

**AVERAGES (%) OF FOODS CONTAINING APPROPRIATE LEVELS OF POSITIVE NUTRIENTS  
(TO ACHIEVE ADEQUATE INTAKE OF ANY POSITIVE NUTRIENT) BASED ON THE PROPOSED METHOD IN FOOD GROUPS**

Food group	Absent (percentage=0)	Insufficient (0<percentage<10)	Almost insufficient (10<percentage<20)	Acceptable (20<percentage<30)	Satisfactory (30<percentage<40)	Almost good (40<percentage<50)	Good (50<percentage<60)	Almost very good (60<percentage<70)	Very good (70<percentage<80)	Almost excellent (80<percentage<90)	Excellent (90<percentage<100)	
American Indian/Alaska Native foods		<ul style="list-style-type: none"> <li>Potassium (8.51%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (10.77%)</li> <li>Vitamin D (11.76%)</li> <li>Vitamin E (11.94%)</li> <li>Folate (12.2%)</li> <li>Vitamin K (15%)</li> <li>Magnesium (18.18%)</li> <li>Vitamin C (18.6%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A (23.08%)</li> <li>Thiamin (27.34%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (30.23%)</li> <li>Zinc (36.36%)</li> <li>Dietary fiber (37.66%)</li> <li>Choline (37.93%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (41.79%)</li> <li>Copper (44.83%)</li> <li>Pantothenic acid (46.38%)</li> <li>Vitamin B<sub>12</sub> (46.75%)</li> <li>Riboflavin (47.97%)</li> </ul>		<ul style="list-style-type: none"> <li>Phosphorus (51.54%)</li> </ul>	<ul style="list-style-type: none"> <li>Protein (60.4%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (70%)</li> <li>Selenium (71.21%)</li> </ul>		
Baby foods		<ul style="list-style-type: none"> <li>Potassium (1.92%)</li> </ul>	<ul style="list-style-type: none"> <li>Choline (17.59%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin D (20.18%)</li> <li>Dietary fiber (22.9%)</li> <li>Manganese (24.22%)</li> </ul>		<ul style="list-style-type: none"> <li>Riboflavin (30.58%)</li> <li>Manganese (38.57%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (44.08%)</li> <li>Thiamin (45.21%)</li> </ul>	<ul style="list-style-type: none"> <li>Selenium (52.94%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (61.64%)</li> <li>Protein (64.11%)</li> <li>Riboflavin (65.48%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (70.14%)</li> <li>Vitamin C (72.85%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (87.64%)</li> </ul>	
Baked products	<ul style="list-style-type: none"> <li>Potassium (0%)</li> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin C (0.21%)</li> <li>Choline (0.34%)</li> <li>Zinc (0.84%)</li> <li>Pantothenic acid (0.96%)</li> <li>Vitamin E (1.92%)</li> <li>Magnesium (2.36%)</li> <li>Vitamin K (3.9%)</li> <li>Calcium (7.21%)</li> <li>Protein (8.71%)</li> </ul>	<ul style="list-style-type: none"> <li>Dietary fiber (10.06%)</li> <li>Vitamin B<sub>12</sub> (10.06%)</li> <li>Phosphorus (12.1%)</li> <li>Vitamin B<sub>6</sub> (13.7%)</li> <li>Iron (16.46%)</li> <li>Vitamin A (17.25%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (22.08%)</li> </ul>		<ul style="list-style-type: none"> <li>Riboflavin (30.58%)</li> <li>Manganese (38.57%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (44.08%)</li> <li>Thiamin (45.21%)</li> </ul>	<ul style="list-style-type: none"> <li>Selenium (52.94%)</li> </ul>				
Beef products	<ul style="list-style-type: none"> <li>Dietary fiber (0%)</li> <li>Magnesium (0%)</li> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Potassium (0.11%)</li> <li>Vitamin K (0.14%)</li> <li>Calcium (0.21%)</li> <li>Vitamin E (0.39%)</li> <li>Folate (0.59%)</li> <li>Vitamin A (0.74%)</li> <li>Manganese (0.95%)</li> <li>Vitamin C (1.14%)</li> <li>Thiamin (2.91%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A (12.71%)</li> <li>Phosphorus (13.97%)</li> <li>Calcium (14.46%)</li> <li>Thiamin (14.52%)</li> <li>Copper (14.92%)</li> <li>Vitamin E (15.36%)</li> <li>Vitamin