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 beef 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 Be	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		0.00%	0.00%	0.10%	0.00%	0.10%	0.10%	0.00%	0.21%	0.00%	0.10%	0.00%	0.21%	0.00%	0.21%	0.00%	0.10%	0.10%	0.21%	0.10%	0.00%	0.00%	0.10%	0.21%	0.00%	0.00%	0.00%	0.00%	0.21%
Cholesterol	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%
Choline	0.00%	0.00%		21.05%	0.00%	0.10%	6.01%	0.47%	55.51%	0.00%	0.36%	38.94%	74.15%	0.00%	82.05%	60.32%	0.21%	76.27%	82.49%	83.43%	0.88%	0.32%	75.69%	82.86%	0.00%	0.00%	0.00%	0.14%	82.37%
Copper	0.10%	0.00%	21.05%		0.00%	0.31%	2.19%	0.56%	29.01%	0.00%	0.90%	20.63%	29.25%	0.11%	30.24%	28.06%	0.83%	27.63%	29.68%	29.52%	2.26%	0.73%	28.06%	30.43%	0.73%	0.00%	0.23%	0.00%	30.11%
Dietary fiber	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%
Energy	0.10%	0.00%	0.10%	0.31%	0.00%		0.31%	0.00%	0.31%	0.00%	0.21%	0.21%	0.31%	0.00%	0.52%	0.21%	0.21%	0.31%	0.42%	0.52%	0.10%	0.10%	0.10%	0.52%	0.00%	0.00%	0.00%	0.00%	0.52%
Fat	0.10%	0.00%	6.01%	2.19%	0.00%	0.31%		0.10%	4.99%	0.00%	0.21%	2.50%	7.18%	0.10%	7.28%	6.66%	1.04%	6.76%	6.97%	6.90%	0.31%	0.21%	6.56%	7.28%	0.52%	0.00%	0.00%	0.00%	7.28%
Folate	0.00%	0.00%	0.47%	0.56%	0.00%	0.00%	0.10%		0.56%	0.00%	0.32%	0.56%	0.58%	0.00%	0.59%	0.55%	0.10%	0.55%	0.47%	0.59%	0.54%	0.42%	0.57%	0.59%	0.10%	0.00%	0.00%	0.00%	0.59%
Iron	0.21%	0.00%	55.51%	29.01%	0.00%	0.31%	4.99%	0.56%		0.00%	0.90%	40.85%	66.46%	0.11%	68.78%	62.87%	0.94%	63.82%	68.16%	67.98%	2.85%	0.73%	64.77%	68.35%	0.83%	0.00%	0.35%	0.12%	68.25%
Magnesium	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%
Manganese	0.10%	0.00%	0.36%	0.90%	0.00%	0.21%	0.21%	0.32%	0.90%	0.00%		0.83%	0.93%	0.00%	0.94%	0.82%	0.10%	0.71%	0.95%	0.83%	0.65%	0.52%	0.71%	0.95%	0.00%	0.00%	0.12%	0.00%	0.95%
Pantothenic acid	0.00%	0.00%	38.94%	20.63%	0.00%	0.21%	2.50%	0.56%	40.85%	0.00%	0.83%		46.56%	0.11%	47.84%	42.36%	0.73%	46.14%	47.58%	47.43%	2.38%	0.73%	46.62%	48.19%	1.14%	0.00%	0.24%	0.12%	48.07%
Phosphorus	0.21%	0.00%	74.15%	29.25%	0.00%	0.31%	7.18%	0.58%	66.46%	0.00%	0.93%	46.56%		0.11%	85.15%	69.35%	1.04%	80.54%	85.16%	85.29%	2.91%	0.73%	82.69%	85.70%	1.04%	0.00%	0.24%	0.13%	85.38%
Potassium	0.00%	0.00%	0.00%	0.11%	0.00%	0.00%	0.10%	0.00%	0.11%	0.00%	0.00%	0.11%	0.11%		0.11%	0.11%	0.00%	0.11%	0.11%	0.00%	0.00%	0.00%	0.00%	0.11%	0.10%	0.00%	0.00%	0.00%	0.11%
Protein	0.21%	0.00%	82.05%	30.24%	0.00%	0.52%	7.28%	0.59%	68.78%	0.00%	0.94%	47.84%	85.15%	0.11%		74.57%	1.15%	91.88%	97.61%	98.33%	2.89%	0.74%	90.38%	98.40%	1.14%	0.00%	0.39%	0.14%	98.08%
