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 fruits and fruit juices

	m	Cholesterol	ine)er	ıry fiber	gy		e		nesium	ganese	othenic acid	phorus	ssium	ein	Riboflavin	aturated fat	nium	щ	SI	nin	nin A	min B¢	min B12	nin C	nin D	nin E	min K	
	Calcium	Chol	Choline	Copper	Dietary	Energy	Fat	Folate	Iron	Mag	Man	Pantoth	Phos	Pota	Protein	Ribo	Satu	Selenium	Sodiı	Sugars	Thiamin	Vitamin	Vitaı	Vitaı	Vitaı	Vitaı	Vitamin	Vitaı	Zinc
Calcium		2.79%	0.00%	0.84%	0.28%	1.39%	3.06%	1.40%	0.28%	0.28%	0.00%	0.00%	0.56%	0.00%	0.00%	0.00%	2.79%	0.00%	3.06%	0.28%	0.56%	0.28%	0.84%	0.00%	2.51%	0.56%	0.28%	0.56%	0.00%
Cholesterol	2.79%		0.00%	46.27%	28.66%	46.04%	97.12%	9.80%	4.86%	2.31%	18.71%	3.75%	0.56%	7.02%	0.28%	5.85%	97.44%	0.00%	98.06%	7.04%	9.91%	6.49%	10.57%	1.25%	47.13%	0.70%	6.75%	10.12%	0.00%
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	0.84%	46.27%	0.00%		18.86%	20.51%	48.25%	5.86%	4.52%	2.29%	12.77%	3.46%	0.00%	6.20%	0.00%	5.73%	45.85%	0.00%	49.56%	1.97%	5.71%	4.32%	9.17%	0.59%	25.36%	0.63%	4.14%	4.86%	0.00%
Dietary fiber	0.28%	28.66%	0.00%	18.86%		16.57%	31.93%	3.40%	2.57%	1.70%	8.76%	2.42%	0.00%	3.69%	0.28%	3.40%	28.80%	0.00%	32.83%	2.24%	2.56%	1.44%	4.41%	0.29%	15.22%	0.00%	2.92%	5.61%	0.00%
Energy	1.39%	46.04%	0.00%	20.51%	16.57%		49.58%	4.83%	1.67%	1.12%	7.49%	2.11%	0.56%	0.28%	0.00%	1.12%	45.15%	0.00%	50.28%	7.48%	4.78%	3.13%	0.29%	0.00%	24.86%	0.00%	2.21%	4.11%	0.00%
Fat	3.06%	97.12%	0.00%	48.25%	31.93%	49.58%		10.00%	7.24%	3.14%	21.43%	3.74%	0.56%	7.00%	0.28%	6.92%	97.16%	0.00%	97.21%	6.55%	10.40%	6.76%	10.48%	1.24%	50.00%	0.69%	7.42%	10.67%	0.00%
Folate	1.40%	9.80%	0.00%	5.86%	3.40%	4.83%	10.00%		0.00%	0.00%	3.04%	1.56%	0.56%	1.13%	0.00%	0.59%	9.74%	0.00%	10.71%	0.61%	3.20%	0.29%	2.75%	0.30%	8.00%	0.65%	1.27%	1.27%	0.00%
Iron	0.28%	4.86%	0.00%	4.52%	2.57%	1.67%	7.24%	0.00%		0.85%	1.71%	0.57%	0.00%	2.51%	0.28%	1.41%	5.40%	0.00%	6.96%	0.00%	0.28%	0.85%	1.14%	0.00%	4.46%	0.00%	0.00%	0.29%	0.00%
Magnesium	0.28%	2.31%	0.00%	2.29%	1.70%	1.12%	3.14%	0.00%	0.85%		0.00%	0.00%	0.00%	1.69%	0.00%	0.57%	2.59%	0.00%	3.13%	0.00%	0.28%	0.57%	0.86%	0.00%	2.27%	0.00%	0.29%	0.29%	0.00%
Manganese	0.00%	18.71%	0.00%	12.77%	8.76%	7.49%	21.43%	3.04%	1.71%	0.00%		1.28%	0.00%	2.01%	0.00%	2.91%	18.86%	0.00%	22.01%	1.23%	4.39%	0.29%	4.46%	0.58%	15.31%	0.00%	2.52%	4.46%	0.00%
Pantothenic acid	0.00%	3.75%	0.00%	3.46%	2.42%	2.11%	3.74%	1.56%	0.57%	0.00%	1.28%		0.00%	1.42%	0.00%	0.60%	3.74%	0.00%	4.75%	0.90%	0.29%	0.29%	1.21%	0.29%	3.23%	0.00%	0.62%	0.94%	0.00%
Phosphorus	0.56%	0.56%	0.00%	0.00%	0.00%	0.56%	0.56%	0.56%	0.00%	0.00%	0.00%	0.00%		0.00%	0.00%	0.00%	0.56%	0.00%	0.56%	0.00%	0.56%	0.00%	0.00%	0.00%	0.56%	0.00%	0.00%	0.00%	0.00%
