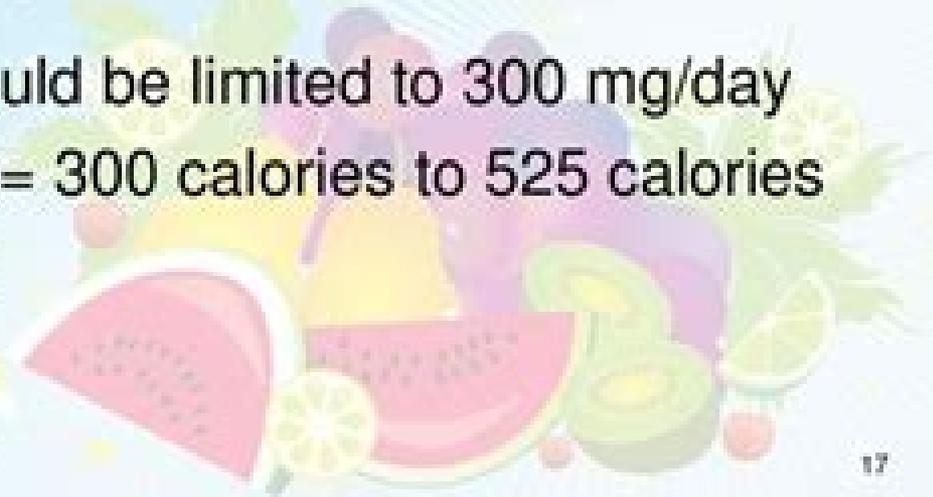


Dietary Fat Requirements

- Healthy diet guidelines:
 - Stress the health benefits of a diet low in fat, saturated fat, and cholesterol
 - Recommend that the fat content should not exceed 20% to 35% of total kilocalories
 - Less than 10% of kilocalories should be from saturated fat
 - Dietary cholesterol should be limited to 300 mg/day
 - Example: 1500 calorie= 300 calories to 525 calories of fat



Dietary Fat Requirements In Health And Development

Mark Steyvers



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