

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 nut and seed products

| | 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 | | 1.46% | 0.00% | 2.92% | 2.21% | 0.73% | 0.73% | 0.00% | 2.92% | 3.65% | 3.65% | 0.00% | 2.92% | 0.73% | 2.19% | 0.00% | 1.46% | 2.94% | 3.65% | 0.75% | 2.19% | 0.00% | 2.94% | 0.00% | 0.73% | 0.00% | 0.00% | 0.00% | 2.92% |
| Cholesterol | 1.46% | | 0.00% | 22.22% | 2.63% | 16.79% | 24.09% | 0.00% | 4.38% | 8.89% | 17.78% | 2.22% | 4.41% | 2.19% | 5.93% | 0.75% | 27.01% | 1.82% | 26.67% | 1.98% | 10.29% | 0.00% | 6.67% | 0.00% | 5.93% | 0.00% | 0.98% | 0.00% | 4.41% |
| Choline | 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% |
| Copper | 2.92% | 22.22% | 0.00% | | 31.78% | 13.14% | 18.98% | 9.23% | 19.71% | 52.59% | 81.82% | 9.38% | 47.41% | 1.46% | 45.59% | 13.53% | 21.90% | 33.33% | 81.75% | 81.25% | 37.31% | 0.00% | 24.06% | 0.00% | 5.19% | 0.00% | 40.51% | 1.54% | 43.70% |
| Dietary fiber | 2.21% | 2.63% | 0.00% | 31.78% | | 0.00% | 1.74% | 3.76% | 6.20% | 19.35% | 28.83% | 4.51% | 18.46% | 0.74% | 20.61% | 8.89% | 2.63% | 12.50% | 28.43% | 27.17% | 10.57% | 0.00% | 11.20% | 0.00% | 0.76% | 0.00% | 17.20% | 0.00% | 11.72% |
| Energy | 0.73% | 16.79% | 0.00% | 13.14% | 0.00% | | 16.79% | 0.00% | 1.46% | 4.38% | 10.22% | 0.73% | 1.46% | 1.46% | 2.19% | 0.74% | 16.79% | 0.85% | 16.79% | 1.74% | 5.11% | 0.00% | 1.46% | 0.00% | 3.65% | 0.00% | 0.00% | 0.00% | 1.46% |
| Fat | 0.73% | 24.09% | 0.00% | 18.98% | 1.74% | 16.79% | | 0.00% | 3.65% | 7.30% | 14.60% | 2.19% | 2.92% | 2.19% | 5.11% | 0.74% | 24.09% | 0.90% | 23.36% | 1.89% | 9.49% | 0.00% | 6.57% | 0.00% | 5.84% | 0.00% | 0.00% | 0.00% | 3.65% |
| Folate | 0.00% | 0.00% | 0.00% | 9.23% | 3.76% | 0.00% | 0.00% | | 1.47% | 3.85% | 10.00% | 6.02% | 9.16% | 0.00% | 8.33% | 0.00% | 0.00% | 6.98% | 6.06% | 6.35% | 2.26% | 0.00% | 9.02% | 0.00% | 0.00% | 0.00% | 6.35% | 0.00% | 9.09% |
| Iron | 2.92% | 4.38% | 0.00% | 19.71% | 6.20% | 1.46% | 3.65% | 1.47% | | 18.25% | 17.52% | 1.48% | 16.79% | 0.00% | 16.06% | 2.19% | 4.38% | 9.45% | 18.25% | 11.38% | 11.68% | 0.00% | 4.41% | 0.00% | 0.00% | 0.00% | 0.00% | 0.00% | 19.71% |
| Magnesium | 3.65% | 8.89% | 0.00% | 52.59% | 19.35% | 4.38% | 7.30% | 3.85% | 18.25% | | 48.87% | 3.10% | 38.52% | 1.46% | 37.23% | 11.94% | 8.76% | 18.42% | 48.91% | 42.20% | 23.88% | 0.00% | 11.28% | 0.00% | 0.74% | 0.00% | 25.00% | 1.01% | 33.33% |
| Manganese | 3.65% | 17.78% | 0.00% | 81.82% | 28.83% | 10.22% | 14.60% | 10.00% | 17.52% | 48.87% | | 8.59% | 47.76% | 1.46% | 42.96% | 13.53% | 17.52% | 30.21% | 77.04% | 73.26% | 32.58% | 0.00% | 23.31% | 0.00% | 4.44% | 0.00% | 36.05% | 1.37% | 39.10% |
| Pantothenic acid | 0.00% | 2.22% | 0.00% | 9.38% | 4.51% | 0.73% | 2.19% | 6.02% | 1.48% | 3.10% | 8.59% | | 6.15% | 0.73% | 6.82% | 0.00% | 2.21% | 5.43% | 6.11% | 4.10% | 3.05% | 0.00% | 7.52% | 0.00% | 0.74% | 0.00% | 4.03% | 0.00% | 6.92% |
| Phosphorus | 2.92% | 4.41% | 0.00% | 47.41% | 18.46% | 1.46% | 2.92% | 9.16% | 16.79% | 38.52% | 47.76% | 6.15% | | 0.00% | 40.44% | 11.85% | 4.38% | 22.76% | 41.61% | 39.32% | 20.00% | 0.00% | 15.67% | 0.00% | 0.00% | 0.00% | 23.08% | 0.91% | 33.33% |
| Potassium | 0.73% | 2.19% | 0.00% | 1.46% | 0.74% | 1.46% | 2.19% | 0.00% | 0.00% | 1.46% | 1.46% | 0.73% | 0.00% | | 0.00% | 0.73% | 2.19% | 0.00% | 1.46% | 0.74% | 0.00% | 0.00% | 1.46% | 0.00% | 1.46% | 0.00% | 0.00% | 0.00% | 0.00% |