Potassium	0.00%	7.02%	0.00%	6.20%	3.69%	0.28%	7.00%	1.13%	2.51%	1.69%	2.01%	1.42%	0.00%		0.00%	1.96%	7.02%	0.00%	7.26%	0.00%	1.40%	1.40%	3.37%	0.00%	4.76%	0.00%	0.86%	0.29%	0.00%
Protein	0.00%	0.28%	0.00%	0.00%	0.28%	0.00%	0.28%	0.00%	0.28%	0.00%	0.00%	0.00%	0.00%	0.00%		0.00%	0.28%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.28%	0.00%	0.00%	0.00%	0.00%
Riboflavin	0.00%	5.85%	0.00%	5.73%	3.40%	1.12%	6.92%	0.59%	1.41%	0.57%	2.91%	0.60%	0.00%	1.96%	0.00%		5.85%	0.00%	7.18%	0.00%	1.44%	0.85%	3.78%	0.58%	5.13%	0.00%	0.59%	1.19%	0.00%
Saturated fat	2.79%	97.44%	0.00%	45.85%	28.80%	45.15%	97.16%	9.74%	5.40%	2.59%	18.86%	3.74%	0.56%	7.02%	0.28%	5.85%		0.00%	97.15%	5.88%	9.91%	6.49%	10.51%	1.24%	47.31%	0.70%	6.72%	10.00%	0.00%
Selenium	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%
Sodium	3.06%	98.06%	0.00%	49.56%	32.83%	50.28%	97.21%	10.71%	6.96%	3.13%	22.01%	4.75%	0.56%	7.26%	0.00%	7.18%	97.15%	0.00%		8.03%	10.40%	6.74%	11.34%	1.24%	50.00%	0.70%	7.45%	11.16%	0.00%
Sugars	0.28%	7.04%	0.00%	1.97%	2.24%	7.48%	6.55%	0.61%	0.00%	0.00%	1.23%	0.90%	0.00%	0.00%	0.00%	0.00%	5.88%	0.00%	8.03%		0.00%	0.00%	0.30%	0.00%	2.51%	0.00%	0.00%	0.74%	0.00%
Thiamin	0.56%	9.91%	0.00%	5.71%	2.56%	4.78%	10.40%	3.20%	0.28%	0.28%	4.39%	0.29%	0.56%	1.40%	0.00%	1.44%	9.91%	0.00%	10.40%	0.00%		0.57%	3.19%	0.58%	9.69%	0.00%	0.29%	0.60%	0.00%
Vitamin A	0.28%	6.49%	0.00%	4.32%	1.44%	3.13%	6.76%	0.29%	0.85%	0.57%	0.29%	0.29%	0.00%	1.40%	0.00%	0.85%	6.49%	0.00%	6.74%	0.00%	0.57%		0.86%	0.00%	3.45%	0.29%	0.30%	0.00%	0.00%
Vitamin B6	0.84%	10.57%	0.00%	9.17%	4.41%	0.29%	10.48%	2.75%	1.14%	0.86%	4.46%	1.21%	0.00%	3.37%	0.00%	3.78%	10.51%	0.00%	11.34%	0.30%	3.19%	0.86%		1.15%	8.21%	0.62%	1.55%	0.95%	0.00%
Vitamin B12	0.00%	1.25%	0.00%	0.59%	0.29%	0.00%	1.24%	0.30%	0.00%	0.00%	0.58%	0.29%	0.00%	0.00%	0.00%	0.58%	1.24%	0.00%	1.24%	0.00%	0.58%	0.00%	1.15%		1.17%	0.00%	0.59%	0.29%	0.00%
Vitamin C	2.51%	47.13%	0.00%	25.36%	15.22%	24.86%	50.00%	8.00%	4.46%	2.27%	15.31%	3.23%	0.56%	4.76%	0.28%	5.13%	47.31%	0.00%	50.00%	2.51%	9.69%	3.45%	8.21%	1.17%		0.65%	4.19%	3.64%	0.00%
Vitamin D	0.56%	0.70%	0.00%	0.63%	0.00%	0.00%	0.69%	0.65%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.70%	0.00%	0.70%	0.00%	0.00%	0.29%	0.62%	0.00%	0.65%		0.33%	0.00%	0.00%
Vitamin E	0.28%	6.75%	0.00%	4.14%	2.92%	2.21%	7.42%	1.27%	0.00%	0.29%	2.52%	0.62%	0.00%	0.86%	0.00%	0.59%	6.72%	0.00%	7.45%	0.00%	0.29%	0.30%	1.55%	0.59%	4.19%	0.33%		2.73%	0.00%
Vitamin K	0.56%	10.12%	0.00%	4.86%	5.61%	4.11%	10.67%	1.27%	0.29%	0.29%	4.46%	0.94%	0.00%	0.29%	0.00%	1.19%	10.00%	0.00%	11.16%	0.74%	0.60%	0.00%	0.95%	0.29%	3.64%	0.00%	2.73%		0.00%
Zinc	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%	

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