

Table 4 Mean percentage of total calories from fat, saturated-fat and sugar from a sample of common allowed prepacked foods compared to IOM recommendations

Food items	Mean ^a percentage of total calories from fat per portion as packaged	Percentage above IOM standards for total calories from fat ($\geq 35\%$)	Mean ^a percentage of total calories from saturated- fat per portion as packaged	Percentage above IOM standards for total calories from saturated- fat ($\geq 10\%$)	Mean ^a percentage of total calories from sugar per portion as packaged	Percentage above IOM standards for total calories from sugar ($\geq 35\%$)
Cheese puffs	54%	19%	16%	6%	40%	5%
Apple puffs	46%	11%	16%	6%	51%	16%
Plain croissant	52%	17%	13%	3%	42%	7%
Cheese croissant	51%	16%	17%	7%	42%	7%
Zaatar ^b croissant	45%	10%	12%	2%	41%	6%

^aThe mean percentage of total calories from fat, saturated-fat, and sugar of prepacked foods from various food manufacturers.

^bRoasted thyme with sesame seeds.