

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 baby foods

	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		5.01%	8.71%	38.63%	0.84%	0.82%	6.03%	33.42%	36.16%	24.38%	3.65%	25.73%	33.15%	0.55%	36.71%	38.90%	5.01%	30.92%	38.90%	2.80%	36.99%	31.86%	37.81%	36.71%	34.07%	16.81%	32.77%	30.53%	37.26%
Cholesterol	5.01%		0.90%	34.88%	16.81%	7.44%	40.00%	11.48%	9.30%	20.06%	7.66%	10.39%	5.04%	1.38%	9.17%	13.88%	41.64%	8.05%	39.47%	11.34%	9.60%	8.24%	21.31%	4.55%	28.94%	0.30%	9.68%	12.50%	8.00%
Choline	8.71%	0.90%		16.27%	1.76%	0.55%	1.18%	10.80%	13.71%	9.68%	2.61%	12.54%	12.61%	0.00%	16.81%	16.57%	1.20%	15.98%	15.95%	6.75%	10.37%	10.72%	13.08%	14.74%	12.90%	6.12%	10.61%	12.35%	16.08%
Copper	38.63%	34.88%	16.27%		22.77%	6.85%	39.29%	46.01%	48.22%	49.86%	19.57%	51.55%	43.01%	1.92%	59.18%	60.82%	35.47%	47.90%	83.52%	23.46%	49.32%	50.97%	66.58%	50.14%	68.33%	19.76%	45.91%	52.69%	56.71%
Dietary fiber	0.84%	16.81%	1.76%	22.77%		5.49%	17.61%	6.44%	2.82%	14.45%	5.67%	6.55%	4.49%	0.83%	9.66%	9.35%	16.81%	5.70%	20.81%	10.23%	2.82%	9.01%	13.07%	2.82%	16.86%	0.00%	4.93%	11.11%	7.12%
Energy	0.82%	7.44%	0.55%	6.85%	5.49%		8.22%	2.47%	1.10%	5.21%	0.58%	3.59%	0.55%	0.00%	2.47%	1.64%	7.44%	0.55%	7.40%	3.05%	0.55%	3.29%	2.74%	0.27%	6.03%	0.00%	2.20%	4.71%	0.82%
Fat	6.03%	40.00%	1.18%	39.29%	17.61%	8.22%		13.22%	9.86%	23.56%	8.91%	13.29%	7.40%	1.37%	13.70%	17.53%	41.14%	11.33%	45.21%	13.62%	10.96%	11.26%	24.66%	7.67%	33.42%	0.29%	10.06%	13.74%	12.05%
Folate	33.42%	11.48%	10.80%	46.01%	6.44%	2.47%	13.22%		37.26%	27.95%	6.79%	28.72%	30.68%	1.64%	40.00%	43.84%	11.48%	31.86%	44.90%	7.91%	40.00%	36.46%	43.84%	36.44%	43.21%	18.41%	36.80%	38.14%	40.22%
Iron	36.16%	9.30%	13.71%	48.22%	2.82%	1.10%	9.86%	37.26%		29.04%	5.22%	30.56%	37.26%	0.55%	44.66%	47.95%	9.30%	37.60%	47.95%	10.70%	43.56%	35.46%	45.21%	41.92%	40.72%	17.09%	35.98%	35.04%	45.75%
Magnesium	24.38%	20.06%	9.68%	49.86%	14.45%	5.21%	23.56%	27.95%	29.04%		13.03%	28.91%	31.78%	1.92%	40.27%	40.55%	20.06%	32.87%	49.86%	19.31%	29.59%	31.02%	44.66%	32.33%	37.40%	8.19%	23.05%	30.03%	36.44%
Manganese	3.65%	7.66%	2.61%	19.57%	5.67%	0.58%	8.91%	6.79%	5.22%	13.03%		9.05%	6.09%	0.83%	11.16%	11.34%	7.76%	9.70%	20.34%	8.74%	5.90%	8.86%	13.08%	5.99%	9.18%	1.00%	5.38%	7.79%	11.74%
Pantothenic acid	25.73%	10.39%	12.54%	51.55%	6.55%	3.59%	13.29%	28.72%	30.56%	28.91%	9.05%		27.65%	1.10%	43.57%	42.86%	10.82%	31.93%	53.52%	11.11%	32.75%	34.62%	42.96%	35.76%	37.88%	12.58%	27.08%	31.42%	41.20%
Phosphorus	33.15%	5.04%	12.61%	43.01%	4.49%	0.55%	7.40%	30.68%	37.26%	31.78%	6.09%	27.65%		0.55%	44.38%	44.11%	5.32%	37.25%	42.19%	14.41%	36.44%	32.50%	40.00%	39.73%	32.96%	14.25%	28.61%	30.57%	43.29%
Potassium	0.55%	1.38%	0.00%	1.92%	0.83%	0.00%	1.37%	1.64%	0.55%	1.92%	0.83%	1.10%	0.55%		0.82%	1.92%	1.38%	0.00%	1.92%	0.28%	0.82%	0.28%	1.92%	0.55%	1.10%	0.00%	0.00%	0.55%	0.82%
Protein	36.71%	9.17%	16.81%	59.18%	9.66%	2.47%	13.70%	40.00%	44.66%	40.27%	11.16%	43.57%	44.38%	0.82%		55.89%	9.46%	48.73%	59.45%	22.77%	45.21%	48.89%	54.25%	50.14%	44.04%	19.35%	37.50%	44.12%	57.26%
