Fat - Sugars


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

## References:

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating fat content and determining appropriate fat levels in foods. Iran J Public Health 2023;52:1038-1047. Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating sugars content and determining appropriate sugars levels in foods. SSRN 2022. DOI: 10.2139/ssrn. $\mathbf{4 1 3 3 5 7 7}$


