

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 restaurant 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 <sub>6</sub>	Vitamin B <sub>12</sub>	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		0.00%	0.00%	2.17%	0.00%	0.00%	0.00%	1.23%	0.00%	0.00%	2.17%	3.26%	15.22%	0.00%	15.22%	14.13%	0.00%	15.22%	0.00%	13.04%	4.35%	1.10%	0.00%	11.96%	0.00%	0.00%	0.00%	3.57%	9.78%
Cholesterol	0.00%		0.00%	0.00%	0.00%	1.09%	1.09%	1.23%	0.00%	0.00%	1.18%	0.00%	0.00%	0.00%	1.11%	2.17%	2.22%	1.16%	0.00%	2.47%	0.00%	0.00%	0.00%	0.00%	1.20%	0.00%	0.00%	2.38%	0.00%
Choline	0.00%	0.00%		4.00%	3.61%	0.00%	0.00%	3.45%	3.53%	3.26%	3.90%	1.54%	5.88%	3.26%	8.51%	4.55%	0.00%	8.89%	0.00%	10.81%	2.44%	0.00%	2.86%	0.00%	2.50%	0.00%	0.00%	5.41%	4.05%
Copper	2.17%	0.00%	4.00%		6.90%	0.00%	0.00%	1.41%	10.87%	4.35%	14.13%	12.22%	19.57%	3.26%	23.91%	17.39%	3.26%	23.33%	0.00%	20.69%	10.87%	2.35%	7.69%	17.05%	0.00%	0.00%	2.22%	7.41%	14.13%
Dietary fiber	0.00%	0.00%	3.61%	6.90%		0.00%	0.00%	0.00%	4.60%	4.35%	7.61%	0.00%	4.65%	3.26%	5.88%	2.30%	1.09%	6.98%	0.00%	7.06%	3.26%	0.00%	2.33%	0.00%	1.23%	0.00%	0.00%	3.41%	3.49%
Energy	0.00%	1.09%	0.00%	0.00%	0.00%		0.00%	1.09%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	1.09%	1.09%	0.00%	0.00%	1.09%	0.00%	0.00%	0.00%	0.00%	1.09%	0.00%	0.00%	1.09%	0.00%
Fat	0.00%	1.09%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%	1.09%	0.00%	0.00%	0.00%	1.09%	1.09%	1.09%	1.09%	0.00%	2.17%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	1.09%	0.00%
Folate	1.23%	1.23%	3.45%	1.41%	0.00%	1.09%	0.00%		0.00%	0.00%	2.74%	3.13%	6.38%	0.00%	12.20%	4.62%	1.11%	15.79%	0.00%	25.00%	3.85%	0.00%	1.47%	4.76%	8.57%	0.00%	0.00%	12.12%	2.82%
Iron	0.00%	0.00%	3.53%	10.87%	4.60%	0.00%	0.00%	0.00%		3.26%	4.35%	6.52%	10.87%	3.26%	13.04%	9.78%	0.00%	11.96%	0.00%	10.00%	4.35%	2.25%	8.79%	7.69%	0.00%	0.00%	0.00%	3.41%	10.87%
Magnesium	0.00%	0.00%	3.26%	4.35%	4.35%	0.00%	0.00%	0.00%	3.26%		4.35%	0.00%	4.35%	3.26%	3.26%	2.17%	0.00%	4.35%	0.00%	4.35%	2.17%	0.00%	1.10%	0.00%	0.00%	0.00%	0.00%	1.09%	3.26%
Manganese	2.17%	1.18%	3.90%	14.13%	7.61%	0.00%	1.09%	2.74%	4.35%	4.35%		8.89%	13.04%	3.26%	17.39%	11.96%	4.35%	21.11%	0.00%	23.33%	14.13%	0.00%	3.33%	9.41%	0.00%	0.00%	0.00%	10.59%	7.61%
Pantothenic acid	3.26%	0.00%	1.54%	12.22%	0.00%	0.00%	0.00%	3.13%	6.52%	0.00%	8.89%		27.78%	0.00%	32.22%	18.48%	0.00%	32.58%	0.00%	28.74%	8.70%	2.25%	23.08%	15.38%	1.47%	0.00%	2.20%	10.81%	9.78%
Phosphorus	15.22%	0.00%	5.88%	19.57%	4.65%	0.00%	0.00%	6.38%	10.87%	4.35%	13.04%	27.78%		3.26%	57.61%	31.52%	0.00%	55.56%	0.00%	54.02%	10.87%	4.60%	26.37%	36.26%	2.04%	0.00%	4.44%	20.00%	26.09%
Potassium	0.00%	0.00%	3.26%	3.26%	3.26%	0.00%	0.00%	0.00%	3.26%	3.26%	3.26%	0.00%	3.26%		3.26%	2.17%	0.00%	3.26%	0.00%	3.26%	2.17%	0.00%	1.10%	0.00%	0.00%	0.00%	0.00%	1.09%	3.26%
