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 lamb, veal, and game 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 B₆	Vitamin B₁₂	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	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%
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%		29.59%	0.00%	0.00%	4.41%	1.08%	7.93%	0.44%	0.46%	30.00%	50.67%	0.00%	78.22%	52.05%	2.11%	41.99%	70.48%	90.80%	3.97%	0.77%	21.97%	84.04%	0.26%	0.00%	0.00%	0.00%	75.24%
Copper	0.00%	0.00%	29.59%		0.00%	1.29%	13.88%	2.17%	31.28%	0.44%	1.37%	56.32%	68.30%	0.00%	69.04%	64.81%	7.86%	58.93%	64.67%	52.08%	23.33%	2.87%	46.59%	68.71%	4.07%	0.00%	0.00%	0.00%	68.97%
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%	0.00%	1.29%	0.00%		1.29%	0.00%	1.08%	0.00%	0.00%	0.87%	1.51%	0.00%	1.51%	0.86%	1.08%	1.51%	0.65%	0.87%	0.65%	0.00%	0.43%	1.51%	0.65%	0.00%	0.00%	0.00%	1.08%
Fat	0.00%	0.00%	4.41%	13.88%	0.00%	1.29%		0.22%	9.29%	0.22%	0.00%	9.84%	15.73%	0.22%	15.95%	13.20%	9.05%	15.30%	13.61%	8.24%	5.42%	0.65%	10.60%	14.10%	2.39%	0.00%	0.00%	0.00%	15.18%
Folate	0.00%	0.00%	1.08%	2.17%	0.00%	0.00%	0.22%		1.72%	0.00%	0.89%	2.05%	2.24%	0.00%	2.42%	2.17%	0.00%	2.01%	2.08%	1.08%	1.75%	1.71%	1.72%	2.46%	0.48%	0.00%	0.00%	0.00%	2.40%
Iron	0.00%	0.00%	7.93%	31.28%	0.00%	1.08%	9.29%	1.72%		0.00%	1.35%	25.36%	34.13%	0.22%	34.63%	30.94%	6.30%	32.61%	32.54%	18.38%	18.12%	2.69%	22.65%	32.74%	3.58%	0.00%	0.00%	0.00%	33.55%
Magnesium	0.00%	0.00%	0.44%	0.44%	0.00%	0.00%	0.22%	0.00%	0.00%		0.00%	0.44%	0.44%	0.00%	0.44%	0.44%	0.00%	0.44%	0.44%	0.44%	0.00%	0.00%	0.44%	0.44%	0.00%	0.00%	0.00%	0.00%	0.44%
Manganese	0.00%	0.00%	0.46%	1.37%	0.00%	0.00%	0.00%	0.89%	1.35%	0.00%		1.36%	1.37%	0.00%	1.37%	1.35%	0.00%	1.37%	1.37%	0.92%	1.33%	1.30%	1.14%	1.37%	0.22%	0.00%	0.00%	0.00%	1.37%
Pantothenic acid	0.00%	0.00%	30.00%	56.32%	0.00%	0.87%	9.84%	2.05%	25.36%	0.44%	1.36%		66.02%	0.44%	67.95%	64.40%	4.34%	59.90%	62.92%	50.56%	21.64%	2.88%	47.17%	68.12%	3.19%	0.00%	0.00%	0.00%	67.71%
Phosphorus	0.00%	0.00%	50.67%	68.30%	0.00%	1.51%	15.73%	2.24%	34.13%	0.44%	1.37%	66.02%		0.44%	83.59%	78.15%	9.35%	70.61%	78.73%	70.63%	24.78%	2.91%	51.94%	83.26%	5.34%	0.00%	0.00%	0.00%	83.11%
Potassium	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.22%	0.00%	0.22%	0.00%	0.00%	0.44%	0.44%		0.44%	0.22%	0.22%	0.44%	0.44%	0.22%	0.00%	0.00%	0.00%	0.44%	0.22%	0.00%	0.00%	0.00%	0.44%
