

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 vegetables and vegetable 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		7.61%	0.50%	6.21%	4.18%	7.79%	8.03%	5.12%	4.87%	3.90%	7.45%	0.61%	0.85%	2.80%	1.58%	5.36%	7.61%	0.37%	4.99%	5.41%	2.80%	7.31%	3.90%	0.24%	7.53%	0.00%	3.27%	5.41%	0.97%
Cholesterol	7.61%		2.19%	44.49%	32.24%	80.00%	91.91%	29.28%	13.08%	12.56%	40.03%	14.58%	3.02%	13.65%	6.23%	15.64%	94.27%	2.43%	57.64%	82.80%	17.28%	23.34%	24.81%	0.13%	49.36%	0.50%	12.79%	41.36%	3.02%
Choline	0.50%	2.19%		1.26%	1.50%	1.08%	1.93%	1.01%	0.78%	0.81%	1.85%	0.54%	0.89%	0.79%	0.88%	1.20%	2.17%	0.51%	0.96%	2.39%	0.94%	0.57%	0.85%	0.25%	0.95%	0.00%	0.56%	1.55%	0.64%
Copper	6.21%	44.49%	1.26%		20.60%	37.50%	46.29%	15.88%	13.76%	12.94%	31.89%	12.76%	4.00%	13.56%	5.83%	15.14%	44.44%	2.91%	28.06%	35.12%	14.64%	16.49%	21.09%	0.00%	29.41%	0.88%	8.41%	18.81%	3.14%
Dietary fiber	4.18%	32.24%	1.50%	20.60%		25.03%	32.57%	13.85%	8.94%	7.32%	23.13%	8.26%	2.82%	7.23%	4.81%	8.60%	32.43%	1.11%	19.20%	25.99%	10.46%	10.23%	12.05%	0.12%	19.48%	0.25%	6.00%	16.76%	2.09%
Energy	7.79%	80.00%	1.08%	37.50%	25.03%		80.56%	26.28%	11.33%	10.90%	34.05%	10.57%	1.24%	9.99%	3.04%	15.97%	79.82%	2.64%	52.37%	68.29%	11.88%	23.64%	19.25%	0.13%	45.12%	0.87%	11.09%	37.21%	1.99%
Fat	8.03%	91.91%	1.93%	46.29%	32.57%	80.56%		30.16%	14.49%	14.32%	42.42%	15.51%	3.24%	14.62%	6.20%	17.29%	91.73%	2.66%	58.08%	79.97%	17.66%	25.46%	26.26%	0.13%	51.04%	0.88%	12.80%	40.46%	2.88%
Folate	5.12%	29.28%	1.01%	15.88%	13.85%	26.28%	30.16%		7.31%	8.26%	19.08%	5.00%	2.00%	5.81%	4.25%	9.79%	29.24%	0.76%	19.21%	21.57%	8.51%	9.76%	8.76%	0.25%	20.48%	0.00%	5.82%	18.05%	2.26%
Iron	4.87%	13.08%	0.78%	13.76%	8.94%	11.33%	14.49%	7.31%		8.65%	12.30%	3.06%	2.68%	5.72%	4.62%	6.94%	13.17%	0.61%	8.52%	8.45%	5.48%	7.10%	6.09%	0.12%	9.50%	0.24%	3.12%	6.77%	2.19%
Magnesium	3.90%	12.56%	0.81%	12.94%	7.32%	10.90%	14.32%	8.26%	8.65%		13.53%	2.63%	2.88%	7.01%	4.62%	6.63%	12.79%	0.25%	8.29%	7.70%	5.88%	6.04%	5.88%	0.00%	9.63%	0.00%	2.13%	6.34%	2.13%
Manganese	7.45%	40.03%	1.85%	31.89%	23.13%	34.05%	42.42%	19.08%	12.30%	13.53%		7.96%	3.50%	10.62%	6.08%	13.55%	40.13%	0.89%	25.43%	29.79%	12.89%	17.68%	16.96%	0.25%	28.18%	0.25%	8.22%	22.74%	2.90%
Pantothenic acid	0.61%	14.58%	0.54%	12.76%	8.26%	10.57%	15.51%	5.00%	3.06%	2.63%	7.96%		2.00%	4.71%	1.34%	4.17%	14.69%	2.53%	9.78%	10.51%	4.77%	3.46%	8.40%	0.13%	8.71%	0.63%	1.59%	3.92%	0.88%
Phosphorus	0.85%	3.02%	0.89%	4.00%	2.82%	1.24%	3.24%	2.00%	2.68%	2.88%	3.50%	2.00%		2.95%	3.04%	2.38%	3.26%	0.75%	2.68%	2.51%	2.63%	0.25%	1.38%	0.25%	2.10%	0.25%	0.00%	1.27%	1.50%
Potassium	2.80%	13.65%	0.79%	13.56%	7.23%	9.99%	14.62%	5.81%	5.72%	7.01%	10.62%	4.71%	2.95%		3.04%	6.27%	13.86%	0.49%	8.52%	7.53%	7.01%	4.84%	8.49%	0.12%	10.81%	0.12%	2.60%	4.59%	1.60%
