

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 meals, entrees, and side dishes

	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		2.27%	0.00%	5.00%	10.34%	0.00%	3.41%	8.86%	8.05%	0.00%	9.09%	5.26%	11.63%	1.15%	19.54%	14.94%	2.27%	12.50%	0.00%	6.90%	14.94%	1.25%	1.16%	12.79%	2.33%	1.20%	1.22%	5.00%	7.06%
Cholesterol	2.27%		0.00%	10.13%	7.95%	0.00%	16.09%	11.84%	5.75%	3.53%	9.59%	2.60%	5.75%	0.00%	16.28%	11.90%	19.77%	11.84%	0.00%	12.05%	18.52%	1.23%	5.95%	2.50%	2.41%	1.25%	0.00%	2.56%	2.33%
Choline	0.00%	0.00%		5.08%	1.56%	0.00%	0.00%	3.77%	2.50%	1.39%	5.45%	1.75%	7.04%	1.27%	8.93%	6.35%	0.00%	9.43%	0.00%	7.46%	3.13%	1.69%	5.13%	7.58%	1.37%	0.00%	0.00%	1.79%	4.00%
Copper	5.00%	10.13%	5.08%		15.63%	0.00%	12.20%	35.59%	20.99%	6.94%	41.38%	15.38%	21.05%	3.80%	48.44%	31.43%	12.35%	50.79%	0.00%	30.26%	35.21%	1.64%	18.75%	23.29%	1.27%	0.00%	4.23%	8.20%	14.47%
Dietary fiber	10.34%	7.95%	1.56%	15.63%		0.00%	7.95%	14.06%	18.18%	2.74%	14.29%	8.06%	10.84%	8.33%	37.50%	23.53%	7.95%	15.63%	1.14%	20.45%	23.53%	1.54%	4.94%	11.25%	3.49%	1.35%	2.78%	1.56%	9.88%
Energy	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%
Fat	3.41%	16.09%	0.00%	12.20%	7.95%	0.00%		11.11%	6.82%	3.49%	10.13%	3.85%	4.65%	1.16%	17.05%	13.64%	17.05%	12.20%	0.00%	9.09%	19.32%	0.00%	6.98%	2.35%	1.15%	1.16%	1.16%	1.22%	1.16%
Folate	8.86%	11.84%	3.77%	35.59%	14.06%	0.00%	11.11%		21.25%	5.56%	52.27%	19.05%	19.72%	2.53%	64.29%	42.86%	11.39%	69.23%	0.00%	34.85%	53.97%	3.45%	11.54%	25.00%	4.23%	0.00%	4.41%	14.55%	8.00%
Iron	8.05%	5.75%	2.50%	20.99%	18.18%	0.00%	6.82%	21.25%		4.71%	18.67%	5.56%	15.12%	5.75%	29.55%	23.26%	6.82%	24.69%	1.14%	17.05%	25.58%	1.22%	8.24%	15.66%	1.16%	0.00%	1.19%	4.94%	12.94%
Magnesium	0.00%	3.53%	1.39%	6.94%	2.74%	0.00%	3.49%	5.56%	4.71%		2.90%	2.90%	5.00%	2.41%	4.11%	2.56%	3.53%	5.56%	0.00%	6.49%	3.80%	0.00%	6.25%	3.95%	0.00%	0.00%	0.00%	0.00%	3.85%
Manganese	9.09%	9.59%	5.45%	41.38%	14.29%	0.00%	10.13%	52.27%	18.67%	2.90%		25.53%	21.74%	3.80%	68.52%	38.33%	11.54%	76.47%	0.00%	41.79%	50.85%	3.33%	14.67%	25.00%	4.11%	0.00%	5.80%	14.55%	9.72%
Pantothenic acid	5.26%	2.60%	1.75%	15.38%	8.06%	0.00%	3.85%	19.05%	5.56%	2.90%	25.53%		15.38%	3.80%	31.91%	18.18%	2.60%	31.82%	0.00%	10.94%	18.18%	0.00%	8.22%	16.67%	1.28%	0.00%	4.41%	5.36%	5.48%
Phosphorus	11.63%	5.75%	7.04%	21.05%	10.84%	0.00%	4.65%	19.72%	15.12%	5.00%	21.74%	15.38%		6.02%	40.24%	30.86%	5.75%	34.67%	0.00%	24.42%	26.51%	2.74%	14.81%	27.16%	4.88%	0.00%	1.30%	6.94%	18.29%
Potassium	1.15%	0.00%	1.27%	3.80%	8.33%	0.00%	1.16%	2.53%	5.75%	2.41%	3.80%	3.80%	6.02%		8.43%	6.02%	0.00%	3.80%	0.00%	2.30%	5.88%	0.00%	3.61%	2.41%	0.00%	0.00%	1.22%	0.00%	4.82%
Protein	19.54%	16.28%	8.93%	48.44%	37.50%	0.00%	17.05%	64.29%	29.55%	4.11%	68.52%	31.91%	40.24%	8.43%		61.18%	18.18%	85.71%	1.14%	57.95%	64.71%	5.00%	20.99%	43.59%	9.09%	1.56%	5.80%	20.34%	22.22%