B<sub>6</sub> (18.77%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (20%)</li> <li>Pantothenic acid (21.05%)</li> <li>Calcium (21.85%)</li> <li>Riboflavin (24.75%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (30.43%)</li> </ul>	<ul style="list-style-type: none"> <li>Pantothenic acid (48.19%)</li> </ul>		<ul style="list-style-type: none"> <li>Iron (68.78%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (75.05%)</li> </ul>	<ul style="list-style-type: none"> <li>Choline (83.45%)</li> <li>Phosphorus (85.7%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (90.97%)</li> <li>Selenium (92.58%)</li> <li>Protein (98.44%)</li> <li>Zinc (98.71%)</li> <li>Vitamin B<sub>12</sub> (99.35%)</li> </ul>	
Beverages		<ul style="list-style-type: none"> <li>Choline (1.69%)</li> <li>Dietary fiber (2.19%)</li> <li>Vitamin K (3.8%)</li> <li>Potassium (4.37%)</li> <li>Iron (6.69%)</li> <li>Folate (6.85%)</li> <li>Selenium (8.67%)</li> <li>Magnesium (8.72%)</li> <li>Vitamin D (9.09%)</li> <li>Zinc (9.21%)</li> <li>Protein (9.72%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A (11.22%)</li> <li>Pantothenic acid (18.25%)</li> <li>Vitamin D (8.89%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (20%)</li> <li>Pantothenic acid (21.05%)</li> <li>Calcium (21.85%)</li> <li>Riboflavin (24.75%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin C (35.67%)</li> </ul>							
Breakfast cereals	<ul style="list-style-type: none"> <li>Vitamin K (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Choline (0.99%)</li> <li>Potassium (2%)</li> <li>Vitamin D (8.89%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin E (11.22%)</li> <li>Pantothenic acid (18.25%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin C (20.29%)</li> <li>Protein (26.42%)</li> <li>Calcium (28.29%)</li> </ul>	<ul style="list-style-type: none"> <li>Magnesium (35.34%)</li> <li>Phosphorus (39.66%)</li> </ul>		<ul style="list-style-type: none"> <li>Vitamin A (56.72%)</li> <li>Vitamin B<sub>6</sub> (56.88%)</li> <li>Selenium (57.27%)</li> <li>Dietary fiber (57.57%)</li> <li>Copper (58.47%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (61.67%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (72.83%)</li> <li>Manganese (74.05%)</li> <li>Riboflavin (75.29%)</li> <li>Folate (75.54%)</li> <li>Iron (78.63%)</li> </ul>		<ul style="list-style-type: none"> <li>Thiamin (91.09%)</li> </ul>	
Cereal grains and pasta	<ul style="list-style-type: none"> <li>Calcium (0%)</li> <li>Choline (0%)</li> <li>Potassium (0%)</li> <li>Vitamin A (0%)</li> <li>Vitamin B<sub>12</sub> (0%)</li> <li>Vitamin C (0%)</li> <li>Vitamin D (0%)</li> <li>Vitamin E (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin K (1.69%)</li> </ul>	<ul style="list-style-type: none"> <li>Pantothenic acid (16.18%)</li> <li>Vitamin B<sub>6</sub> (16.67%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (20.44%)</li> <li>Iron (22.1%)</li> <li>Riboflavin (22.22%)</li> <li>Phosphorus (29.28%)</li> </ul>	<ul style="list-style-type: none"> <li>Magnesium (32.04%)</li> <li>Dietary fiber (32.92%)</li> <li>Protein (33.7%)</li> <li>Folate (35.26%)</li> </ul>		<ul style="list-style-type: none"> <li>Magnesium (57.78%)</li> <li>Thiamin (57.78%)</li> </ul>	<ul style="list-style-type: none"> <li>Selenium (63.12%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (55.8%)</li> <li>Thiamin (57.78%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (72.73%)</li> </ul>		
