

**Table 5 Mean of total calories and mean percentage of total calories from fat of a sample of allowed prepacked foods compared to a sample of common banned foods according to Saudi policy**

Food Items	Allowed food items <sup>a</sup>					Banned food items				
	Cheese puffs	Apple puffs	Plain croissant	Cheese croissant	Zaatar <sup>b</sup> croissant	Chocolates <sup>c</sup>	Cakes <sup>c</sup>	Biscuits <sup>c</sup>	Sodas <sup>d</sup>	Chips <sup>e</sup>
Mean <sup>f</sup> of total calories per portion as packaged (kcal)	228	217	210	208	232	242	192	236	180	160
Mean <sup>f</sup> percentage of total calories from fat per portion as packaged	54%	46%	52%	51%	45%	45%	41%	39%	—	55%

<sup>a</sup>Nutritional information per 100 g portion.

<sup>b</sup>Roasted thyme with sesame seeds.

<sup>c</sup>Nutritional information per 50 g portion.

<sup>d</sup>Nutritional information per 12 US fl oz can, which is equivalent to 360 ml can.

<sup>e</sup>Nutritional information per 28 g portion.

<sup>f</sup>The mean of total calories and the mean percentage of total calories from fat of prepacked foods from various food manufacturers.