Riboflavin	14.94%	11.90%	6.35%	31.43%	23.53%	0.00%	13.64%	42.86%	23.26%	2.56%	38.33%	18.18%	30.86%	6.02%	61.18%		13.95%	54.29%	0.00%	29.76%	54.76%	3.03%	13.75%	31.17%	3.85%	1.41%	4.05%	13.64%	15.00%
Saturated fat	2.27%	19.77%	0.00%	12.35%	7.95%	0.00%	17.05%	11.39%	6.82%	3.53%	11.54%	2.60%	5.75%	0.00%	18.18%	13.95%		13.58%	0.00%	13.64%	19.77%	1.22%	5.88%	2.41%	2.33%	1.20%	0.00%	2.47%	2.33%
Selenium	12.50%	11.84%	9.43%	50.79%	15.63%	0.00%	12.20%	69.23%	24.69%	5.56%	76.47%	31.82%	34.67%	3.80%	85.71%	54.29%	13.58%		0.00%	55.41%	64.29%	5.17%	23.75%	43.48%	5.63%	0.00%	5.88%	21.82%	17.11%
Sodium	0.00%	0.00%	0.00%	0.00%	1.14%	0.00%	0.00%	0.00%	1.14%	0.00%	0.00%	0.00%	0.00%	0.00%	1.14%	0.00%	0.00%	0.00%		1.14%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%
Sugars	6.90%	12.05%	7.46%	30.26%	20.45%	0.00%	9.09%	34.85%	17.05%	6.49%	41.79%	10.94%	24.42%	2.30%	57.95%	29.76%	13.64%	55.41%	1.14%		38.55%	5.48%	21.43%	28.21%	7.89%	0.00%	2.63%	14.71%	14.29%
Thiamin	14.94%	18.52%	3.13%	35.21%	23.53%	0.00%	19.32%	53.97%	25.58%	3.80%	50.85%	18.18%	26.51%	5.88%	64.71%	54.76%	19.77%	64.29%	0.00%	38.55%		4.41%	14.63%	27.63%	5.19%	1.45%	4.00%	16.67%	13.41%
Vitamin A	1.25%	1.23%	1.69%	1.64%	1.54%	0.00%	0.00%	3.45%	1.22%	0.00%	3.33%	0.00%	2.74%	0.00%	5.00%	3.03%	1.22%	5.17%	0.00%	5.48%	4.41%		0.00%	2.78%	1.28%	0.00%	0.00%	3.39%	1.33%
Vitamin B ₆	1.16%	5.95%	5.13%	18.75%	4.94%	0.00%	6.98%	11.54%	8.24%	6.25%	14.67%	8.22%	14.81%	3.61%	20.99%	13.75%	5.88%	23.75%	0.00%	21.43%	14.63%	0.00%		12.66%	2.38%	0.00%	3.75%	7.69%	11.25%
Vitamin B ₁₂	12.79%	2.50%	7.58%	23.29%	11.25%	0.00%	2.35%	25.00%	15.66%	3.95%	25.00%	16.67%	27.16%	2.41%	43.59%	31.17%	2.41%	43.48%	0.00%	28.21%	27.63%	2.78%	12.66%		4.00%	0.00%	1.35%	7.35%	15.19%
Vitamin C	2.33%	2.41%	1.37%	1.27%	3.49%	0.00%	1.15%	4.23%	1.16%	0.00%	4.11%	1.28%	4.88%	0.00%	9.09%	3.85%	2.33%	5.63%	0.00%	7.89%	5.19%	1.28%	2.38%	4.00%		0.00%	0.00%	5.33%	4.71%
Vitamin D	1.20%	1.25%	0.00%	0.00%	1.35%	0.00%	1.16%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	1.56%	1.41%	1.20%	0.00%	0.00%	0.00%	1.45%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%
Vitamin E	1.22%	0.00%	0.00%	4.23%	2.78%	0.00%	1.16%	4.41%	1.19%	0.00%	5.80%	4.41%	1.30%	1.22%	5.80%	4.05%	0.00%	5.88%	0.00%	2.63%	4.00%	0.00%	3.75%	1.35%	0.00%	0.00%		2.86%	1.30%
Vitamin K	5.00%	2.56%	1.79%	8.20%	1.56%	0.00%	1.22%	14.55%	4.94%	0.00%	14.55%	5.36%	6.94%	0.00%	20.34%	13.64%	2.47%	21.82%	0.00%	14.71%	16.67%	3.39%	7.69%	7.35%	5.33%	0.00%	2.86%		6.67%
Zinc	7.06%	2.33%	4.00%	14.47%	9.88%	0.00%	1.16%	8.00%	12.94%	3.85%	9.72%	5.48%	18.29%	4.82%	22.22%	15.00%	2.33%	17.11%	0.00%	14.29%	13.41%	1.33%	11.25%	15.19%	4.71%	0.00%	1.30%	6.67%	

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