Dairy and egg products		<ul style="list-style-type: none"> <li>Manganese (0.93%)</li> <li>Dietary fiber (1.47%)</li> <li>Vitamin K (1.67%)</li> <li>Vitamin E (2.08%)</li> <li>Vitamin C (2.23%)</li> <li>Iron (3.64%)</li> <li>Potassium (4%)</li> <li>Magnesium (4.48%)</li> <li>Thiamin (4.48%)</li> <li>Vitamin B<sub>6</sub> (4.48%)</li> <li>Folate (5.36%)</li> <li>Choline (9.7%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (12.69%)</li> <li>Vitamin D (16.46%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (20.88%)</li> <li>Vitamin A (23.75%)</li> </ul>		<ul style="list-style-type: none"> <li>Selenium (40.07%)</li> <li>Pantothenic acid (47.2%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (53.48%)</li> <li>Calcium (58.91%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (60.36%)</li> <li>Vitamin B<sub>12</sub> (67.16%)</li> <li>Protein (69.09%)</li> </ul>				
Fast foods	<ul style="list-style-type: none"> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Magnesium (0.3%)</li> <li>Potassium (0.59%)</li> <li>Vitamin C (3.39%)</li> <li>Vitamin A (3.77%)</li> <li>Vitamin E (6.44%)</li> <li>Dietary fiber (7.97%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin K (10.31%)</li> <li>Choline (18.38%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (21.16%)</li> <li>Iron (24.64%)</li> <li>Vitamin B<sub>6</sub> (24.68%)</li> <li>Copper (26.22%)</li> <li>Manganese (29.5%)</li> </ul>	<ul style="list-style-type: none"> <li>Pantothenic acid (37.55%)</li> <li>Zinc (39.29%)</li> </ul>			<ul style="list-style-type: none"> <li>Phosphorus (61.42%)</li> <li>Thiamin (66.37%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (70.44%)</li> <li>Vitamin B<sub>12</sub> (72.49%)</li> <li>Riboflavin (73.39%)</li> </ul>	<ul style="list-style-type: none"> <li>Protein (87.25%)</li> </ul>	<ul style="list-style-type: none"> <li>Selenium (90.78%)</li> </ul>	
Fats and oils	<ul style="list-style-type: none"> <li>Calcium (0%)</li> <li>Choline (0%)</li> <li>Copper (0%)</li> <li>Dietary fiber (0%)</li> <li>Folate (0%)</li> <li>Iron (0%)</li> <li>Magnesium (0%)</li> <li>Manganese (0%)</li> <li>Pantothenic acid (0%)</li> <li>Phosphorus (0%)</li> <li>Potassium (0%)</li> <li>Protein (0%)</li> <li>Riboflavin (0%)</li> <li>Selenium (0%)</li> <li>Vitamin C (0%)</li> <li>Zinc (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin D (0.74%)</li> <li>Thiamin (0.96%)</li> <li>Vitamin B<sub>1</sub> (1.94%)</li> <li>Vitamin B<sub>12</sub> (1.99%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin E (26.83%)</li> <li>Vitamin K (27.62%)</li> </ul>									
Finfish and shellfish products	<ul style="list-style-type: none"> <li>Dietary fiber (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin K (1.57%)</li> <li>Vitamin C (1.94%)</li> <li>Calcium (4.53%)</li> <li>Folate (6.2%)</li> <li>Potassium (8.68%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A (10.67%)</li> <li>Iron (11.7%)</li> <li>Manganese (14.67%)</li> <li>Vitamin E (16.23%)</li> <li>Vitamin B<sub>6</sub> (17.19%)</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (23.55%)</li> <li>Zinc (24.53%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (36.29%)</li> <li>Copper (36.98%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin D (47.93%)</li> </ul>	<ul style="list-style-type: none"> <li>Pantothenic acid (55.02%)</li> <li>Vitamin B<sub>6</sub> (59.85%)</li> </ul>		<ul style="list-style-type: none"> <li>Choline (86.67%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (91.7%)</li> <li>Vitamin B<sub>12</sub> (97.68%)</li> <li>Protein (98.11%)</li> <li>Selenium (99.22%)</li> </ul>		
Fruits and fruit juices	<ul style="list-style-type: none"> <li>Choline (0%)</li> <li>Selenium (0%)</li> <li>Zinc (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Protein (0.28%)</li> <li>Phosphorus (0.56%)</li> <li>Vitamin D (0.7%)</li> <li>Vitamin B<sub>1</sub> (1.25%)</li> <li>Calcium (3.06%)</li> <li>Magnesium (3.14%)</li> <li>Pantothenic acid (4.76%)</li> <li>Vitamin A (6.76%)</li> <li>Riboflavin (7.2%)</li> <li>Iron (7.24%)</li> <li>Potassium (7.28%)</li> <li>Vitamin E (7.48%)</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (10.69%)</li> <li>Folate (10.75%)</li> <li>Vitamin K (11.2%)</li> <li>Vitamin B<sub>6</sub> (11.39%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (22.15%)</li> </ul>	<ul style="list-style-type: none"> <li>Dietary fiber (33.13%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (49.71%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin C (50.42%)</li> </ul>					