| Protein | 2.19% | 5.93% | 0.00% | 45.59% | 20.61% | 2.19% | 5.11% | 8.33% | 16.06% | 37.23% | 42.96% | 6.82% | 40.44% | 0.00% | | 11.11% | 5.84% | 21.31% | 40.15% | 37.07% | 17.78% | 0.00% | 14.81% | 0.00% | 0.00% | 0.00% | 21.74% | 0.00% | 30.88% |
| Riboflavin | 0.00% | 0.75% | 0.00% | 13.53% | 8.89% | 0.74% | 0.74% | 0.00% | 2.19% | 11.94% | 13.53% | 0.00% | 11.85% | 0.73% | 11.11% | | 0.74% | 3.05% | 11.11% | 11.45% | 4.51% | 0.00% | 0.00% | 0.00% | 0.00% | 0.00% | 8.46% | 0.00% | 4.48% |
| Saturated fat | 1.46% | 27.01% | 0.00% | 21.90% | 2.63% | 16.79% | 24.09% | 0.00% | 4.38% | 8.76% | 17.52% | 2.21% | 4.38% | 2.19% | 5.84% | 0.74% | | 1.82% | 26.28% | 1.94% | 10.22% | 0.00% | 6.62% | 0.00% | 5.84% | 0.00% | 0.96% | 0.00% | 4.38% |
| Selenium | 2.94% | 1.82% | 0.00% | 33.33% | 12.50% | 0.85% | 0.90% | 6.98% | 9.45% | 18.42% | 30.21% | 5.43% | 22.76% | 0.00% | 21.31% | 3.05% | 1.82% | | 29.07% | 31.17% | 12.39% | 0.00% | 9.92% | 0.00% | 0.00% | 0.00% | 17.95% | 0.00% | 21.19% |
| Sodium | 3.65% | 26.67% | 0.00% | 81.75% | 28.43% | 16.79% | 23.36% | 6.06% | 18.25% | 48.91% | 77.04% | 6.11% | 41.61% | 1.46% | 40.15% | 11.11% | 26.28% | 29.07% | | 73.33% | 35.29% | 0.00% | 20.74% | 0.00% | 5.93% | 0.00% | 37.33% | 1.61% | 37.96% |
| Sugars | 0.75% | 1.98% | 0.00% | 81.25% | 27.17% | 1.74% | 1.89% | 6.35% | 11.38% | 42.20% | 73.26% | 4.10% | 39.32% | 0.74% | 37.07% | 11.45% | 1.94% | 31.17% | 73.33% | | 23.15% | 0.00% | 13.68% | 0.00% | 0.00% | 0.00% | 44.44% | 1.75% | 32.14% |
| Thiamin | 2.19% | 10.29% | 0.00% | 37.31% | 10.57% | 5.11% | 9.49% | 2.26% | 11.68% | 23.88% | 32.58% | 3.05% | 20.00% | 0.00% | 17.78% | 4.51% | 10.22% | 12.39% | 35.29% | 23.15% | | 0.00% | 10.53% | 0.00% | 0.74% | 0.00% | 4.63% | 0.00% | 24.63% |
| Vitamin A | 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 B ₆ | 2.94% | 6.67% | 0.00% | 24.06% | 11.20% | 1.46% | 6.57% | 9.02% | 4.41% | 11.28% | 23.31% | 7.52% | 15.67% | 1.46% | 14.81% | 0.00% | 6.62% | 9.92% | 20.74% | 13.68% | 10.53% | 0.00% | | 0.00% | 2.94% | 0.00% | 8.55% | 0.00% | 12.03% |
| Vitamin B ₁₂ | 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 C | 0.73% | 5.93% | 0.00% | 5.19% | 0.76% | 3.65% | 5.84% | 0.00% | 0.00% | 0.74% | 4.44% | 0.74% | 0.00% | 1.46% | 0.00% | 0.00% | 5.84% | 0.00% | 5.93% | 0.00% | 0.74% | 0.00% | 2.94% | 0.00% | | 0.00% | 0.00% | 0.00% | 0.00% |
| 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% | 0.98% | 0.00% | 40.51% | 17.20% | 0.00% | 0.00% | 6.35% | 0.00% | 25.00% | 36.05% | 4.03% | 23.08% | 0.00% | 21.74% | 8.46% | 0.96% | 17.95% | 37.33% | 44.44% | 4.63% | 0.00% | 8.55% | 0.00% | 0.00% | 0.00% | | 1.56% | 13.51% |
| Vitamin K | 0.00% | 0.00% | 0.00% | 1.54% | 0.00% | 0.00% | 0.00% | 0.00% | 0.00% | 1.01% | 1.37% | 0.00% | 0.91% | 0.00% | 0.00% | 0.00% | 0.00% | 0.00% | 1.61% | 1.75% | 0.00% | 0.00% | 0.00% | 0.00% | 0.00% | 0.00% | 1.56% | | 0.98% |
| Zinc | 2.92% | 4.41% | 0.00% | 43.70% | 11.72% | 1.46% | 3.65% | 9.09% | 19.71% | 33.33% | 39.10% | 6.92% | 33.33% | 0.00% | 30.88% | 4.48% | 4.38% | 21.19% | 37.96% | 32.14% | 24.63% | 0.00% | 12.03% | 0.00% | 0.00% | 0.00% | 13.51% | 0.98% | |

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