

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 American Indian/Alaska Native foods

	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 <sub>6</sub>	Vitamin B <sub>12</sub>	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		0.00%	1.63%	5.43%	6.87%	4.86%	7.80%	0.00%	2.26%	6.98%	5.47%	3.25%	2.94%	2.33%	4.41%	5.97%	1.67%	2.42%	8.59%	6.40%	1.43%	1.59%	2.33%	2.48%	1.56%	0.00%	0.82%	2.40%	1.55%
Cholesterol	0.00%		0.00%	0.00%	2.99%	2.65%	4.76%	0.00%	0.99%	0.00%	2.78%	0.00%	0.00%	0.00%	0.00%	1.02%	7.27%	0.00%	5.36%	3.45%	0.00%	0.00%	1.33%	0.00%	0.00%	0.00%	1.33%	0.00%	1.22%
Choline	1.63%	0.00%		11.11%	0.00%	1.75%	3.80%	0.00%	5.68%	0.00%	0.00%	17.86%	13.92%	1.11%	14.47%	12.35%	12.24%	24.39%	15.56%	30.30%	2.06%	1.75%	11.76%	24.39%	0.00%	0.00%	0.00%	0.00%	9.23%
Copper	5.43%	0.00%	11.11%		17.07%	7.94%	22.22%	0.00%	21.70%	11.36%	14.77%	26.92%	26.36%	3.23%	27.10%	21.78%	22.78%	32.00%	34.83%	28.38%	10.08%	7.50%	20.99%	25.71%	3.23%	0.00%	2.70%	4.23%	28.41%
Dietary fiber	6.87%	2.99%	0.00%	17.07%		9.60%	20.91%	1.64%	2.04%	16.30%	21.11%	6.76%	5.88%	4.12%	5.05%	7.84%	10.29%	7.81%	32.93%	21.13%	3.42%	5.48%	15.00%	3.33%	6.59%	0.00%	5.19%	11.11%	7.50%
Energy	4.86%	2.65%	1.75%	7.94%	9.60%		30.20%	0.87%	7.75%	4.80%	7.94%	4.13%	7.25%	2.33%	12.75%	13.01%	10.43%	5.93%	18.94%	15.32%	1.37%	0.83%	2.42%	5.31%	8.33%	0.00%	1.67%	4.13%	3.97%
Fat	7.80%	4.76%	3.80%	22.22%	20.91%	30.20%		3.41%	24.11%	10.34%	16.24%	16.04%	23.70%	5.79%	28.19%	27.14%	37.62%	24.75%	41.13%	38.18%	12.77%	7.84%	19.82%	19.77%	12.50%	1.43%	4.95%	9.18%	17.09%
Folate	0.00%	0.00%	0.00%	0.00%	1.64%	0.87%	3.41%		2.17%	0.00%	2.90%	0.00%	0.00%	0.00%	0.00%	3.41%	3.45%	6.12%	1.89%	8.70%	3.74%	0.00%	0.00%	0.00%	1.32%	0.00%	1.54%	1.67%	0.00%
Iron	2.26%	0.99%	5.68%	21.70%	2.04%	7.75%	24.11%	2.17%		1.90%	2.83%	15.15%	27.82%	0.00%	36.43%	25.98%	18.35%	21.78%	19.44%	19.39%	13.95%	6.86%	12.24%	15.79%	1.89%	0.00%	0.00%	0.00%	22.64%
Magnesium	6.98%	0.00%	0.00%	11.36%	16.30%	4.80%	10.34%	0.00%	1.90%		14.61%	2.44%	3.60%	3.23%	2.78%	3.67%	4.94%	3.70%	17.58%	10.71%	2.34%	2.41%	5.62%	0.00%	2.02%	0.00%	2.50%	4.82%	4.55%
Manganese	5.47%	2.78%	0.00%	14.77%	21.11%	7.94%	16.24%	2.90%	2.83%	14.61%		5.06%	6.42%	3.19%	5.66%	8.57%	10.39%	6.85%	25.84%	17.50%	4.84%	2.60%	10.47%	1.47%	6.52%	0.00%	6.41%	10.26%	7.87%
Pantothenic acid	3.25%	0.00%	17.86%	26.92%	6.76%	4.13%	16.04%	0.00%	15.15%	2.44%	5.06%		28.43%	2.20%	30.21%	28.42%	25.97%	39.13%	31.58%	40.63%	14.04%	8.00%	28.77%	39.13%	2.30%	0.00%	2.86%	1.47%	22.22%
Phosphorus	2.94%	0.00%	13.92%	26.36%	5.88%	7.25%	23.70%	0.00%	27.82%	3.60%	6.42%	28.43%		2.61%	44.60%	30.33%	26.36%	37.86%	31.30%	36.27%	16.92%	7.55%	24.75%	34.02%	2.70%	2.78%	3.03%	0.00%	27.93%
Potassium	2.33%	0.00%	1.11%	3.23%	4.12%	2.33%	5.79%	0.00%	0.00%	3.23%	3.19%	2.20%	2.61%		4.50%	4.42%	2.17%	3.33%	7.37%	4.40%	1.56%	3.16%	3.23%	3.37%	1.92%	1.14%	2.20%	3.26%	0.00%
