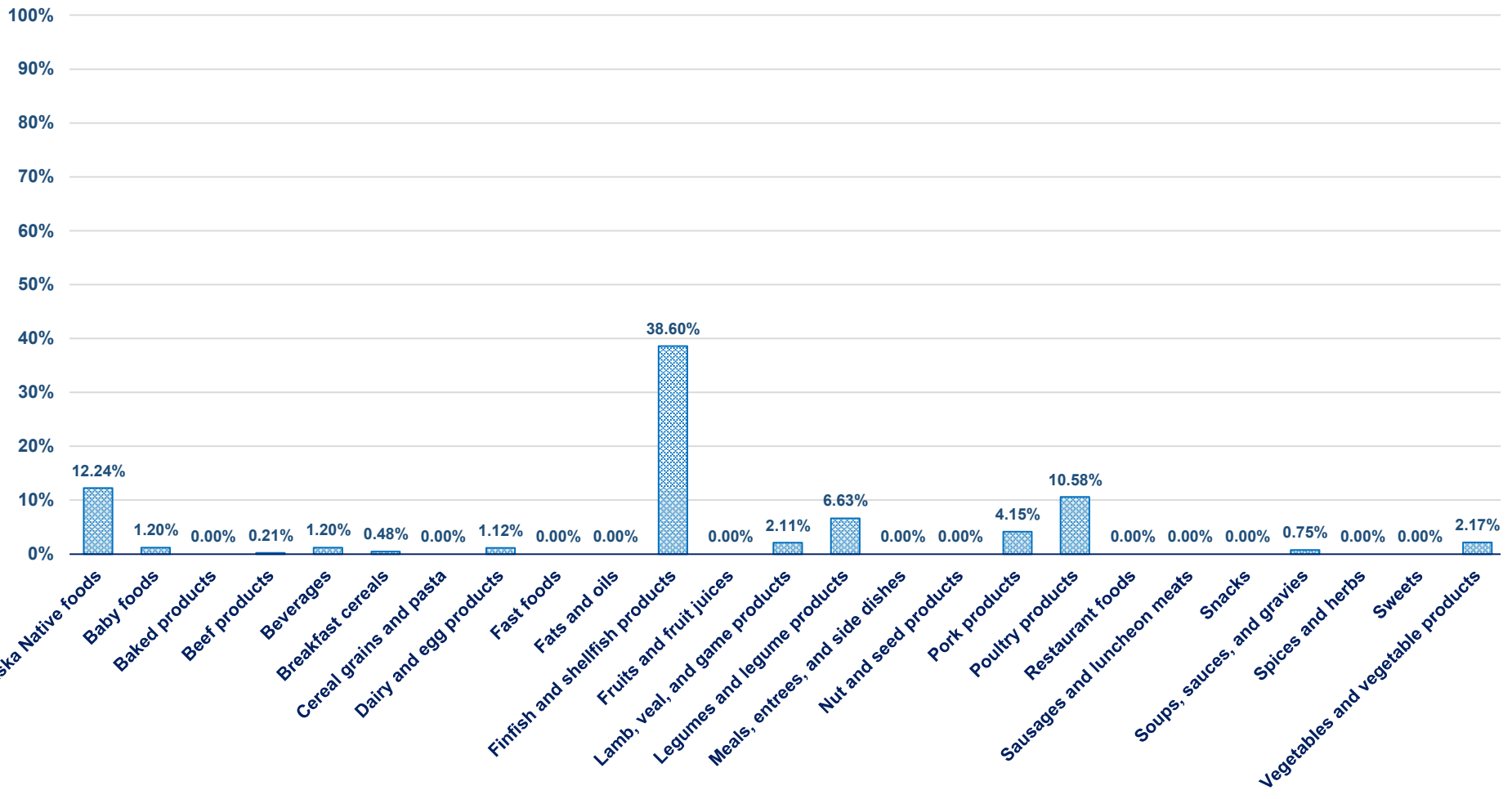


## Choline - Saturated fat



Averages (%) of foods containing appropriate levels of choline and saturated fat (to achieve adequate choline intake and to limit saturated fat intake) based on the proposed method in food groups

### References:

Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating choline content and determining appropriate choline levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4132554  
 Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating saturated fat content and determining appropriate saturated fat levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133571  
 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.