

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 pork 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		0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.29%	0.00%	0.00%	0.00%	0.29%	0.00%	0.29%	0.29%	0.00%	0.29%	0.29%	0.00%	0.29%	0.00%	0.29%	0.29%	0.00%	0.00%	0.00%	0.00%	0.29%
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%		35.13%	0.00%	0.89%	12.31%	0.00%	0.00%	0.00%	0.00%	69.76%	81.66%	7.69%	85.61%	82.17%	4.15%	85.30%	47.18%	88.15%	80.97%	0.00%	79.59%	85.25%	0.00%	0.45%	0.00%	0.00%	82.81%
Copper	0.00%	0.00%	35.13%		0.00%	0.59%	7.92%	0.89%	3.23%	0.00%	0.60%	32.34%	38.58%	6.45%	39.59%	38.87%	3.24%	39.17%	14.37%	36.73%	36.80%	0.59%	36.80%	38.87%	3.81%	0.36%	0.00%	0.00%	39.59%
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	0.00%	0.00%	0.89%	0.59%	0.00%		2.05%	0.00%	0.59%	0.00%	0.00%	1.18%	1.77%	0.59%	2.93%	1.18%	0.88%	2.36%	0.29%	2.36%	1.18%	0.00%	0.59%	1.47%	0.29%	0.00%	0.00%	0.00%	1.76%
Fat	0.00%	0.00%	12.31%	7.92%	0.00%	2.05%		0.59%	1.76%	0.00%	0.29%	12.09%	14.16%	2.05%	14.66%	13.57%	4.69%	14.16%	6.74%	13.13%	13.27%	0.29%	12.39%	13.57%	1.47%	0.00%	0.00%	0.00%	14.08%
Folate	0.00%	0.00%	0.00%	0.89%	0.00%	0.00%	0.59%		0.88%	0.00%	0.60%	0.90%	0.90%	0.00%	0.90%	0.90%	0.00%	0.91%	0.59%	0.00%	0.90%	0.60%	0.90%	0.90%	0.88%	0.00%	0.00%	0.00%	0.90%
Iron	0.29%	0.00%	0.00%	3.23%	0.00%	0.59%	1.76%	0.88%		0.00%	0.59%	3.81%	4.40%	0.00%	4.69%	4.40%	0.59%	4.40%	3.52%	0.61%	2.93%	0.59%	2.93%	4.40%	2.35%	0.00%	0.00%	0.00%	4.40%
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	0.00%	0.00%	0.00%	0.60%	0.00%	0.00%	0.29%	0.60%	0.59%	0.00%		0.61%	0.61%	0.00%	0.61%	0.61%	0.00%	0.61%	0.59%	0.00%	0.61%	0.60%	0.61%	0.61%	0.59%	0.00%	0.00%	0.00%	0.60%
Pantothenic acid	0.00%	0.00%	69.76%	32.34%	0.00%	1.18%	12.09%	0.90%	3.81%	0.00%	0.61%		74.85%	6.53%	75.76%	74.77%	4.13%	76.22%	49.56%	73.74%	74.09%	0.60%	73.56%	75.76%	4.11%	0.38%	0.00%	0.00%	75.53%
Phosphorus	0.29%	0.00%	81.66%	38.58%	0.00%	1.77%	14.16%	0.90%	4.40%	0.00%	0.61%	74.85%		7.69%	87.43%	85.63%	5.00%	87.43%	52.20%	85.81%	85.03%	0.60%	84.43%	86.83%	4.40%	0.41%	0.00%	0.00%	86.57%
Potassium	0.00%	0.00%	7.69%	6.45%	0.00%	0.59%	2.05%	0.00%	0.00%	0.00%	0.00%	6.53%	7.69%		8.50%	7.40%	1.17%	7.69%	0.00%	8.50%	7.69%	0.00%	7.40%	7.40%	0.00%	0.00%	0.00%	0.00%	8.21%
Protein	0.29%	0.00%	85.61%	39.59%	0.00%	2.93%	14.66%	0.90%	4.69%	0.00%	0.61%	75.76%	87.43%	8.50%		88.02%	5.00%	93.41%	56.01%	93.94%	87.72%	0.60%	86.53%	91.92%	4.40%	0.44%	0.00%	0.00%	90.32%