Riboflavin	38.90%	13.88%	16.57%	60.82%	9.35%	1.64%	17.53%	43.84%	47.95%	40.55%	11.34%	42.86%	44.11%	1.92%	55.89%		14.45%	46.50%	61.10%	17.43%	48.77%	43.61%	56.71%	49.32%	48.20%	19.13%	40.23%	42.77%	54.79%
Saturated fat	5.01%	41.64%	1.20%	35.47%	16.81%	7.44%	41.14%	11.48%	9.30%	20.06%	7.76%	10.82%	5.32%	1.38%	9.46%	14.45%		8.33%	40.64%	11.34%	9.60%	8.24%	21.59%	4.83%	29.80%	0.30%	9.68%	12.50%	8.57%
Selenium	30.92%	8.05%	15.98%	47.90%	5.70%	0.55%	11.33%	31.86%	37.60%	32.87%	9.70%	31.93%	37.25%	0.00%	48.73%	46.50%	8.33%		49.01%	18.21%	37.15%	38.48%	44.57%	42.18%	35.38%	13.82%	31.20%	33.04%	48.87%
Sodium	38.90%	39.47%	15.95%	83.52%	20.81%	7.40%	45.21%	44.90%	47.95%	49.86%	20.34%	53.52%	42.19%	1.92%	59.45%	61.10%	40.64%	49.01%		23.28%	48.49%	51.39%	66.30%	50.41%	70.08%	19.51%	46.13%	52.13%	57.26%
Sugars	2.80%	11.34%	6.75%	23.46%	10.23%	3.05%	13.62%	7.91%	10.70%	19.31%	8.74%	11.11%	14.41%	0.28%	22.77%	17.43%	11.34%	18.21%	23.28%		8.83%	12.82%	17.33%	12.43%	10.69%	0.30%	3.93%	10.40%	18.91%
Thiamin	36.99%	9.60%	10.37%	49.32%	2.82%	0.55%	10.96%	40.00%	43.56%	29.59%	5.90%	32.75%	36.44%	0.82%	45.21%	48.77%	9.60%	37.15%	48.49%	8.83%		37.95%	48.49%	41.37%	41.83%	18.68%	37.50%	36.78%	45.48%
Vitamin A	31.86%	8.24%	10.72%	50.97%	9.01%	3.29%	11.26%	36.46%	35.46%	31.02%	8.86%	34.62%	32.50%	0.28%	48.89%	43.61%	8.24%	38.48%	51.39%	12.82%	37.95%		48.20%	41.27%	42.38%	18.73%	37.64%	43.52%	46.11%
Vitamin B ₆	37.81%	21.31%	13.08%	66.58%	13.07%	2.74%	24.66%	43.84%	45.21%	44.66%	13.08%	42.96%	40.00%	1.92%	54.25%	56.71%	21.59%	44.57%	66.30%	17.33%	48.49%	48.20%		47.40%	54.29%	19.13%	42.17%	46.24%	53.15%
Vitamin B ₁₂	36.71%	4.55%	14.74%	50.14%	2.82%	0.27%	7.67%	36.44%	41.92%	32.33%	5.99%	35.76%	39.73%	0.55%	50.14%	49.32%	4.83%	42.18%	50.41%	12.43%	41.37%	41.27%	47.40%		41.83%	18.39%	37.61%	38.33%	49.86%
Vitamin C	34.07%	28.94%	12.90%	68.33%	16.86%	6.03%	33.42%	43.21%	40.72%	37.40%	9.18%	37.88%	32.96%	1.10%	44.04%	48.20%	29.80%	35.38%	70.08%	10.69%	41.83%	42.38%	54.29%	41.83%		18.95%	42.53%	45.32%	43.77%
Vitamin D	16.81%	0.30%	6.12%	19.76%	0.00%	0.00%	0.29%	18.41%	17.09%	8.19%	1.00%	12.58%	14.25%	0.00%	19.35%	19.13%	0.30%	13.82%	19.51%	0.30%	18.68%	18.73%	19.13%	18.39%	18.95%		19.94%	19.88%	19.24%
Vitamin E	32.77%	9.68%	10.61%	45.91%	4.93%	2.20%	10.06%	36.80%	35.98%	23.05%	5.38%	27.08%	28.61%	0.00%	37.50%	40.23%	9.68%	31.20%	46.13%	3.93%	37.50%	37.64%	42.17%	37.61%	42.53%	19.94%		40.79%	39.88%
Vitamin K	30.53%	12.50%	12.35%	52.69%	11.11%	4.71%	13.74%	38.14%	35.04%	30.03%	7.79%	31.42%	30.57%	0.55%	44.12%	42.77%	12.50%	33.04%	52.13%	10.40%	36.78%	43.52%	46.24%	38.33%	45.32%	19.88%	40.79%		41.69%
Zinc	37.26%	8.00%	16.08%	56.71%	7.12%	0.82%	12.05%	40.22%	45.75%	36.44%	11.74%	41.20%	43.29%	0.82%	57.26%	54.79%	8.57%	48.87%	57.26%	18.91%	45.48%	46.11%	53.15%	49.86%	43.77%	19.24%	39.88%	41.69%	

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