



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.4133577

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. Food Process Nutr 2024;6:43.