

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 sausages and luncheon meats

	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 <sub>6</sub>	Vitamin B <sub>12</sub>	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.59%	0.00%	0.00%	0.00%	0.00%	0.00%	0.60%	0.00%	0.00%	0.60%	0.00%	0.60%	0.60%	0.00%	0.60%	0.60%	0.00%	0.00%	0.00%	0.00%	0.60%
Cholesterol	0.00%		0.00%	0.00%	0.00%	1.18%	1.18%	0.00%	0.00%	0.00%	0.00%	0.00%	0.59%	0.00%	0.60%	0.00%	1.20%	1.19%	0.00%	1.20%	0.59%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Choline	0.00%	0.00%		1.30%	0.00%	0.67%	0.00%	0.61%	1.27%	0.00%	0.00%	1.37%	0.00%	0.00%	3.06%	1.39%	0.00%	1.87%	0.00%	3.13%	0.76%	1.24%	0.69%	2.83%	0.00%	0.00%	0.00%	0.00%	1.68%
Copper	0.00%	0.00%	1.30%		0.00%	2.96%	2.37%	1.20%	5.33%	0.00%	1.23%	8.02%	4.82%	0.60%	11.98%	7.98%	1.78%	9.32%	0.00%	10.49%	5.52%	5.92%	4.91%	8.59%	0.00%	0.00%	0.00%	0.64%	8.98%
Dietary fiber	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Energy	0.00%	1.18%	0.67%	2.96%	0.00%		12.35%	0.00%	2.37%	0.00%	0.63%	3.11%	5.92%	0.00%	22.94%	5.99%	8.88%	19.28%	0.59%	22.09%	6.59%	0.00%	9.58%	11.38%	2.38%	0.00%	0.00%	0.00%	12.43%
Fat	0.00%	1.18%	0.00%	2.37%	0.00%	12.35%		0.00%	0.59%	0.00%	0.61%	0.61%	5.92%	0.59%	12.35%	3.57%	9.41%	10.71%	0.00%	11.38%	3.57%	0.00%	4.76%	4.76%	1.18%	0.00%	0.00%	0.61%	5.92%
Folate	0.00%	0.00%	0.61%	1.20%	0.00%	0.00%	0.00%		1.18%	0.00%	0.00%	1.20%	0.00%	0.00%	1.20%	1.20%	0.00%	1.20%	0.00%	0.61%	0.00%	1.18%	0.60%	1.20%	0.00%	0.00%	0.00%	0.00%	1.20%
Iron	0.59%	0.00%	1.27%	5.33%	0.00%	2.37%	0.59%	1.18%		0.00%	0.00%	5.36%	1.18%	0.00%	8.88%	5.92%	0.00%	8.93%	0.00%	6.13%	2.96%	5.29%	3.55%	7.69%	1.18%	0.00%	0.00%	0.00%	8.28%
Magnesium	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Manganese	0.00%	0.00%	0.00%	1.23%	0.00%	0.63%	0.61%	0.00%	0.00%	0.00%		1.42%	0.62%	0.60%	3.60%	1.26%	0.62%	3.60%	0.00%	3.65%	2.58%	0.00%	2.53%	2.10%	0.00%	0.00%	0.00%	0.62%	2.00%
Pantothenic acid	0.00%	0.00%	1.37%	8.02%	0.00%	3.11%	0.61%	1.20%	5.36%	0.00%	1.42%		3.07%	0.00%	17.02%	10.06%	0.61%	14.39%	1.18%	13.53%	7.74%	5.36%	8.81%	15.97%	0.00%	0.00%	0.00%	0.00%	12.58%
Phosphorus	0.00%	0.59%	0.00%	4.82%	0.00%	5.92%	5.92%	0.00%	1.18%	0.00%	0.62%	3.07%		1.20%	10.84%	4.27%	4.14%	9.15%	0.00%	9.76%	6.10%	1.18%	4.88%	4.88%	0.00%	0.00%	0.00%	0.63%	6.02%
Potassium	0.00%	0.00%	0.00%	0.60%	0.00%	0.00%	0.59%	0.00%	0.00%	0.00%	0.60%	0.00%	1.20%		1.20%	1.20%	0.59%	1.20%	0.00%	1.20%	1.20%	0.00%	1.20%	0.60%	0.00%	0.00%	0.00%	0.60%	1.20%
