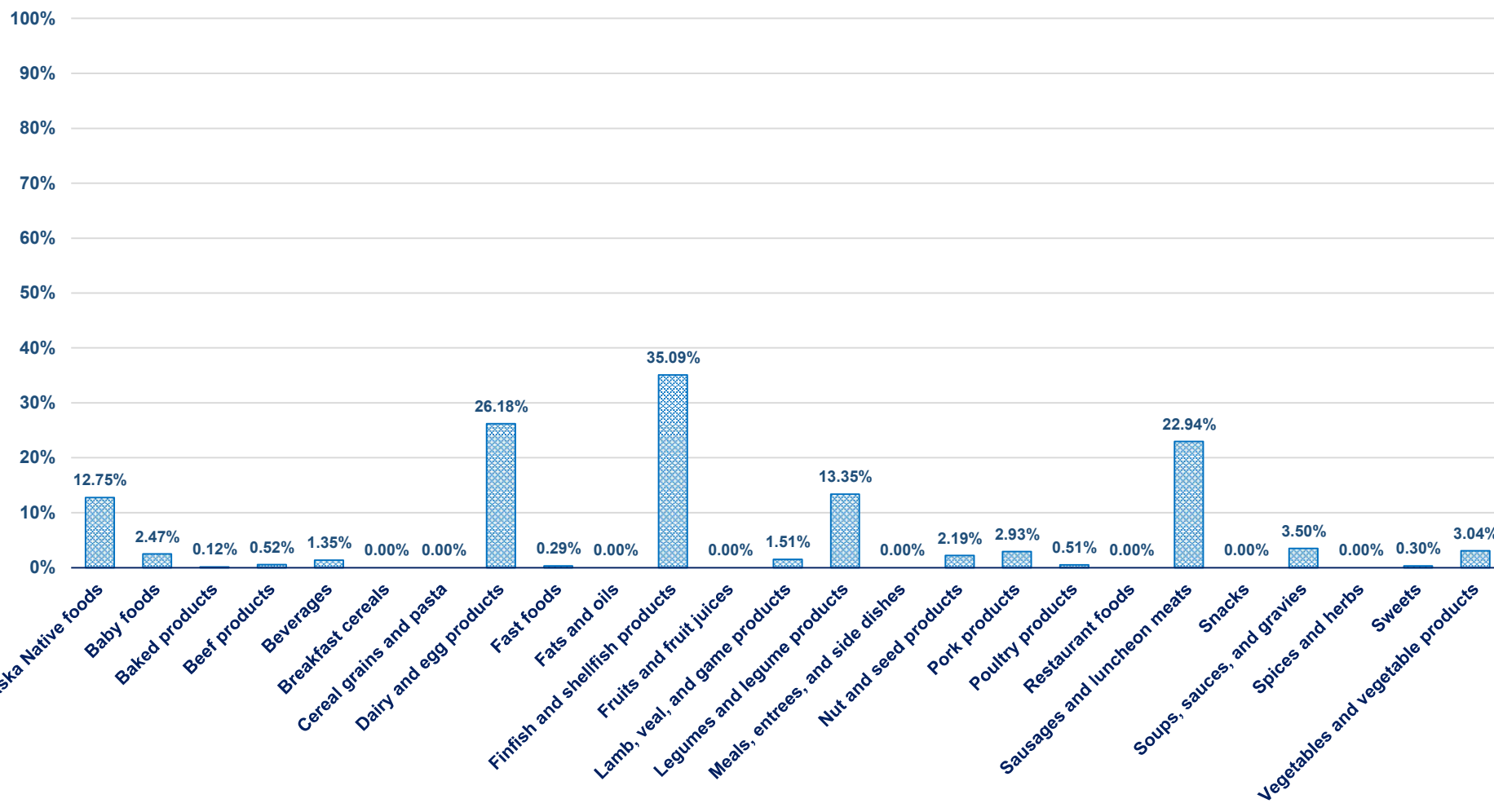


## Energy - Protein



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

**References:**

Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating energy content and determining appropriate energy levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4132581  
 Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating protein content and determining appropriate protein levels in foods. SSRN 2022. DOI: 10.2139/ssrn.4133566  
 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.