Protein	1.58%	6.23%	0.88%	5.83%	4.81%	3.04%	6.20%	4.25%	4.62%	4.62%	6.08%	1.34%	3.04%	3.04%		3.65%	6.23%	0.61%	4.13%	3.64%	4.37%	1.22%	2.31%	0.24%	4.37%	0.00%	0.25%	2.39%	1.22%
Riboflavin	5.36%	15.64%	1.20%	15.14%	8.60%	15.97%	17.29%	9.79%	6.94%	6.63%	13.55%	4.17%	2.38%	6.27%	3.65%		16.07%	2.51%	11.33%	12.99%	7.63%	8.86%	8.51%	0.25%	12.14%	0.75%	4.44%	10.55%	2.25%
Saturated fat	7.61%	94.27%	2.17%	44.44%	32.43%	79.82%	91.73%	29.24%	13.17%	12.79%	40.13%	14.69%	3.26%	13.86%	6.23%	16.07%		2.55%	57.51%	82.17%	17.28%	23.31%	24.71%	0.13%	49.42%	0.75%	12.70%	41.09%	3.14%
Selenium	0.37%	2.43%	0.51%	2.91%	1.11%	2.64%	2.66%	0.76%	0.61%	0.25%	0.89%	2.53%	0.75%	0.49%	0.61%	2.51%	2.55%		1.86%	2.92%	0.63%	0.38%	1.01%	0.38%	0.63%	0.50%	0.50%	0.64%	0.63%
Sodium	4.99%	57.64%	0.96%	28.06%	19.20%	52.37%	58.08%	19.21%	8.52%	8.29%	25.43%	9.78%	2.68%	8.52%	4.13%	11.33%	57.51%	1.86%		47.30%	11.45%	15.62%	16.67%	0.12%	33.21%	0.86%	6.26%	22.61%	2.20%
Sugars	5.41%	82.80%	2.39%	35.12%	25.99%	68.29%	79.97%	21.57%	8.45%	7.70%	29.79%	10.51%	2.51%	7.53%	3.64%	12.99%	82.17%	2.92%	47.30%		11.79%	17.62%	18.90%	0.25%	39.16%	0.87%	12.04%	40.67%	1.63%
Thiamin	2.80%	17.28%	0.94%	14.64%	10.46%	11.88%	17.66%	8.51%	5.48%	5.88%	12.89%	4.77%	2.63%	7.01%	4.37%	7.63%	17.28%	0.63%	11.45%	11.79%		4.27%	10.75%	0.13%	12.96%	0.13%	2.53%	8.20%	1.75%
Vitamin A	7.31%	23.34%	0.57%	16.49%	10.23%	23.64%	25.46%	9.76%	7.10%	6.04%	17.68%	3.46%	0.25%	4.84%	1.22%	8.86%	23.31%	0.38%	15.62%	17.62%	4.27%		8.93%	0.25%	18.70%	0.00%	7.57%	15.10%	0.50%
Vitamin B ₆	3.90%	24.81%	0.85%	21.09%	12.05%	19.25%	26.26%	8.76%	6.09%	5.88%	16.96%	8.40%	1.38%	8.49%	2.31%	8.51%	24.71%	1.01%	16.67%	18.90%	10.75%	8.93%		0.13%	19.70%	0.00%	4.55%	10.34%	1.26%
Vitamin B ₁₂	0.24%	0.13%	0.25%	0.00%	0.12%	0.13%	0.13%	0.25%	0.12%	0.00%	0.25%	0.13%	0.25%	0.12%	0.24%	0.25%	0.13%	0.38%	0.12%	0.25%	0.13%	0.25%	0.13%		0.12%	0.00%	0.00%	0.25%	0.13%
Vitamin C	7.53%	49.36%	0.95%	29.41%	19.48%	45.12%	51.04%	20.48%	9.50%	9.63%	28.18%	8.71%	2.10%	10.81%	4.37%	12.14%	49.42%	0.63%	33.21%	39.16%	12.96%	18.70%	19.70%	0.12%		0.00%	10.09%	23.89%	1.12%
Vitamin D	0.00%	0.50%	0.00%	0.88%	0.25%	0.87%	0.88%	0.00%	0.24%	0.00%	0.25%	0.63%	0.25%	0.12%	0.00%	0.75%	0.75%	0.50%	0.86%	0.87%	0.13%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.13%
Vitamin E	3.27%	12.79%	0.56%	8.41%	6.00%	11.09%	12.80%	5.82%	3.12%	2.13%	8.22%	1.59%	0.00%	2.60%	0.25%	4.44%	12.70%	0.50%	6.26%	12.04%	2.53%	7.57%	4.55%	0.00%	10.09%	0.00%		11.19%	0.00%
Vitamin K	5.41%	41.36%	1.55%	18.81%	16.76%	37.21%	40.46%	18.05%	6.77%	6.34%	22.74%	3.92%	1.27%	4.59%	2.39%	10.55%	41.09%	0.64%	22.61%	40.67%	8.20%	15.10%	10.34%	0.25%	23.89%	0.00%	11.19%		1.02%
Zinc	0.97%	3.02%	0.64%	3.14%	2.09%	1.99%	2.88%	2.26%	2.19%	2.13%	2.90%	0.88%	1.50%	1.60%	1.22%	2.25%	3.14%	0.63%	2.20%	1.63%	1.75%	0.50%	1.26%	0.13%	1.12%	0.13%	0.00%	1.02%	

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