Protein	0.60%	0.60%	3.06%	11.98%	0.00%	22.94%	12.35%	1.20%	8.88%	0.00%	3.60%	17.02%	10.84%	1.20%		22.09%	9.58%	83.65%	1.76%	94.48%	41.10%	5.33%	25.77%	80.37%	7.74%	0.00%	0.00%	1.79%	55.69%
Riboflavin	0.00%	0.00%	1.39%	7.98%	0.00%	5.99%	3.57%	1.20%	5.92%	0.00%	1.26%	10.06%	4.27%	1.20%	22.09%		1.79%	21.12%	0.59%	17.11%	15.34%	5.33%	12.27%	19.02%	1.18%	0.00%	0.00%	0.68%	18.90%
Saturated fat	0.00%	1.20%	0.00%	1.78%	0.00%	8.88%	9.41%	0.00%	0.00%	0.00%	0.62%	0.61%	4.14%	0.59%	9.58%	1.79%		7.83%	0.00%	10.18%	1.80%	0.00%	1.80%	3.01%	1.18%	0.00%	0.00%	0.61%	3.59%
Selenium	0.60%	1.19%	1.87%	9.32%	0.00%	19.28%	10.71%	1.20%	8.93%	0.00%	3.60%	14.39%	9.15%	1.20%	83.65%	21.12%	7.83%		1.18%	83.46%	39.13%	5.36%	21.88%	71.88%	7.14%	0.00%	0.00%	1.74%	49.69%
Sodium	0.00%	0.00%	0.00%	0.00%	0.00%	0.59%	0.00%	0.00%	0.00%	0.00%	0.00%	1.18%	0.00%	0.00%	1.76%	0.59%	0.00%	1.18%		1.76%	0.59%	0.00%	1.18%	1.18%	0.59%	0.00%	0.00%	0.00%	0.59%
Sugars	0.60%	1.20%	3.13%	10.49%	0.00%	22.09%	11.38%	0.61%	6.13%	0.00%	3.65%	13.53%	9.76%	1.20%	94.48%	17.11%	10.18%	83.46%	1.76%		36.67%	3.66%	22.93%	78.83%	7.78%	0.00%	0.00%	1.82%	50.34%
Thiamin	0.60%	0.59%	0.76%	5.52%	0.00%	6.59%	3.57%	0.00%	2.96%	0.00%	2.58%	7.74%	6.10%	1.20%	41.10%	15.34%	1.80%	39.13%	0.59%	36.67%		2.37%	16.56%	37.42%	1.18%	0.00%	0.00%	0.72%	26.83%
Vitamin A	0.00%	0.00%	1.24%	5.92%	0.00%	0.00%	0.00%	1.18%	5.29%	0.00%	0.00%	5.36%	1.18%	0.00%	5.33%	5.33%	0.00%	5.36%	0.00%	3.66%	2.37%		1.78%	5.92%	0.00%	0.00%	0.00%	0.00%	4.73%
Vitamin B <sub>6</sub>	0.60%	0.00%	0.69%	4.91%	0.00%	9.58%	4.76%	0.60%	3.55%	0.00%	2.53%	8.81%	4.88%	1.20%	25.77%	12.27%	1.80%	21.88%	1.18%	22.93%	16.56%	1.78%		20.25%	1.78%	0.00%	0.00%	1.34%	18.29%
Vitamin B <sub>12</sub>	0.60%	0.00%	2.83%	8.59%	0.00%	11.38%	4.76%	1.20%	7.69%	0.00%	2.10%	15.97%	4.88%	0.60%	80.37%	19.02%	3.01%	71.88%	1.18%	78.83%	37.42%	5.92%	20.25%		6.55%	0.00%	0.00%	0.86%	50.61%
Vitamin C	0.00%	0.00%	0.00%	0.00%	0.00%	2.38%	1.18%	0.00%	1.18%	0.00%	0.00%	0.00%	0.00%	0.00%	7.74%	1.18%	1.18%	7.14%	0.59%	7.78%	1.18%	0.00%	1.78%	6.55%		0.00%	0.00%	0.00%	4.17%
Vitamin D	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%
Vitamin E	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%
Vitamin K	0.00%	0.00%	0.00%	0.64%	0.00%	0.00%	0.61%	0.00%	0.00%	0.00%	0.62%	0.00%	0.63%	0.60%	1.79%	0.68%	0.61%	1.74%	0.00%	1.82%	0.72%	0.00%	1.34%	0.86%	0.00%	0.00%	0.00%		1.56%
Zinc	0.60%	0.00%	1.68%	8.98%	0.00%	12.43%	5.92%	1.20%	8.28%	0.00%	2.00%	12.58%	6.02%	1.20%	55.69%	18.90%	3.59%	49.69%	0.59%	50.34%	26.83%	4.73%	18.29%	50.61%	4.17%	0.00%	0.00%	1.56%	

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