Protein	4.41%	0.00%	14.47%	27.10%	5.05%	12.75%	28.19%	0.00%	36.43%	2.78%	5.66%	30.21%	44.60%	4.50%		37.01%	26.13%	40.40%	32.43%	37.76%	20.77%	10.78%	26.80%	35.79%	2.86%	2.99%	3.19%	0.00%	26.85%
Riboflavin	5.97%	1.02%	12.35%	21.78%	7.84%	13.01%	27.14%	3.41%	25.98%	3.67%	8.57%	28.42%	30.33%	4.42%	37.01%		23.30%	27.17%	29.63%	29.79%	18.90%	6.80%	21.43%	27.17%	4.67%	0.00%	3.19%	5.38%	15.69%
Saturated fat	1.67%	7.27%	12.24%	22.78%	10.29%	10.43%	37.62%	3.45%	18.35%	4.94%	10.39%	25.97%	26.36%	2.17%	26.13%	23.30%		38.57%	41.43%	47.83%	10.66%	4.23%	24.05%	36.21%	0.00%	2.56%	4.17%	0.00%	20.45%
Selenium	2.42%	0.00%	24.39%	32.00%	7.81%	5.93%	24.75%	6.12%	21.78%	3.70%	6.85%	39.13%	37.86%	3.33%	40.40%	27.17%	38.57%		44.29%	60.32%	16.67%	6.35%	36.11%	58.62%	0.00%	6.90%	4.48%	0.00%	29.63%
Sodium	8.59%	5.36%	15.56%	34.83%	32.93%	18.94%	41.13%	1.89%	19.44%	17.58%	25.84%	31.58%	31.30%	7.37%	32.43%	29.63%	41.43%	44.29%		59.74%	16.13%	12.86%	36.59%	42.37%	10.11%	2.86%	11.11%	13.24%	26.67%
Sugars	6.40%	3.45%	30.30%	28.38%	21.13%	15.32%	38.18%	8.70%	19.39%	10.71%	17.50%	40.63%	36.27%	4.40%	37.76%	29.79%	47.83%	60.32%	59.74%		17.70%	17.46%	38.03%	62.00%	5.19%	9.52%	9.09%	6.67%	25.64%
Thiamin	1.43%	0.00%	2.06%	10.08%	3.42%	1.37%	12.77%	3.74%	13.95%	2.34%	4.84%	14.04%	16.92%	1.56%	20.77%	18.90%	10.66%	16.67%	16.13%	17.70%		4.31%	15.25%	13.51%	1.68%	0.00%	0.88%	0.00%	8.33%
Vitamin A	1.59%	0.00%	1.75%	7.50%	5.48%	0.83%	7.84%	0.00%	6.86%	2.41%	2.60%	8.00%	7.55%	3.16%	10.78%	6.80%	4.23%	6.35%	12.86%	17.46%	4.31%		5.41%	6.56%	2.41%	0.00%	2.67%	2.70%	5.00%
Vitamin B <sub>6</sub>	2.33%	1.33%	11.76%	20.99%	15.00%	2.42%	19.82%	0.00%	12.24%	5.62%	10.47%	28.77%	24.75%	3.23%	26.80%	21.43%	24.05%	36.11%	36.59%	38.03%	15.25%	5.41%		33.33%	1.12%	0.00%	4.00%	2.90%	19.75%
Vitamin B <sub>12</sub>	2.48%	0.00%	24.39%	25.71%	3.33%	5.31%	19.77%	0.00%	15.79%	0.00%	1.47%	39.13%	34.02%	3.37%	35.79%	27.17%	36.21%	58.62%	42.37%	62.00%	13.51%	6.56%	33.33%		1.28%	8.70%	4.69%	0.00%	23.68%
Vitamin C	1.56%	0.00%	0.00%	3.23%	6.59%	8.33%	12.50%	1.32%	1.89%	2.02%	6.52%	2.30%	2.70%	1.92%	2.86%	4.67%	0.00%	0.00%	10.11%	5.19%	1.68%	2.41%	1.12%	1.28%		0.00%	3.26%	4.55%	1.09%
Vitamin D	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	1.43%	0.00%	0.00%	0.00%	0.00%	0.00%	2.78%	1.14%	2.99%	0.00%	2.56%	6.90%	2.86%	9.52%	0.00%	0.00%	0.00%	8.70%	0.00%		1.56%	0.00%	
Vitamin E	0.82%	1.33%	0.00%	2.70%	5.19%	1.67%	4.95%	1.54%	0.00%	2.50%	6.41%	2.86%	3.03%	2.20%	3.19%	3.19%	4.17%	4.48%	11.11%	9.09%	0.88%	2.67%	4.00%	4.69%	3.26%	1.56%		4.41%	1.30%
Vitamin K	2.40%	0.00%	0.00%	4.23%	11.11%	4.13%	9.18%	1.67%	0.00%	4.82%	10.26%	1.47%	0.00%	3.26%	0.00%	5.38%	0.00%	0.00%	13.24%	6.67%	0.00%	2.70%	2.90%	0.00%	4.55%	0.00%	4.41%		0.00%
Zinc	1.55%	1.22%	9.23%	28.41%	7.50%	3.97%	17.09%	0.00%	22.64%	4.55%	7.87%	22.22%	27.93%	0.00%	26.85%	15.69%	20.45%	29.63%	26.67%	25.64%	8.33%	5.00%	19.75%	23.68%	1.09%	0.00%	1.30%	0.00%	

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