

Averages (%) of foods containing suitable levels of two food components (to reach sufficient intake of any positive food component or to restrict intake of any negative food component) according to the suggested procedure in beverages

	Calcium	Cholesterol	Choline	Copper	Dietary fiber	Energy	Fat	Folate	Iron	Magnesium	Manganese	Pantothenic acid	Phosphorus	Potassium	Protein	Riboflavin	Saturated fat	Selenium	Sodium	Sugars	Thiamin	Vitamin A	Vitamin B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		7.25%	0.94%	7.53%	0.91%	3.07%	6.63%	3.02%	4.52%	5.72%	1.87%	9.17%	10.54%	2.91%	8.38%	12.05%	8.13%	6.65%	3.01%	2.69%	8.43%	8.16%	6.63%	11.14%	6.02%	6.27%	5.21%	2.45%	6.33%
Cholesterol	7.25%		1.20%	10.73%	1.88%	40.63%	86.69%	4.42%	3.66%	5.57%	16.67%	10.73%	6.03%	2.62%	3.25%	16.12%	87.62%	2.32%	74.92%	35.97%	9.54%	7.85%	14.84%	13.20%	29.35%	4.51%	8.33%	1.85%	5.36%
Choline	0.94%	1.20%		0.98%	0.31%	0.00%	1.20%	1.01%	0.62%	0.95%	0.34%	1.03%	1.33%	0.29%	1.12%	1.06%	1.20%	1.03%	0.40%	0.70%	1.35%	0.69%	1.00%	1.05%	0.69%	0.42%	0.75%	0.76%	1.28%
Copper	7.53%	10.73%	0.98%		1.22%	5.19%	11.36%	4.13%	4.57%	6.54%	3.93%	6.77%	7.59%	2.62%	5.41%	9.52%	10.09%	4.76%	5.68%	3.00%	6.98%	6.98%	7.52%	7.62%	5.94%	4.25%	4.75%	2.23%	6.67%
Dietary fiber	0.91%	1.88%	0.31%	1.22%		0.57%	1.87%	1.56%	0.91%	1.21%	0.62%	1.25%	1.22%	0.00%	1.36%	1.24%	1.88%	1.25%	0.63%	0.61%	1.55%	1.56%	1.86%	1.88%	1.25%	1.25%	1.56%	1.25%	1.52%
Energy	3.07%	40.63%	0.00%	5.19%	0.57%		44.05%	1.19%	1.41%	3.14%	7.57%	4.75%	2.59%	1.90%	1.35%	7.04%	39.37%	0.59%	39.46%	26.91%	2.93%	3.86%	7.29%	6.74%	14.44%	1.88%	7.89%	0.30%	2.31%
Fat	6.63%	86.69%	1.20%	11.36%	1.87%	44.05%		4.41%	3.65%	5.88%	17.72%	10.30%	6.65%	2.92%	3.78%	16.72%	86.08%	2.97%	77.62%	36.13%	9.18%	7.14%	15.11%	13.82%	32.93%	4.10%	11.76%	1.85%	5.68%
Folate	3.02%	4.42%	1.01%	4.13%	1.56%	1.19%	4.41%		3.36%	4.05%	2.35%	3.78%	4.15%	0.87%	3.79%	4.65%	4.76%	4.33%	1.02%	2.17%	4.97%	4.05%	5.23%	5.03%	4.95%	3.04%	4.32%	3.03%	4.76%
Iron	4.52%	3.66%	0.62%	4.57%	0.91%	1.41%	3.65%	3.36%		3.93%	2.18%	4.29%	4.57%	1.45%	4.32%	4.27%	3.95%	3.36%	1.52%	1.48%	5.18%	4.59%	4.88%	4.27%	4.86%	3.09%	3.96%	1.83%	4.27%
Magnesium	5.72%	5.57%	0.95%	6.54%	1.21%	3.14%	5.88%	4.05%	3.93%		1.94%	5.68%	5.90%	2.33%	5.14%	7.48%	4.95%	4.98%	1.55%	2.98%	6.23%	4.98%	6.21%	6.54%	3.99%	3.47%	4.69%	2.81%	6.54%
Manganese	1.87%	16.67%	0.34%	3.93%	0.62%	7.57%	17.72%	2.35%	2.18%	1.94%		2.92%	3.58%	1.18%	1.94%	3.04%	17.06%	1.97%	15.19%	7.51%	2.72%	2.68%	2.45%	2.80%	6.53%	1.71%	2.39%	1.67%	1.99%
Pantothenic acid	9.17%	10.73%	1.03%	6.77%	1.25%	4.75%	10.30%	3.78%	4.29%	5.68%	2.92%		10.42%	2.92%	7.67%	14.58%	11.59%	7.69%	5.69%	4.93%	7.51%	6.38%	10.24%	14.43%	6.52%	4.50%	5.12%	3.03%	5.83%
Phosphorus	10.54%	6.03%	1.33%	7.59%	1.22%	2.59%	6.65%	4.15%	4.57%	5.90%	3.58%	10.42%		3.50%	9.19%	12.10%	7.28%	7.35%	2.84%	2.74%	7.32%	5.75%	5.66%	11.15%	4.09%	4.64%	3.54%	2.59%	6.01%
Potassium	2.91%	2.62%	0.29%	2.62%	0.00%	1.90%	2.92%	0.87%	1.45%	2.33%	1.18%	2.92%	3.50%		2.70%	3.50%	3.20%	1.46%	1.16%	1.46%	2.04%	1.46%	1.75%	3.21%	1.45%	0.88%	1.17%	0.58%	1.46%
Protein	8.38%	3.25%	1.12%	5.41%	1.36%	1.35%	3.78%	3.79%	4.32%	5.14%	1.94%	7.67%	9.19%	2.70%		8.92%	4.32%	6.50%	1.08%	2.20%	6.22%	4.61%	5.41%	9.19%	3.51%	3.62%	3.30%	2.19%	5.41%
Riboflavin	12.05%	16.12%	1.06%	9.52%	1.24%	7.04%	16.72%	4.65%	4.27%	7.48%	3.04%	14.58%	12.10%	3.50%	8.92%		16.72%	8.31%	10.16%	6.27%	9.90%	8.64%	11.73%	15.89%	8.41%	6.01%	5.05%	3.05%	6.98%
Saturated fat	8.13%	87.62%	1.20%	10.09%	1.88%	39.37%	86.08%	4.76%	3.95%	4.95%	17.06%	11.59%	7.28%	3.20%	4.32%	16.72%		2.65%	73.79%	34.98%	10.49%	7.85%	15.11%	14.47%	29.35%	4.51%	8.33%	1.85%	5.36%
Selenium	6.65%	2.32%	1.03%	4.76%	1.25%	0.59%	2.97%	4.33%	3.36%	4.98%	1.97%	7.69%	7.35%	1.46%	6.50%	8.31%	2.65%		0.33%	1.86%	5.96%	5.33%	5.88%	8.67%	4.22%	4.45%	4.00%	3.02%	6.03%
