

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 snacks

	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		4.05%	0.00%	5.42%	1.72%	0.56%	7.51%	8.77%	6.98%	5.92%	7.23%	5.33%	4.73%	0.00%	5.11%	7.14%	4.02%	3.01%	6.94%	0.57%	6.55%	3.61%	9.36%	8.19%	6.94%	0.00%	6.51%	1.82%	7.10%
Cholesterol	4.05%		0.00%	20.47%	6.47%	1.69%	30.06%	8.93%	6.36%	8.67%	28.39%	1.94%	1.73%	0.58%	2.84%	9.25%	42.53%	10.91%	22.09%	23.72%	12.72%	5.88%	9.25%	2.92%	2.91%	0.00%	5.92%	2.60%	5.81%
Choline	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%
Copper	5.42%	20.47%	0.00%		7.93%	0.57%	18.60%	9.70%	7.02%	13.77%	38.71%	5.73%	4.22%	1.20%	8.62%	8.98%	20.35%	15.03%	29.41%	14.48%	11.98%	5.45%	11.98%	6.06%	6.51%	0.00%	16.91%	3.70%	8.38%
Dietary fiber	1.72%	6.47%	0.00%	7.93%		0.00%	7.02%	3.45%	2.86%	6.43%	9.43%	3.53%	2.30%	0.00%	5.14%	2.33%	6.43%	1.81%	6.63%	6.17%	3.55%	1.16%	4.57%	2.87%	2.29%	0.00%	4.35%	1.26%	4.57%
Energy	0.56%	1.69%	0.00%	0.57%	0.00%		2.26%	0.56%	0.00%	0.00%	0.57%	0.00%	0.00%	0.00%	0.00%	0.00%	1.69%	0.00%	0.56%	1.69%	0.00%	0.00%	0.56%	0.56%	1.13%	0.00%	0.00%	1.14%	0.00%
Fat	7.51%	30.06%	0.00%	18.60%	7.02%	2.26%		10.40%	8.05%	10.98%	24.68%	5.63%	3.49%	0.58%	5.08%	9.88%	30.29%	9.58%	22.60%	15.63%	12.21%	4.71%	11.49%	6.32%	9.04%	0.00%	6.37%	3.21%	8.09%
Folate	8.77%	8.93%	0.00%	9.70%	3.45%	0.56%	10.40%		9.30%	7.65%	13.13%	7.23%	5.33%	0.00%	7.91%	13.10%	8.77%	4.88%	10.59%	7.19%	14.29%	7.45%	14.04%	10.59%	7.56%	0.00%	8.59%	3.13%	9.47%
Iron	6.98%	6.36%	0.00%	7.02%	2.86%	0.00%	8.05%	9.30%		5.78%	8.38%	4.68%	3.49%	0.00%	5.11%	11.05%	6.32%	4.14%	6.32%	1.74%	10.47%	5.36%	10.98%	6.94%	4.62%	0.00%	5.29%	1.20%	8.09%
Magnesium	5.92%	8.67%	0.00%	13.77%	6.43%	0.00%	10.98%	7.65%	5.78%		12.27%	6.55%	5.33%	0.00%	6.78%	6.51%	8.62%	3.07%	12.28%	4.73%	9.47%	3.01%	7.65%	7.06%	5.81%	0.00%	7.93%	1.88%	8.82%
Manganese	7.23%	28.39%	0.00%	38.71%	9.43%	0.57%	24.68%	13.13%	8.38%	12.27%		6.29%	4.82%	0.00%	7.51%	13.58%	28.21%	17.24%	32.48%	18.70%	18.63%	8.02%	12.42%	5.45%	3.59%	0.00%	15.20%	3.91%	7.98%
Pantothenic acid	5.33%	1.94%	0.00%	5.73%	3.53%	0.00%	5.63%	7.23%	4.68%	6.55%	6.29%		5.33%	0.00%	5.65%	6.63%	1.92%	1.90%	5.63%	1.92%	6.06%	3.03%	7.23%	6.51%	6.43%	0.00%	6.75%	3.09%	6.59%
Phosphorus	4.73%	1.73%	0.00%	4.22%	2.30%	0.00%	3.49%	5.33%	3.49%	5.33%	4.82%	5.33%		0.00%	5.11%	4.76%	1.72%	2.99%	3.53%	1.14%	4.76%	2.41%	5.92%	4.73%	4.09%	0.00%	4.73%	1.81%	5.33%
Potassium	0.00%	0.58%	0.00%	1.20%	0.00%	0.00%	0.58%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.57%	0.00%	0.59%	1.71%	0.60%	0.00%	1.81%	0.00%	0.00%	0.00%	1.20%	0.00%	0.00%
