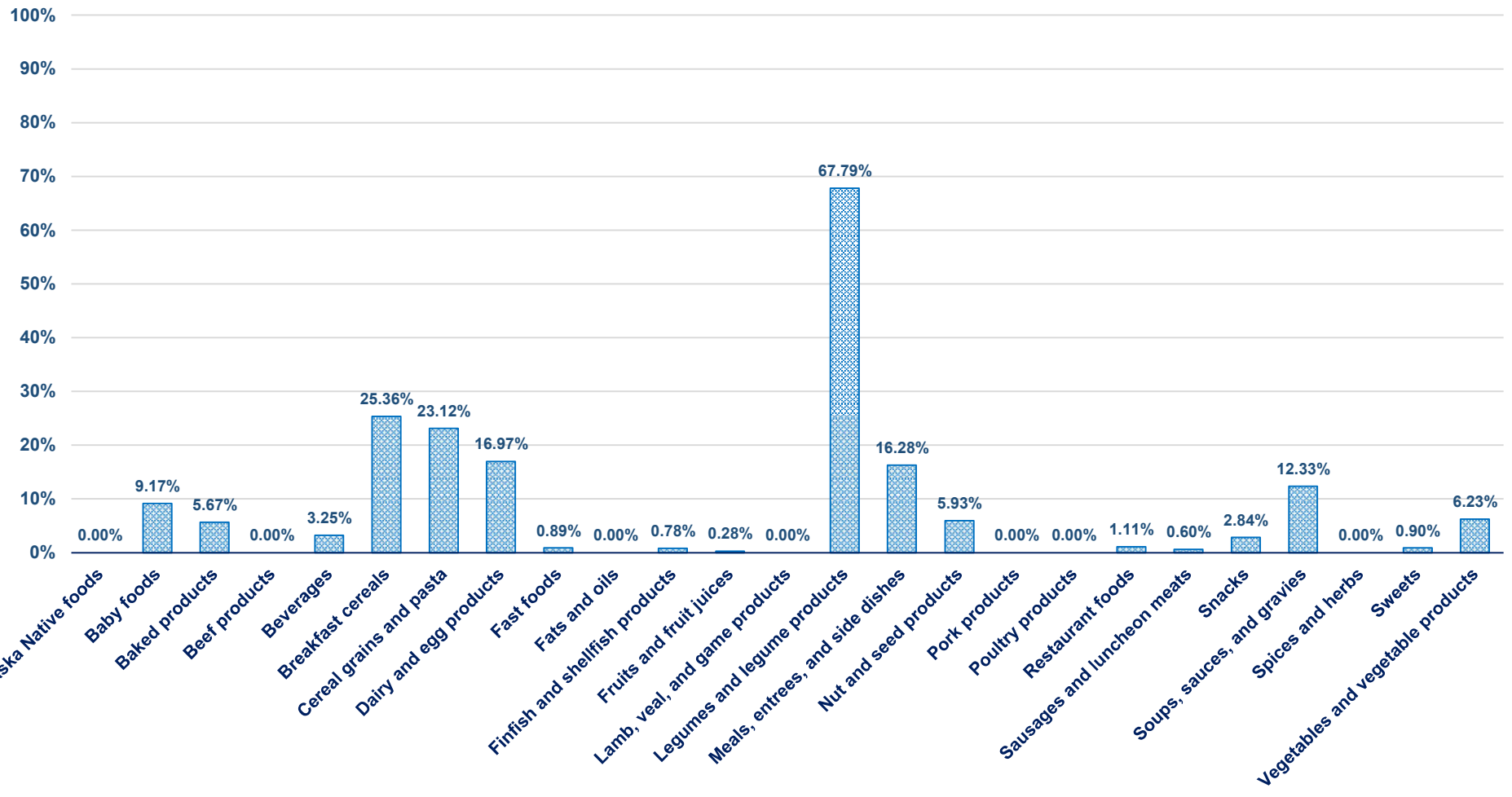


Cholesterol - Protein



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

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