Lamb, veal, and game products	<ul style="list-style-type: none"> <li>Calcium (0%)</li> <li>Dietary fiber (0%)</li> <li>Vitamin E (0%)</li> <li>Vitamin K (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Magnesium (0.44%)</li> <li>Potassium (0.44%)</li> <li>Vitamin D (0.51%)</li> <li>Manganese (1.37%)</li> <li>Folate (2.49%)</li> <li>Vitamin A (2.99%)</li> <li>Vitamin C (5.43%)</li> <li>Pantothenic acid (9.38%)</li> </ul>		<ul style="list-style-type: none"> <li>Thiamin (25%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (34.63%)</li> </ul>		<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (53.08%)</li> </ul>	<ul style="list-style-type: none"> <li>Pantothenic acid (68.12%)</li> <li>Copper (69.2%)</li> </ul>	<ul style="list-style-type: none"> <li>Selenium (77.85%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (83.77%)</li> <li>Riboflavin (84.99%)</li> </ul>	<ul style="list-style-type: none"> <li>Choline (90.8%)</li> <li>Zinc (94.89%)</li> <li>Protein (96.24%)</li> <li>Vitamin B<sub>12</sub> (98.4%)</li> </ul>	
Legumes and legume products		<ul style="list-style-type: none"> <li>Vitamin K (3.45%)</li> <li>Vitamin C (3.53%)</li> <li>Vitamin D (4.05%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin D (10.98%)</li> <li>Choline (12.98%)</li> <li>Vitamin E (15.44%)</li> <li>Calcium (16.39%)</li> <li>Potassium (19.46%)</li> </ul>	<ul style="list-style-type: none"> <li>Pantothenic acid (22.22%)</li> <li>Selenium (25.63%)</li> <li>Vitamin B<sub>6</sub> (27.12%)</li> <li>Calcium (27.61%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (30.61%)</li> <li>Zinc (33.13%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (46.17%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (53.02%)</li> <li>Dietary fiber (54.44%)</li> <li>Thiamin (59.94%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (60.34%)</li> <li>Magnesium (64.84%)</li> </ul>	<ul style="list-style-type: none"> <li>Protein (88.28%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (92.27%)</li> <li>Copper (95.3%)</li> </ul>		
Meals, entrees, and side dishes		<ul style="list-style-type: none"> <li>Vitamin D (1.67%)</li> <li>Vitamin E (5.88%)</li> <li>Vitamin A (6.78%)</li> <li>Magnesium (6.94%)</li> <li>Potassium (8.43%)</li> <li>Choline (9.43%)</li> <li>Vitamin C (9.46%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (19.54%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (22.5%)</li> <li>Vitamin K (23.64%)</li> <li>Vitamin B<sub>6</sub> (25%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (31.82%)</li> <li>Pantothenic acid (36.36%)</li> <li>Dietary fiber (38.64%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (41.46%)</li> <li>Vitamin B<sub>12</sub> (47.3%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (52.38%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (63.1%)</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (71.43%)</li> <li>Folate (73.08%)</li> <li>Manganese (78.43%)</li> </ul>		<ul style="list-style-type: none"> <li>Protein (92.05%)</li> <li>Selenium (95.16%)</li> </ul>	
Nut and seed products	<ul style="list-style-type: none"> <li>Choline (0%)</li> <li>Vitamin A (0%)</li> <li>Vitamin B<sub>12</sub> (0%)</li> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin K (1.79%)</li> <li>Potassium (2.19%)</li> <li>Calcium (3.65%)</li> <li>Vitamin C (5.93%)</li> <li>Pantothenic acid (9.38%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (10%)</li> <li>Riboflavin (13.53%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (20.44%)</li> <li>Vitamin B<sub>6</sub> (24.81%)</li> </ul>	<ul style="list-style-type: none"> <li>Dietary fiber (35.29%)</li> <li>Selenium (36.59%)</li> <li>Thiamin (38.81%)</li> <li>Phosphorus (48.15%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (44.44%)</li> <li>Vitamin E (46.48%)</li> <li>Protein (46.72%)</li> <li>Phosphorus (48.15%)</li> </ul>		<ul style="list-style-type: none"> <li>Magnesium (54.41%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (87.12%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (91.85%)</li> </ul>		