Protein	5.11%	2.84%	0.00%	8.62%	5.14%	0.00%	5.08%	7.91%	5.11%	6.78%	7.51%	5.65%	5.11%	0.00%		6.25%	2.82%	3.51%	3.39%	3.43%	5.11%	2.89%	6.78%	7.34%	5.08%	0.00%	6.86%	1.75%	7.34%
Riboflavin	7.14%	9.25%	0.00%	8.98%	2.33%	0.00%	9.88%	13.10%	11.05%	6.51%	13.58%	6.63%	4.76%	0.00%	6.25%		9.20%	5.49%	7.65%	4.12%	16.57%	8.54%	14.20%	8.88%	5.85%	0.00%	7.32%	2.48%	8.88%
Saturated fat	4.02%	42.53%	0.00%	20.35%	6.43%	1.69%	30.29%	8.77%	6.32%	8.62%	28.21%	1.92%	1.72%	0.57%	2.82%	9.20%		10.84%	22.29%	23.42%	12.64%	5.78%	9.20%	2.87%	3.43%	0.00%	5.84%	2.58%	5.78%
Selenium	3.01%	10.91%	0.00%	15.03%	1.81%	0.00%	9.58%	4.88%	4.14%	3.07%	17.24%	1.90%	2.99%	0.00%	3.51%	5.49%	10.84%		13.84%	8.28%	7.50%	3.05%	4.85%	2.41%	1.79%	0.00%	5.15%	2.21%	3.64%
Sodium	6.94%	22.09%	0.00%	29.41%	6.63%	0.56%	22.60%	10.59%	6.32%	12.28%	32.48%	5.63%	3.53%	0.59%	3.39%	7.65%	22.29%	13.84%		16.89%	13.53%	4.24%	12.14%	6.43%	10.23%	0.00%	13.89%	2.84%	6.43%
Sugars	0.57%	23.72%	0.00%	14.48%	6.17%	1.69%	15.63%	7.19%	1.74%	4.73%	18.70%	1.92%	1.14%	1.71%	3.43%	4.12%	23.42%	8.28%	16.89%		6.06%	1.79%	4.14%	1.78%	3.55%	0.00%	16.94%	4.80%	2.89%
Thiamin	6.55%	12.72%	0.00%	11.98%	3.55%	0.00%	12.21%	14.29%	10.47%	9.47%	18.63%	6.06%	4.76%	0.60%	5.11%	16.57%	12.64%	7.50%	13.53%	6.06%		7.32%	15.38%	7.69%	5.26%	0.00%	7.55%	1.92%	8.88%
Vitamin A	3.61%	5.88%	0.00%	5.45%	1.16%	0.00%	4.71%	7.45%	5.36%	3.01%	8.02%	3.03%	2.41%	0.00%	2.89%	8.54%	5.78%	3.05%	4.24%	1.79%	7.32%		7.93%	3.66%	2.41%	0.00%	3.75%	1.86%	4.85%
Vitamin B ₆	9.36%	9.25%	0.00%	11.98%	4.57%	0.56%	11.49%	14.04%	10.98%	7.65%	12.42%	7.23%	5.92%	1.81%	6.78%	14.20%	9.20%	4.85%	12.14%	4.14%	15.38%	7.93%		11.18%	9.77%	0.00%	9.76%	1.88%	10.59%
Vitamin B ₁₂	8.19%	2.92%	0.00%	6.06%	2.87%	0.56%	6.32%	10.59%	6.94%	7.06%	5.45%	6.51%	4.73%	0.00%	7.34%	8.88%	2.87%	2.41%	6.43%	1.78%	7.69%	3.66%	11.18%		8.19%	0.00%	7.27%	1.85%	8.82%
Vitamin C	6.94%	2.91%	0.00%	6.51%	2.29%	1.13%	9.04%	7.56%	4.62%	5.81%	3.59%	6.43%	4.09%	0.00%	5.08%	5.85%	3.43%	1.79%	10.23%	3.55%	5.26%	2.41%	9.77%	8.19%		0.00%	7.78%	2.45%	6.40%
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	6.51%	5.92%	0.00%	16.91%	4.35%	0.00%	6.37%	8.59%	5.29%	7.93%	15.20%	6.75%	4.73%	1.20%	6.86%	7.32%	5.84%	5.15%	13.89%	16.94%	7.55%	3.75%	9.76%	7.27%	7.78%	0.00%		2.61%	7.74%
Vitamin K	1.82%	2.60%	0.00%	3.70%	1.26%	1.14%	3.21%	3.13%	1.20%	1.88%	3.91%	3.09%	1.81%	0.00%	1.75%	2.48%	2.58%	2.21%	2.84%	4.80%	1.92%	1.86%	1.88%	1.85%	2.45%	0.00%	2.61%		1.83%
Zinc	7.10%	5.81%	0.00%	8.38%	4.57%	0.00%	8.09%	9.47%	8.09%	8.82%	7.98%	6.59%	5.33%	0.00%	7.34%	8.88%	5.78%	3.64%	6.43%	2.89%	8.88%	4.85%	10.59%	8.82%	6.40%	0.00%	7.74%	1.83%	

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