Protein	0.00%	0.00%	78.22%	69.04%	0.00%	1.51%	15.95%	2.42%	34.63%	0.44%	1.37%	67.95%	83.59%	0.44%		84.80%	9.35%	77.46%	91.34%	92.61%	24.94%	2.96%	52.95%	96.14%	5.39%	0.00%	0.00%	0.00%	94.68%
Riboflavin	0.00%	0.00%	52.05%	64.81%	0.00%	0.86%	13.20%	2.17%	30.94%	0.44%	1.35%	64.40%	78.15%	0.22%	84.80%		6.99%	70.20%	79.96%	72.02%	24.28%	2.94%	50.90%	84.72%	4.65%	0.00%	0.00%	0.00%	84.86%
Saturated fat	0.00%	0.00%	2.11%	7.86%	0.00%	1.08%	9.05%	0.00%	6.30%	0.00%	0.00%	4.34%	9.35%	0.22%	9.35%	6.99%		9.35%	8.26%	3.47%	1.74%	0.00%	5.54%	7.74%	1.73%	0.00%	0.00%	0.00%	8.73%
Selenium	0.00%	0.00%	41.99%	58.93%	0.00%	1.51%	15.30%	2.01%	32.61%	0.44%	1.37%	59.90%	70.61%	0.44%	77.46%	70.20%	9.35%		73.03%	60.39%	21.90%	2.87%	47.15%	77.15%	5.25%	0.00%	0.00%	0.00%	76.89%
Sodium	0.00%	0.00%	70.48%	64.67%	0.00%	0.65%	13.61%	2.08%	32.54%	0.44%	1.37%	62.92%	78.73%	0.44%	91.34%	79.96%	8.26%	73.03%		90.13%	21.90%	2.24%	49.89%	93.18%	3.20%	0.48%	0.00%	0.00%	89.82%
Sugars	0.00%	0.00%	90.80%	52.08%	0.00%	0.87%	8.24%	1.08%	18.38%	0.44%	0.92%	50.56%	70.63%	0.22%	92.61%	72.02%	3.47%	60.39%	90.13%		13.74%	1.27%	37.20%	96.73%	0.52%	0.51%	0.00%	0.00%	89.73%
Thiamin	0.00%	0.00%	3.97%	23.33%	0.00%	0.65%	5.42%	1.75%	18.12%	0.00%	1.33%	21.64%	24.78%	0.00%	24.94%	24.28%	1.74%	21.90%	21.90%	13.74%		2.71%	19.73%	24.16%	1.80%	0.00%	0.00%	0.00%	24.67%
Vitamin A	0.00%	0.00%	0.77%	2.87%	0.00%	0.00%	0.65%	1.71%	2.69%	0.00%	1.30%	2.88%	2.91%	0.00%	2.96%	2.94%	0.00%	2.87%	2.24%	1.27%	2.71%		2.18%	2.99%	0.74%	0.00%	0.00%	0.00%	2.94%
Vitamin B₆	0.00%	0.00%	21.97%	46.59%	0.00%	0.43%	10.60%	1.72%	22.65%	0.44%	1.14%	47.17%	51.94%	0.00%	52.95%	50.90%	5.54%	47.15%	49.89%	37.20%	19.73%	2.18%		53.08%	1.46%	0.00%	0.00%	0.00%	53.08%
Vitamin B₁₂	0.00%	0.00%	84.04%	68.71%	0.00%	1.51%	14.10%	2.46%	32.74%	0.44%	1.37%	68.12%	83.26%	0.44%	96.14%	84.72%	7.74%	77.15%	93.18%	96.73%	24.16%	2.99%	53.08%		5.42%	0.51%	0.00%	0.00%	94.80%
Vitamin C	0.00%	0.00%	0.26%	4.07%	0.00%	0.65%	2.39%	0.48%	3.58%	0.00%	0.22%	3.19%	5.34%	0.22%	5.39%	4.65%	1.73%	5.25%	3.20%	0.52%	1.80%	0.74%	1.46%	5.42%		0.00%	0.00%	0.00%	5.15%
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%	0.48%	0.51%	0.00%	0.00%	0.00%	0.51%	0.00%		0.00%	0.00%	0.00%
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	0.00%	0.00%	75.24%	68.97%	0.00%	1.08%	15.18%	2.40%	33.55%	0.44%	1.37%	67.71%	83.11%	0.44%	94.68%	84.86%	8.73%	76.89%	89.82%	89.73%	24.67%	2.94%	53.08%	94.80%	5.15%	0.00%	0.00%	0.00%	

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