Riboflavin	0.29%	0.00%	82.17%	38.87%	0.00%	1.18%	13.57%	0.90%	4.40%	0.00%	0.61%	74.77%	85.63%	7.40%	88.02%		4.42%	88.29%	54.25%	86.73%	85.59%	0.60%	85.29%	88.02%	4.40%	0.42%	0.00%	0.00%	87.76%
Saturated fat	0.00%	0.00%	4.15%	3.24%	0.00%	0.88%	4.69%	0.00%	0.59%	0.00%	0.00%	4.13%	5.00%	1.17%	5.00%	4.42%		5.01%	2.06%	4.45%	4.72%	0.00%	3.83%	4.41%	0.59%	0.00%	0.00%	0.00%	4.41%
Selenium	0.29%	0.00%	85.30%	39.17%	0.00%	2.36%	14.16%	0.91%	4.40%	0.00%	0.61%	76.22%	87.43%	7.69%	93.41%	88.29%	5.01%		55.43%	93.86%	88.29%	0.60%	86.49%	91.32%	4.40%	0.43%	0.00%	0.00%	89.85%
Sodium	0.29%	0.00%	47.18%	14.37%	0.00%	0.29%	6.74%	0.59%	3.52%	0.00%	0.59%	49.56%	52.20%	0.00%	56.01%	54.25%	2.06%	55.43%		54.37%	52.79%	0.59%	52.20%	57.18%	2.05%	0.00%	0.00%	0.00%	55.13%
Sugars	0.00%	0.00%	88.15%	36.73%	0.00%	2.36%	13.13%	0.00%	0.61%	0.00%	0.00%	73.74%	85.81%	8.50%	93.94%	86.73%	4.45%	93.86%	54.37%		87.29%	0.00%	85.38%	92.12%	0.61%	0.45%	0.00%	0.00%	89.04%
Thiamin	0.29%	0.00%	80.97%	36.80%	0.00%	1.18%	13.27%	0.90%	2.93%	0.00%	0.61%	74.09%	85.03%	7.69%	87.72%	85.59%	4.72%	88.29%	52.79%	87.29%		0.60%	85.59%	87.43%	3.23%	0.41%	0.00%	0.00%	86.27%
Vitamin A	0.00%	0.00%	0.00%	0.59%	0.00%	0.00%	0.29%	0.60%	0.59%	0.00%	0.60%	0.60%	0.60%	0.00%	0.60%	0.60%	0.00%	0.60%	0.59%	0.00%	0.60%		0.60%	0.60%	0.59%	0.00%	0.00%	0.00%	0.60%
Vitamin B ₆	0.29%	0.00%	79.59%	36.80%	0.00%	0.59%	12.39%	0.90%	2.93%	0.00%	0.61%	73.56%	84.43%	7.40%	86.53%	85.29%	3.83%	86.49%	52.20%	85.38%	85.59%	0.60%		86.53%	3.23%	0.40%	0.00%	0.00%	86.27%
Vitamin B ₁₂	0.29%	0.00%	85.25%	38.87%	0.00%	1.47%	13.57%	0.90%	4.40%	0.00%	0.61%	75.76%	86.83%	7.40%	91.92%	88.02%	4.41%	91.32%	57.18%	92.12%	87.43%	0.60%	86.53%		4.40%	0.43%	0.00%	0.00%	90.15%
Vitamin C	0.00%	0.00%	0.00%	3.81%	0.00%	0.29%	1.47%	0.88%	2.35%	0.00%	0.59%	4.11%	4.40%	0.00%	4.40%	4.40%	0.59%	4.40%	2.05%	0.61%	3.23%	0.59%	3.23%	4.40%		0.00%	0.00%	0.00%	4.40%
Vitamin D	0.00%	0.00%	0.45%	0.36%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.38%	0.41%	0.00%	0.44%	0.42%	0.00%	0.43%	0.00%	0.45%	0.41%	0.00%	0.40%	0.43%	0.00%		0.00%	0.00%	0.42%
Vitamin E	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 K	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%
Zinc	0.29%	0.00%	82.81%	39.59%	0.00%	1.76%	14.08%	0.90%	4.40%	0.00%	0.60%	75.53%	86.57%	8.21%	90.32%	87.76%	4.41%	89.85%	55.13%	89.04%	86.27%	0.60%	86.27%	90.15%	4.40%	0.42%	0.00%	0.00%	

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