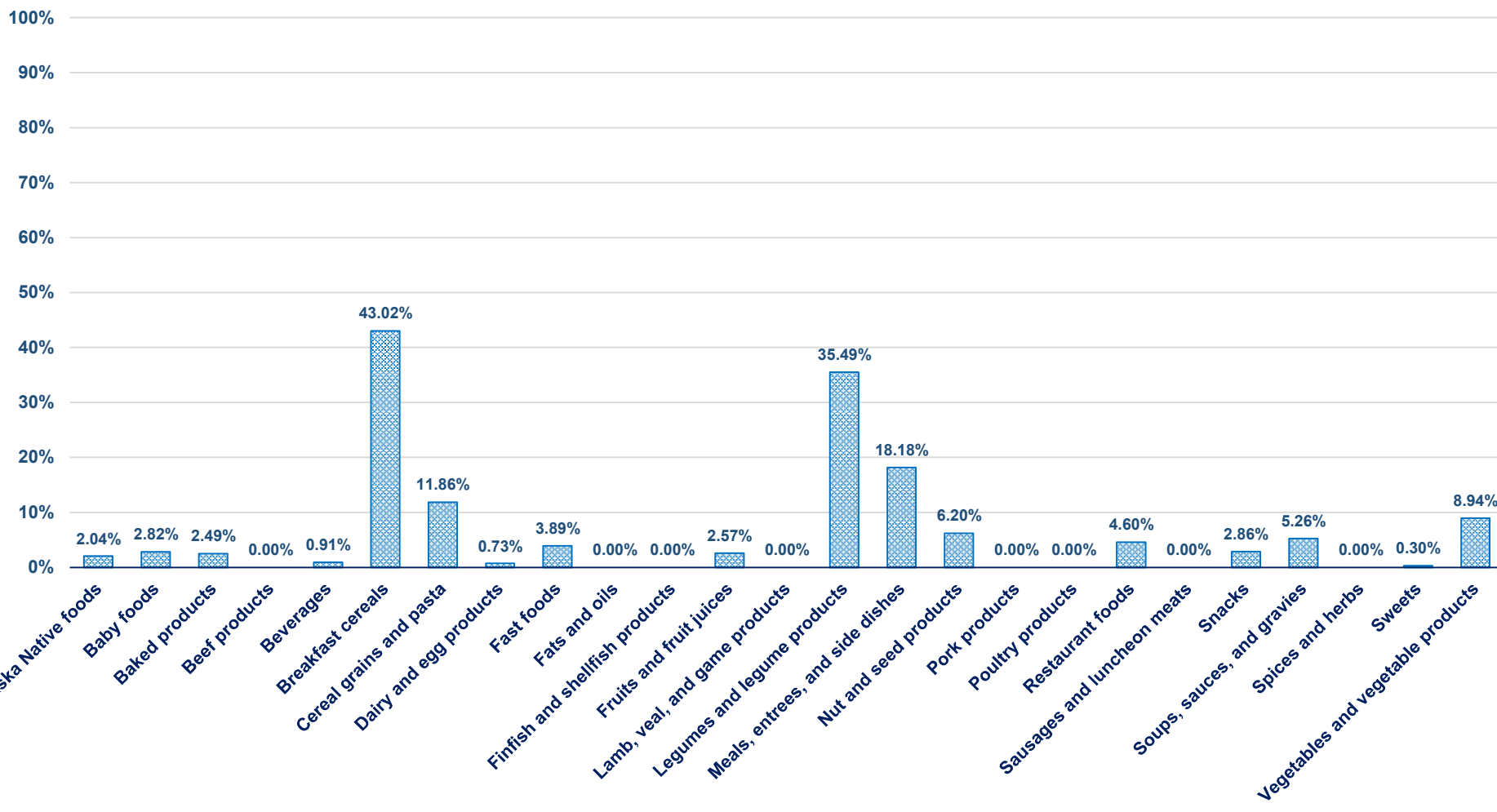


Dietary fiber - Iron



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

References:

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating dietary fiber content and determining appropriate dietary fiber levels in foods. *Acta Med Iran* 2023;61:26–35.

Forouzesh A, Forouzesh F, Samadi Foroushani S, Forouzesh A. A new method for calculating iron content and determining appropriate iron levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133393

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 Prod Process Nutr* 2024;6:43.