Sodium	3.01%	74.92%	0.40%	5.68%	0.63%	39.46%	77.62%	1.02%	1.52%	1.55%	15.19%	5.69%	2.84%	1.16%	1.08%	10.16%	73.79%	0.33%		32.69%	4.59%	3.41%	7.72%	5.92%	28.35%	0.81%	7.61%	0.37%	1.26%
Sugars	2.69%	35.97%	0.70%	3.00%	0.61%	26.91%	36.13%	2.17%	1.48%	2.98%	7.51%	4.93%	2.74%	1.46%	2.20%	6.27%	34.98%	1.86%	32.69%		3.08%	3.79%	6.46%	6.27%	7.98%	2.11%	5.03%	1.02%	2.40%
Thiamin	8.43%	9.54%	1.35%	6.98%	1.55%	2.93%	9.18%	4.97%	5.18%	6.23%	2.72%	7.51%	7.32%	2.04%	6.22%	9.90%	10.49%	5.96%	4.59%	3.08%		6.95%	9.45%	8.25%	8.41%	4.73%	6.27%	2.99%	6.67%
Vitamin A	8.16%	7.85%	0.69%	6.98%	1.56%	3.86%	7.14%	4.05%	4.59%	4.98%	2.68%	6.38%	5.75%	1.46%	4.61%	8.64%	7.85%	5.33%	3.41%	3.79%	6.95%		7.84%	8.05%	7.52%	7.29%	7.48%	3.44%	6.67%
Vitamin B ₆	6.63%	14.84%	1.00%	7.52%	1.86%	7.29%	15.11%	5.23%	4.88%	6.21%	2.45%	10.24%	5.66%	1.75%	5.41%	11.73%	15.11%	5.88%	7.72%	6.46%	9.45%	7.84%		14.24%	10.48%	4.32%	6.56%	3.28%	7.21%
Vitamin B ₁₂	11.14%	13.20%	1.05%	7.62%	1.88%	6.74%	13.82%	5.03%	4.27%	6.54%	2.80%	14.43%	11.15%	3.21%	9.19%	15.89%	14.47%	8.67%	5.92%	6.27%	8.25%	8.05%	14.24%		8.09%	6.25%	6.06%	3.39%	7.30%
Vitamin C	6.02%	29.35%	0.69%	5.94%	1.25%	14.44%	32.93%	4.95%	4.86%	3.99%	6.53%	6.52%	4.09%	1.45%	3.51%	8.41%	29.35%	4.22%	28.35%	7.98%	8.41%	7.52%	10.48%	8.09%		3.48%	11.75%	3.02%	4.69%
Vitamin D	6.27%	4.51%	0.42%	4.25%	1.25%	1.88%	4.10%	3.04%	3.09%	3.47%	1.71%	4.50%	4.64%	0.88%	3.62%	6.01%	4.51%	4.45%	0.81%	2.11%	4.73%	7.29%	4.32%	6.25%	3.48%		5.24%	3.03%	4.79%
Vitamin E	5.21%	8.33%	0.75%	4.75%	1.56%	7.89%	11.76%	4.32%	3.96%	4.69%	2.39%	5.12%	3.54%	1.17%	3.30%	5.05%	8.33%	4.00%	7.61%	5.03%	6.27%	7.48%	6.56%	6.06%	11.75%	5.24%		3.73%	5.36%
Vitamin K	2.45%	1.85%	0.76%	2.23%	1.25%	0.30%	1.85%	3.03%	1.83%	2.81%	1.67%	3.03%	2.59%	0.58%	2.19%	3.05%	1.85%	3.02%	0.37%	1.02%	2.99%	3.44%	3.28%	3.39%	3.02%	3.03%	3.73%		2.87%
Zinc	6.33%	5.36%	1.28%	6.67%	1.52%	2.31%	5.68%	4.76%	4.27%	6.54%	1.99%	5.83%	6.01%	1.46%	5.41%	6.98%	5.36%	6.03%	1.26%	2.40%	6.67%	6.67%	7.21%	7.30%	4.69%	4.79%	5.36%	2.87%	

REFERENCES

1. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A, Zand E. A new method for calculating calcium content and determining appropriate calcium levels in foods. *Food Anal Methods* 2022;15:16–25. DOI: 10.1007/s12161-021-02084-3
2. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating cholesterol and saturated fat contents and determining appropriate cholesterol levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4131337
3. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating choline content and determining appropriate choline levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4132554
4. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A, Zand E. A new method for calculating copper content and determining appropriate copper levels in foods. *Rev Chil Nutr* 2021;48:862–873. DOI: 10.4067/S0717-75182021000600862
5. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating dietary fiber content and determining appropriate dietary fiber levels in foods. *Acta Med Iran* 2023;61:26–35. DOI: 10.18502/acta.v61i1.12123
6. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating energy content and determining appropriate energy levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4132581
7. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating fat content and determining appropriate fat levels in foods. *Iran J Public Health* 2023;52:1038–1047. DOI: 10.18502/ijph.v52i5.12722
8. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating folate content and determining appropriate folate levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133391
9. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating iron content and determining appropriate iron levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133393
10. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating magnesium content and determining appropriate magnesium levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133396
11. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating manganese content and determining appropriate manganese levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133411
12. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating pantothenic acid content and determining appropriate pantothenic acid levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133416
13. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating phosphorus content and determining appropriate phosphorus levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133515
14. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating potassium content and determining appropriate potassium levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133519
15. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating protein content and determining appropriate protein levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133566
16. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating riboflavin content and determining appropriate riboflavin levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133567
17. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating saturated fat content and determining appropriate saturated fat levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133571
18. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating selenium content and determining appropriate selenium levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133572
19. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating sodium content and determining appropriate sodium levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133574
20. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating sugars content and determining appropriate sugars levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133577
21. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating thiamin content and determining appropriate thiamin levels in foods. *J Food Compos Anal* 2021;104:104188. DOI: 10.1016/j.jfca.2021.104188
22. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin A content and determining appropriate vitamin A levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133645
23. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin B₆ content and determining appropriate vitamin B₆ levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133646
24. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin B₁₂ content and determining appropriate vitamin B₁₂ levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133649
25. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin C content and determining appropriate vitamin C levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133651
26. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin D content and determining appropriate vitamin D levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133658
27. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin E content and determining appropriate vitamin E levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133669
28. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating vitamin K content and determining appropriate vitamin K levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133660
29. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. A new method for calculating zinc content and determining appropriate zinc levels in foods. *SSRN* 2022. DOI: 10.2139/ssrn.4133664
30. Forouzes A, Forouzes F, Samadi Foroushani S, Forouzes A. Critical vulnerabilities of food selections based on nutrient content claims and reference amounts of food and creating a reliable procedure. *Food Prod Process Nutr* 2024;6:43. DOI: 10.1186/s43014-023-00219-z