

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 legumes and legume 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		14.21%	1.89%	6.71%	1.66%	5.45%	8.99%	0.31%	3.28%	3.20%	3.74%	0.62%	5.65%	0.29%	13.11%	9.14%	13.66%	6.74%	11.72%	6.72%	3.60%	2.15%	1.80%	8.78%	3.08%	7.98%	0.93%	0.31%	3.17%
Cholesterol	14.21%		6.18%	66.27%	45.14%	18.36%	56.79%	46.12%	35.00%	42.81%	60.85%	16.60%	43.13%	17.37%	67.79%	21.28%	77.22%	16.98%	35.81%	59.66%	45.95%	2.56%	17.32%	18.46%	3.75%	9.89%	3.09%	0.53%	26.30%
Choline	1.89%	6.18%		12.98%	3.33%	0.00%	4.12%	4.71%	3.00%	3.43%	5.65%	0.50%	6.22%	1.00%	10.06%	4.30%	6.63%	4.23%	2.25%	5.70%	4.06%	1.56%	3.91%	3.54%	0.00%	1.71%	2.07%	0.69%	2.24%
Copper	6.71%	66.27%	12.98%		47.37%	6.42%	47.60%	59.92%	39.76%	64.84%	91.83%	19.14%	48.97%	19.22%	83.20%	14.23%	65.13%	22.71%	35.98%	70.56%	51.91%	3.15%	14.56%	7.81%	0.30%	3.40%	13.70%	2.78%	31.68%
Dietary fiber	1.66%	45.14%	3.33%	47.37%		1.93%	40.34%	36.73%	35.49%	38.02%	45.48%	11.50%	36.18%	17.73%	52.71%	8.76%	45.35%	9.87%	20.67%	42.23%	36.49%	0.00%	11.36%	5.65%	0.28%	0.31%	2.38%	1.60%	24.22%
Energy	5.45%	18.36%	0.00%	6.42%	1.93%		10.08%	0.62%	2.18%	1.20%	3.76%	0.62%	1.74%	0.00%	13.35%	5.75%	17.81%	3.40%	9.54%	16.62%	3.80%	0.59%	3.80%	6.88%	0.28%	3.30%	0.94%	0.32%	1.16%
Fat	8.99%	56.79%	4.12%	47.60%	40.34%	10.08%		36.42%	30.87%	34.97%	43.85%	11.67%	35.10%	16.86%	49.86%	10.40%	57.14%	9.81%	27.52%	37.42%	34.93%	2.20%	10.03%	9.83%	2.76%	5.85%	1.17%	0.00%	22.99%
Folate	0.31%	46.12%	4.71%	59.92%	36.73%	0.62%	36.42%		31.14%	46.21%	57.46%	16.24%	37.80%	18.92%	53.46%	8.12%	46.18%	9.84%	24.30%	41.15%	44.57%	0.72%	10.41%	3.83%	0.00%	0.00%	4.92%	2.19%	24.77%
Iron	3.28%	35.00%	3.00%	39.76%	35.49%	2.18%	30.87%	31.14%		35.78%	38.13%	9.91%	34.34%	15.30%	45.50%	12.30%	35.34%	9.54%	18.03%	36.08%	35.79%	0.60%	15.43%	10.53%	0.28%	0.00%	1.44%	1.09%	22.80%
Magnesium	3.20%	42.81%	3.43%	64.84%	38.02%	1.20%	34.97%	46.21%	35.78%		63.60%	14.29%	39.48%	19.22%	59.21%	7.34%	42.96%	13.39%	28.70%	46.04%	42.29%	0.70%	8.48%	0.73%	0.00%	0.00%	8.02%	2.15%	28.40%
Manganese	3.74%	60.85%	5.65%	91.83%	45.48%	3.76%	43.85%	57.46%	38.13%	63.60%		18.75%	45.65%	18.43%	79.40%	7.94%	59.75%	19.00%	33.12%	65.84%	48.81%	0.00%	10.40%	1.23%	0.00%	0.00%	9.29%	2.76%	29.52%
Pantothenic acid	0.62%	16.60%	0.50%	19.14%	11.50%	0.62%	11.67%	16.24%	9.91%	14.29%	18.75%		12.50%	4.53%	19.83%	4.12%	16.19%	3.07%	8.18%	12.50%	16.98%	0.00%	6.13%	3.08%	0.00%	0.00%	0.98%	0.00%	9.29%
Phosphorus	5.65%	43.13%	6.22%	48.97%	36.18%	1.74%	35.10%	37.80%	34.34%	39.48%	45.65%	12.50%		18.15%	49.70%	14.70%	43.40%	10.58%	23.12%	34.75%	41.53%	2.05%	13.27%	10.26%	0.00%	3.03%	3.40%	1.29%	26.51%
Potassium	0.29%	17.37%	1.00%	19.22%	17.73%	0.00%	16.86%	18.92%	15.30%	19.22%	18.43%	4.53%	18.15%		18.29%	2.10%	17.61%	3.00%	11.50%	11.88%	18.56%	0.00%	5.09%	0.30%	0.00%	0.00%	0.00%	0.98%	14.37%