Riboflavin	0.00%	0.00%	60.32%	28.06%	0.00%	0.21%	6.66%	0.55%	62.87%	0.00%	0.82%	42.36%	69.35%	0.11%	74.57%		0.73%	73.55%	74.19%	74.34%	2.91%	0.73%	72.69%	75.05%	1.04%	0.00%	0.36%	0.12%	74.95%
Saturated fat	0.10%	0.00%	0.21%	0.83%	0.00%	0.21%	1.04%	0.10%	0.94%	0.00%	0.10%	0.73%	1.04%	0.00%	1.15%	0.73%		0.73%	0.83%	1.04%	0.42%	0.21%	0.83%	1.15%	0.21%	0.00%	0.00%	0.00%	1.15%
Selenium	0.10%	0.00%	76.27%	27.63%	0.00%	0.31%	6.76%	0.55%	63.82%	0.00%	0.71%	46.14%	80.54%	0.11%	91.88%	73.55%	0.73%		91.61%	92.02%	2.91%	0.74%	86.88%	92.58%	1.14%	0.00%	0.39%	0.13%	92.15%
Sodium	0.21%	0.00%	82.49%	29.68%	0.00%	0.42%	6.97%	0.47%	68.16%	0.00%	0.95%	47.58%	85.16%	0.11%	97.61%	74.19%	0.83%	91.61%		98.89%	2.69%	0.53%	90.32%	98.28%	0.73%	0.00%	0.26%	0.14%	97.85%
Sugars	0.10%	0.00%	83.43%	29.52%	0.00%	0.52%	6.90%	0.59%	67.98%	0.00%	0.83%	47.43%	85.29%	0.00%	98.33%	74.34%	1.04%	92.02%	98.89%		2.59%	0.74%	90.63%	99.31%	0.21%	0.00%	0.39%	0.14%	98.61%
Thiamin	0.00%	0.00%	0.88%	2.26%	0.00%	0.10%	0.31%	0.54%	2.85%	0.00%	0.65%	2.38%	2.91%	0.00%	2.89%	2.91%	0.42%	2.91%	2.69%	2.59%		0.73%	2.69%	2.91%	0.21%	0.00%	0.22%	0.00%	2.91%
Vitamin A	0.00%	0.00%	0.32%	0.73%	0.00%	0.10%	0.21%	0.42%	0.73%	0.00%	0.52%	0.73%	0.73%	0.00%	0.74%	0.73%	0.21%	0.74%	0.53%	0.74%	0.73%		0.74%	0.74%	0.10%	0.00%	0.11%	0.00%	0.74%
Vitamin B ₆	0.10%	0.00%	75.69%	28.06%	0.00%	0.10%	6.56%	0.57%	64.77%	0.00%	0.71%	46.62%	82.69%	0.00%	90.38%	72.69%	0.83%	86.88%	90.32%	90.63%	2.69%	0.74%		90.97%	0.42%	0.00%	0.12%	0.13%	90.97%
Vitamin B ₁₂	0.21%	0.00%	82.86%	30.43%	0.00%	0.52%	7.28%	0.59%	68.35%	0.00%	0.95%	48.19%	85.70%	0.11%	98.40%	75.05%	1.15%	92.58%	98.28%	99.31%	2.91%	0.74%	90.97%		1.14%	0.00%	0.39%	0.14%	98.71%
Vitamin C	0.00%	0.00%	0.00%	0.73%	0.00%	0.00%	0.52%	0.10%	0.83%	0.00%	0.00%	1.14%	1.04%	0.10%	1.14%	1.04%	0.21%	1.14%	0.73%	0.21%	0.21%	0.10%	0.42%	1.14%		0.00%	0.00%	0.00%	1.14%
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%	0.23%	0.00%	0.00%	0.00%	0.00%	0.35%	0.00%	0.12%	0.24%	0.24%	0.00%	0.39%	0.36%	0.00%	0.39%	0.26%	0.39%	0.22%	0.11%	0.12%	0.39%	0.00%	0.00%		0.00%	0.39%
Vitamin K	0.00%	0.00%	0.14%	0.00%	0.00%	0.00%	0.00%	0.00%	0.12%	0.00%	0.00%	0.12%	0.13%	0.00%	0.14%	0.12%	0.00%	0.13%	0.14%	0.14%	0.00%	0.00%	0.13%	0.14%	0.00%	0.00%	0.00%		0.14%
Zinc	0.21%	0.00%	82.37%	30.11%	0.00%	0.52%	7.28%	0.59%	68.25%	0.00%	0.95%	48.07%	85.38%	0.11%	98.08%	74.95%	1.15%	92.15%	97.85%	98.61%	2.91%	0.74%	90.97%	98.71%	1.14%	0.00%	0.39%	0.14%	

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