Protein	15.22%	1.11%	8.51%	23.91%	5.88%	0.00%	1.09%	12.20%	13.04%	3.26%	17.39%	32.22%	57.61%	3.26%		36.96%	2.17%	68.89%	0.00%	62.35%	17.39%	4.71%	30.77%	42.22%	4.26%	0.00%	4.49%	34.92%	30.43%
Riboflavin	14.13%	2.17%	4.55%	17.39%	2.30%	1.09%	1.09%	4.62%	9.78%	2.17%	11.96%	18.48%	31.52%	2.17%	36.96%		2.17%	35.87%	0.00%	33.33%	13.04%	3.37%	10.99%	27.17%	2.90%	0.00%	3.30%	12.33%	22.83%
Saturated fat	0.00%	2.22%	0.00%	3.26%	1.09%	1.09%	1.09%	1.11%	0.00%	0.00%	4.35%	0.00%	0.00%	0.00%	2.17%	2.17%		3.30%	0.00%	4.40%	0.00%	0.00%	0.00%	0.00%	1.11%	0.00%	0.00%	3.26%	0.00%
Selenium	15.22%	1.16%	8.89%	23.33%	6.98%	0.00%	1.09%	15.79%	11.96%	4.35%	21.11%	32.58%	55.56%	3.26%	68.89%	35.87%	3.30%		0.00%	67.86%	18.48%	4.88%	30.00%	40.48%	4.26%	0.00%	4.35%	37.29%	29.35%
Sodium	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%		2.17%	0.00%	0.00%	0.00%	0.00%	1.09%	0.00%	0.00%	3.26%	0.00%
Sugars	13.04%	2.47%	10.81%	20.69%	7.06%	1.09%	2.17%	25.00%	10.00%	4.35%	23.33%	28.74%	54.02%	3.26%	62.35%	33.33%	4.40%	67.86%	2.17%		15.38%	5.13%	27.27%	42.86%	7.32%	0.00%	4.49%	46.77%	28.09%
Thiamin	4.35%	0.00%	2.44%	10.87%	3.26%	0.00%	0.00%	3.85%	4.35%	2.17%	14.13%	8.70%	10.87%	2.17%	17.39%	13.04%	0.00%	18.48%	0.00%	15.38%		0.00%	0.00%	12.09%	0.00%	0.00%	0.00%	7.14%	8.70%
Vitamin A	1.10%	0.00%	0.00%	2.35%	0.00%	0.00%	0.00%	0.00%	2.25%	0.00%	0.00%	2.25%	4.60%	0.00%	4.71%	3.37%	0.00%	4.88%	0.00%	5.13%	0.00%		2.25%	5.00%	0.00%	0.00%	1.11%	0.00%	4.49%
Vitamin B <sub>6</sub>	0.00%	0.00%	2.86%	7.69%	2.33%	0.00%	0.00%	1.47%	8.79%	1.10%	3.33%	23.08%	26.37%	1.10%	30.77%	10.99%	0.00%	30.00%	0.00%	27.27%	0.00%	2.25%		13.19%	1.39%	0.00%	1.10%	12.66%	9.89%
Vitamin B <sub>12</sub>	11.96%	0.00%	0.00%	17.05%	0.00%	0.00%	0.00%	4.76%	7.69%	0.00%	9.41%	15.38%	36.26%	0.00%	42.22%	27.17%	0.00%	40.48%	0.00%	42.86%	12.09%	5.00%	13.19%		0.00%	0.00%	3.37%	14.55%	26.09%
Vitamin C	0.00%	1.20%	2.50%	0.00%	1.23%	1.09%	0.00%	8.57%	0.00%	0.00%	0.00%	1.47%	2.04%	0.00%	4.26%	2.90%	1.11%	4.26%	1.09%	7.32%	0.00%	0.00%	1.39%	0.00%		0.00%	0.00%	12.24%	1.33%
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%	2.22%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	2.20%	4.44%	0.00%	4.49%	3.30%	0.00%	4.35%	0.00%	4.49%	0.00%	1.11%	1.10%	3.37%	0.00%	0.00%		1.15%	1.10%
Vitamin K	3.57%	2.38%	5.41%	7.41%	3.41%	1.09%	1.09%	12.12%	3.41%	1.09%	10.59%	10.81%	20.00%	1.09%	34.92%	12.33%	3.26%	37.29%	3.26%	46.77%	7.14%	0.00%	12.66%	14.55%	12.24%	0.00%	1.15%		5.13%
Zinc	9.78%	0.00%	4.05%	14.13%	3.49%	0.00%	0.00%	2.82%	10.87%	3.26%	7.61%	9.78%	26.09%	3.26%	30.43%	22.83%	0.00%	29.35%	0.00%	28.09%	8.70%	4.49%	9.89%	26.09%	1.33%	0.00%	1.10%	5.13%	

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