Pork products	<ul style="list-style-type: none"> <li>Dietary fiber (0%)</li> <li>Magnesium (0%)</li> <li>Vitamin E (0%)</li> <li>Vitamin K (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (0.29%)</li> <li>Vitamin D (0.45%)</li> <li>Vitamin A (0.6%)</li> <li>Manganese (0.61%)</li> <li>Folate (0.91%)</li> <li>Vitamin C (4.4%)</li> <li>Iron (4.59%)</li> <li>Potassium (8.5%)</li> </ul>			<ul style="list-style-type: none"> <li>Copper (39.88%)</li> </ul>			<ul style="list-style-type: none"> <li>Pantothenic acid (76.22%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (86.79%)</li> <li>Phosphorus (87.43%)</li> <li>Choline (88.15%)</li> <li>Riboflavin (88.29%)</li> <li>Thiamin (88.59%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (90.32%)</li> <li>Vitamin B<sub>12</sub> (93.11%)</li> <li>Selenium (94.59%)</li> <li>Protein (94.72%)</li> </ul>		
Poultry products	<ul style="list-style-type: none"> <li>Dietary fiber (0%)</li> <li>Vitamin D (0%)</li> <li>Vitamin E (0%)</li> <li>Vitamin K (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (0.51%)</li> <li>Magnesium (0.52%)</li> <li>Potassium (0.52%)</li> <li>Manganese (1.62%)</li> <li>Vitamin C (2.31%)</li> <li>Folate (5.95%)</li> <li>Vitamin A (8.2%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (16.36%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (22.37%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (32.81%)</li> </ul>			<ul style="list-style-type: none"> <li>Choline (69.7%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (75.06%)</li> <li>Vitamin B<sub>12</sub> (79.22%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (80%)</li> <li>Phosphorus (82.08%)</li> <li>Vitamin B<sub>6</sub> (82.08%)</li> <li>Pantothenic acid (88.58%)</li> </ul>	<ul style="list-style-type: none"> <li>Selenium (98.45%)</li> <li>Protein (99.23%)</li> </ul>	
Restaurant foods	<ul style="list-style-type: none"> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Potassium (3.26%)</li> <li>Magnesium (4.35%)</li> <li>Vitamin E (4.49%)</li> <li>Vitamin A (5.19%)</li> <li>Dietary fiber (9.41%)</li> </ul>	<ul style="list-style-type: none"> <li>Choline (12.9%)</li> <li>Iron (13.04%)</li> <li>Calcium (15.22%)</li> <li>Vitamin C (18.42%)</li> <li>Thiamin (19.57%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (27.17%)</li> <li>Manganese (27.17%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (30.43%)</li> <li>Folate (33.33%)</li> <li>Vitamin B<sub>6</sub> (33.33%)</li> <li>Pantothenic acid (34.83%)</li> <li>Riboflavin (38.04%)</li> </ul>		<ul style="list-style-type: none"> <li>Vitamin B<sub>12</sub> (52.05%)</li> <li>Phosphorus (58.7%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin K (66.13%)</li> </ul>	<ul style="list-style-type: none"> <li>Protein (72.83%)</li> <li>Selenium (76.74%)</li> </ul>			
Sausages and luncheon meats	<ul style="list-style-type: none"> <li>Dietary fiber (0%)</li> <li>Magnesium (0%)</li> <li>Vitamin D (0%)</li> <li>Vitamin E (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Calcium (0.6%)</li> <li>Potassium (1.2%)</li> <li>Folate (1.21%)</li> <li>Vitamin K (1.82%)</li> <li>Choline (3.13%)</li> <li>Manganese (3.65%)</li> <li>Vitamin A (6.51%)</li> <li>Vitamin C (7.78%)</li> <li>Iron (9.47%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (10.84%)</li> <li>Copper (13.17%)</li> <li>Pantothenic acid (17.86%)</li> </ul>	<ul style="list-style-type: none"> <li>Riboflavin (22.7%)</li> <li>Vitamin B<sub>6</sub> (25.77%)</li> </ul>		<ul style="list-style-type: none"> <li>Thiamin (41.72%)</li> </ul>	<ul style="list-style-type: none"> <li>Zinc (55.6%)</li> </ul>		<ul style="list-style-type: none"> <li>Vitamin B<sub>12</sub> (82.21%)</li> <li>Selenium (86.16%)</li> </ul>	<ul style="list-style-type: none"> <li>Protein (95.29%)</li> </ul>		