Protein	13.11%	67.79%	10.06%	83.20%	52.71%	13.35%	49.86%	53.46%	45.50%	59.21%	79.40%	19.83%	49.70%	18.29%		28.45%	66.94%	22.61%	36.78%	75.00%	55.45%	2.90%	25.54%	25.07%	0.86%	9.12%	13.07%	2.91%	30.35%
Riboflavin	9.14%	21.28%	4.30%	14.23%	8.76%	5.75%	10.40%	8.12%	12.30%	7.34%	7.94%	4.12%	14.70%	2.10%	28.45%		21.21%	7.86%	7.65%	22.19%	19.17%	2.03%	17.31%	21.58%	0.88%	7.67%	2.31%	1.16%	6.67%
Saturated fat	13.66%	77.22%	6.63%	65.13%	45.35%	17.81%	57.14%	46.18%	35.34%	42.96%	59.75%	16.19%	43.40%	17.61%	66.94%	21.21%		16.48%	35.42%	58.80%	46.30%	2.54%	17.59%	18.35%	3.71%	9.82%	3.06%	0.52%	26.67%
Selenium	6.74%	16.98%	4.23%	22.71%	9.87%	3.40%	9.81%	9.84%	9.54%	13.39%	19.00%	3.07%	10.58%	3.00%	22.61%	7.86%	16.48%		8.46%	13.28%	9.36%	1.12%	5.22%	6.67%	0.59%	4.86%	1.84%	1.85%	7.74%
Sodium	11.72%	35.81%	2.25%	35.98%	20.67%	9.54%	27.52%	24.30%	18.03%	28.70%	33.12%	8.18%	23.12%	11.50%	36.78%	7.65%	35.42%	8.46%		27.36%	24.09%	0.62%	4.24%	4.97%	2.85%	4.73%	3.99%	1.45%	16.91%
Sugars	6.72%	59.66%	5.70%	70.56%	42.23%	16.62%	37.42%	41.15%	36.08%	46.04%	65.84%	12.50%	34.75%	11.88%	75.00%	22.19%	58.80%	13.28%	27.36%		45.77%	1.06%	23.03%	20.71%	1.15%	4.46%	12.50%	2.89%	18.09%
Thiamin	3.60%	45.95%	4.06%	51.91%	36.49%	3.80%	34.93%	44.57%	35.79%	42.29%	48.81%	16.98%	41.53%	18.56%	55.45%	19.17%	46.30%	9.36%	24.09%	45.77%		0.00%	21.29%	18.27%	0.59%	1.12%	2.90%	1.44%	27.74%
Vitamin A	2.15%	2.56%	1.56%	3.15%	0.00%	0.59%	2.20%	0.72%	0.60%	0.70%	0.00%	0.00%	2.05%	0.00%	2.90%	2.03%	2.54%	1.12%	0.62%	1.06%	0.00%		1.03%	2.06%	0.00%	2.54%	0.78%	0.00%	0.62%
Vitamin B ₆	1.80%	17.32%	3.91%	14.56%	11.36%	3.80%	10.03%	10.41%	15.43%	8.48%	10.40%	6.13%	13.27%	5.09%	25.54%	17.31%	17.59%	5.22%	4.24%	23.03%	21.29%	1.03%		17.10%	0.59%	1.47%	3.47%	0.78%	7.29%
Vitamin B ₁₂	8.78%	18.46%	3.54%	7.81%	5.65%	6.88%	9.83%	3.83%	10.53%	0.73%	1.23%	3.08%	10.26%	0.30%	25.07%	21.58%	18.35%	6.67%	4.97%	20.71%	18.27%	2.06%	17.10%		0.89%	8.70%	2.71%	0.00%	3.03%
Vitamin C	3.08%	3.75%	0.00%	0.30%	0.28%	0.28%	2.76%	0.00%	0.28%	0.00%	0.00%	0.00%	0.00%	0.00%	0.86%	0.88%	3.71%	0.59%	2.85%	1.15%	0.59%	0.00%	0.59%	0.89%		0.89%	0.30%	0.00%	0.29%
Vitamin D	7.98%	9.89%	1.71%	3.40%	0.31%	3.30%	5.85%	0.00%	0.00%	0.00%	0.00%	0.00%	3.03%	0.00%	9.12%	7.67%	9.82%	4.86%	4.73%	4.46%	1.12%	2.54%	1.47%	8.70%	0.89%		1.26%	0.43%	0.31%
Vitamin E	0.93%	3.09%	2.07%	13.70%	2.38%	0.94%	1.17%	4.92%	1.44%	8.02%	9.29%	0.98%	3.40%	0.00%	13.07%	2.31%	3.06%	1.84%	3.99%	12.50%	2.90%	0.78%	3.47%	2.71%	0.30%	1.26%		0.00%	1.10%
Vitamin K	0.31%	0.53%	0.69%	2.78%	1.60%	0.32%	0.00%	2.19%	1.09%	2.15%	2.76%	0.00%	1.29%	0.98%	2.91%	1.16%	0.52%	1.85%	1.45%	2.89%	1.44%	0.00%	0.78%	0.00%	0.00%	0.43%	0.00%		1.09%
Zinc	3.17%	26.30%	2.24%	31.68%	24.22%	1.16%	22.99%	24.77%	22.80%	28.40%	29.52%	9.29%	26.51%	14.37%	30.35%	6.67%	26.67%	7.74%	16.91%	18.09%	27.74%	0.62%	7.29%	3.03%	0.29%	0.31%	1.10%	1.09%	

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