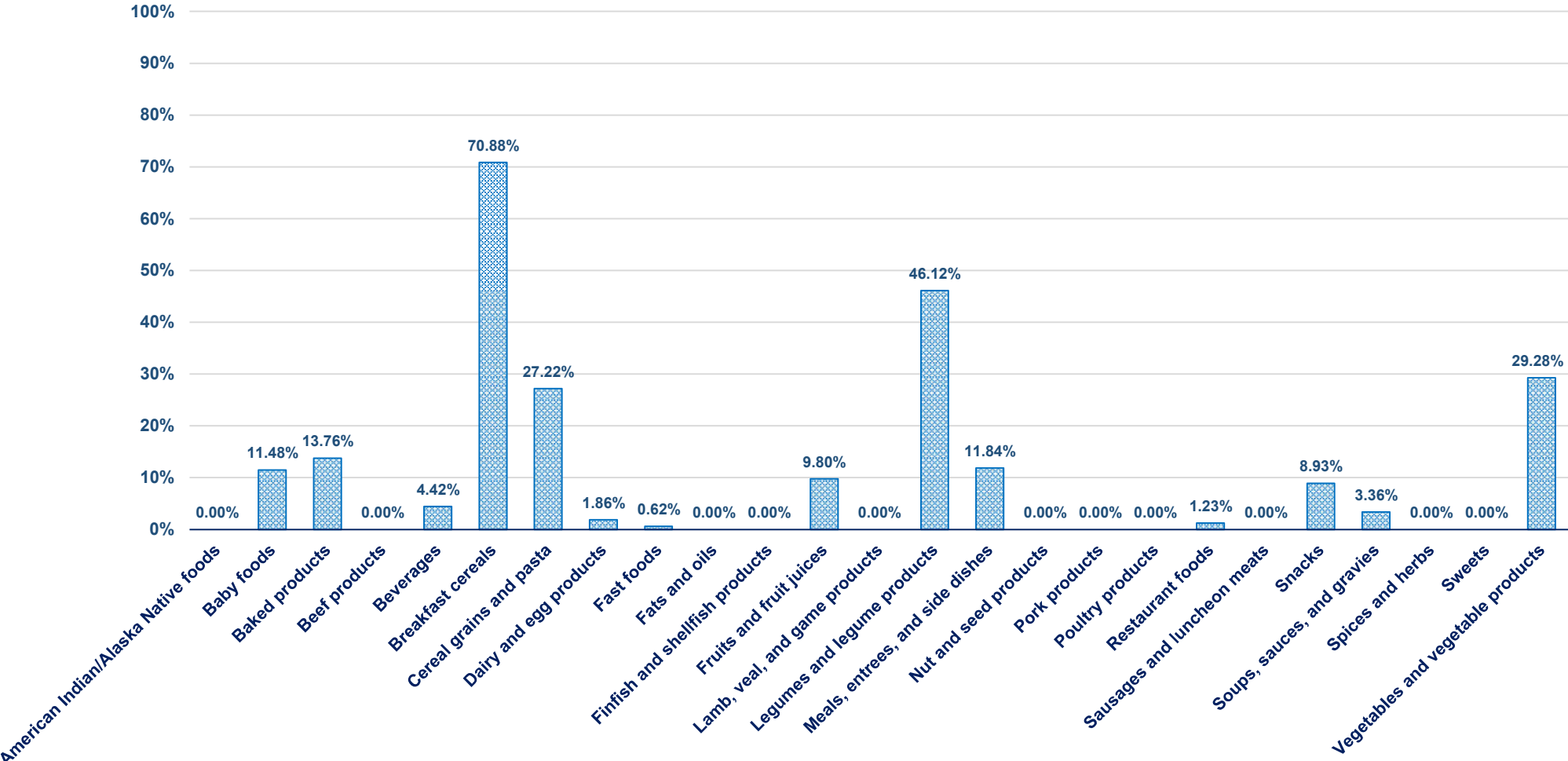


# Cholesterol - Folate



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

**References:**  
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 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.