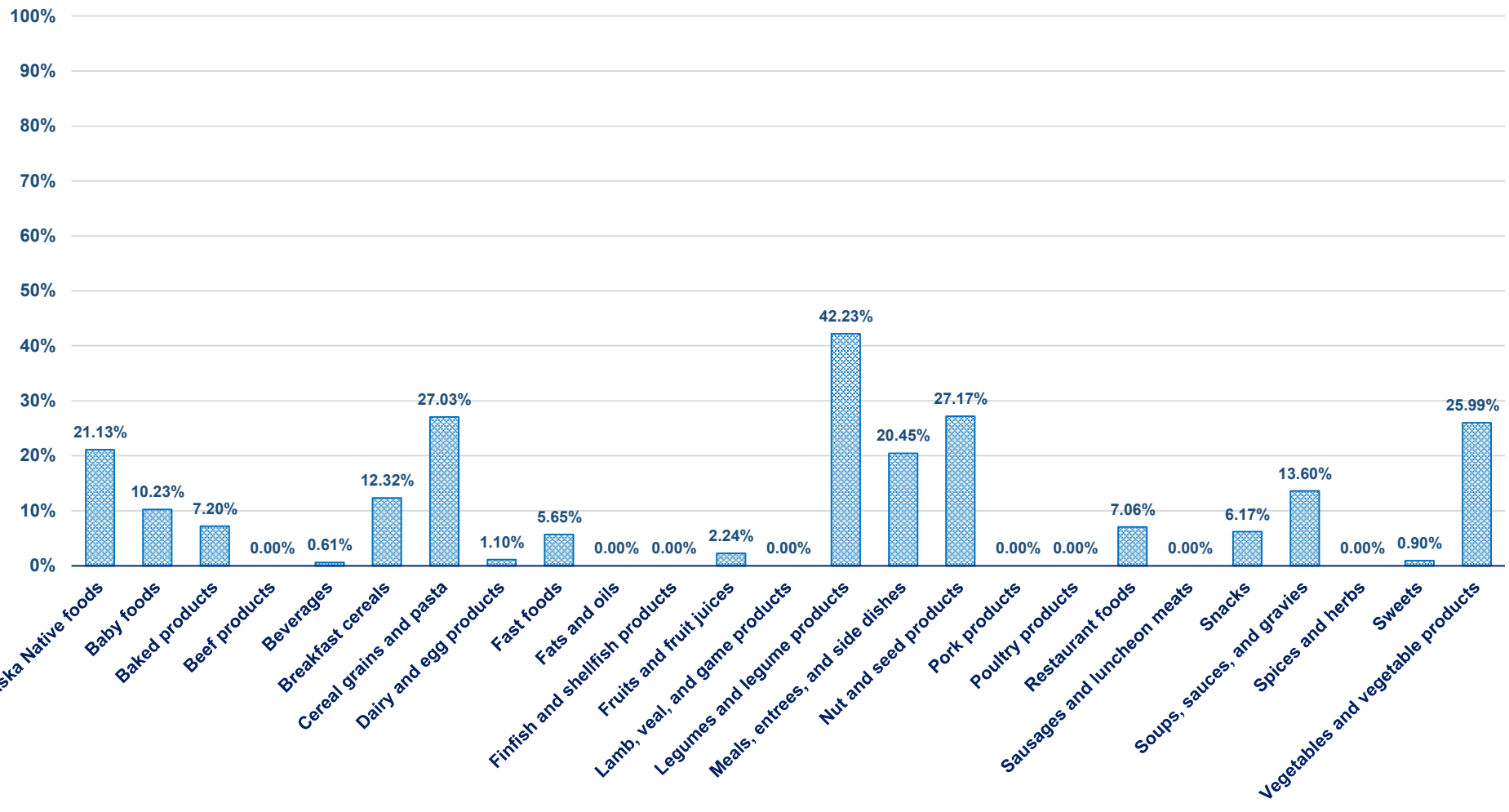


Dietary fiber - Sugars



Averages (%) of foods containing appropriate levels of dietary fiber and sugars (to achieve adequate dietary fiber intake and to limit sugars intake) based on the proposed method in food groups

References:

- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating dietary fiber content and determining appropriate dietary fiber levels in foods. *Acta Med Iran* 2023;61:26–35.
- Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating sugars content and determining appropriate sugars levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133577
- 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.