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

Band thomas	Manual	Banantana akama	Marina	Danasanta es alsaesa	3.5	Barranta es alcare
Food items	Mean ^a	Percentage above	Mean ^a	Percentage above	Mean ^a	Percentage above
	percentage of	IOM standards	percentage of	IOM standards	percentage of	IOM standards
	total calories	for total calories	total calories	for total calories	total calories	for total calories
	from fat per	from fat (≥35%)	from saturated-	from saturated-	from sugar	from sugar
		110111111111111111111111111111111111111			. •	
	portion as		fat per portion as	fat (≥10%)	per portion as	(≥35%)
	packaged		packaged		packaged	

16%

16%

13%

17%

6%

6%

3%

7%

40%

51%

42%

42%

41%

5%

16%

7%

7%

6%

54%

46%

52%

51%

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

19%

11%

17%

16%

Cheese puffs

Apple puffs

Plain croissant

Cheese croissant

Zaatar b 2% 45% 10% 12%

croissant

^{*}Roasted thyme with sesame seeds.