

Table 1 Number of standards on salt, and trans and saturated fats related to food items that make up large and small shares of the daily Iranian food basket

Component	Food product		New standard	Modified standard
Salt	Large share (Ref.)	Small share (Ref.)		
	Bread (11,12)		-	2
	Fresh cheese ^a (13)		-	1
	Doogh (Iranian fermented drink) (14)		-	1
		Probiotic yoghurt (15)	-	1
		Other products ^b (16)	1	-
Oil				
Trans/saturated fat	Frying oil (household & industry use) (17)		-	1
	Semisolid oil for household use (18)		-	1
	Table margarine and spread margarine (19)		-	1
	Minarine & sweetened minarine ^c (20)		-	1
		Shortening (21)	-	1
Palm oil	Cheese (fresh cheese ^a , lactic cheese, pre-cheese) (13,22,23)		-	3
	Butter (pasteurized butter, spread butter) (24,25)		-	2
	Minarine ^c (20)		-	1

Ref. = reference.

^aSimilar standards have been developed for both indices.

^bExamples are canned foods, tomato paste, processed olives, sauces and pickles.

^cSimilar standards have been developed for both indices.