Snacks	<ul style="list-style-type: none"> <li>Choline (0%)</li> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Potassium (1.81%)</li> <li>Vitamin K (6.96%)</li> <li>Phosphorus (7.1%)</li> <li>Pantothenic acid (9.59%)</li> <li>Vitamin A (9.94%)</li> </ul>	<ul style="list-style-type: none"> <li>Iron (12.14%)</li> <li>Protein (12.43%)</li> <li>Vitamin B<sub>6</sub> (12.5%)</li> <li>Calcium (12.72%)</li> <li>Zinc (13.02%)</li> <li>Dietary fiber (14.11%)</li> <li>Vitamin C (15.91%)</li> <li>Magnesium (17.06%)</li> <li>Riboflavin (19.53%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (21.69%)</li> <li>Vitamin B<sub>6</sub> (22.67%)</li> <li>Selenium (24.65%)</li> <li>Thiamin (25.44%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin E (33.9%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (47.27%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (61.97%)</li> </ul>					
Soups, sauces, and gravies	<ul style="list-style-type: none"> <li>Vitamin D (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Choline (1.31%)</li> <li>Magnesium (3.49%)</li> <li>Calcium (3.76%)</li> <li>Vitamin C (4.09%)</li> <li>Folate (6.8%)</li> <li>Thiamin (7.85%)</li> <li>Iron (8.37%)</li> <li>Vitamin E (8.47%)</li> <li>Vitamin B<sub>6</sub> (9.4%)</li> <li>Manganese (9.32%)</li> <li>Vitamin K (5.56%)</li> </ul>	<ul style="list-style-type: none"> <li>Phosphorus (12.4%)</li> <li>Pantothenic acid (12.44%)</li> <li>Vitamin K (15.76%)</li> <li>Vitamin A (16.07%)</li> <li>Potassium (16.27%)</li> <li>Thiamin (19.57%)</li> <li>Riboflavin (17.77%)</li> </ul>	<ul style="list-style-type: none"> <li>Dietary fiber (24.18%)</li> <li>Vitamin B<sub>12</sub> (25.23%)</li> <li>Protein (28.23%)</li> <li>Selenium (29%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (41.36%)</li> <li>Copper (48.35%)</li> </ul>							
Spices and herbs	<ul style="list-style-type: none"> <li>Calcium (0%)</li> <li>Choline (0%)</li> <li>Copper (0%)</li> <li>Dietary fiber (0%)</li> <li>Folate (0%)</li> <li>Iron (0%)</li> <li>Magnesium (0%)</li> <li>Pantothenic acid (0%)</li> <li>Phosphorus (0%)</li> <li>Potassium (0%)</li> <li>Protein (0%)</li> <li>Riboflavin (0%)</li> <li>Selenium (0%)</li> <li>Thiamin (0%)</li> <li>Vitamin A (0%)</li> <li>Vitamin B<sub>12</sub> (0%)</li> <li>Vitamin B<sub>6</sub> (0%)</li> <li>Vitamin C (0%)</li> <li>Vitamin D (0%)</li> <li>Vitamin E (0%)</li> <li>Zinc (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Potassium (3.26%)</li> <li>Magnesium (4.35%)</li> <li>Vitamin E (4.49%)</li> <li>Vitamin A (5.19%)</li> <li>Dietary fiber (9.41%)</li> </ul>										
Sweets	<ul style="list-style-type: none"> <li>Choline (0%)</li> <li>Folate (0%)</li> <li>Potassium (0%)</li> <li>Vitamin D (0%)</li> <li>Vitamin K (0%)</li> </ul>	<ul style="list-style-type: none"> <li>Thiamin (1.09%)</li> <li>Zinc (1.43%)</li> <li>Selenium (2.56%)</li> <li>Iron (2.69%)</li> <li>Protein (2.69%)</li> <li>Dietary fiber (2.72%)</li> <li>Vitamin B<sub>6</sub> (3.23%)</li> <li>Vitamin E (3.32%)</li> <li>Magnesium (3.57%)</li> <li>Vitamin A (5.69%)</li> <li>Pantothenic acid (4.31%)</li> <li>Vitamin C (6.73%)</li> <li>Phosphorus (9.47%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (12.69%)</li> <li>Calcium (14.16%)</li> <li>Vitamin B<sub>12</sub> (19.03%)</li> <li>Riboflavin (19.2%)</li> </ul>	<ul style="list-style-type: none"> <li>Copper (24.37%)</li> </ul>								
Vegetables and vegetable products		<ul style="list-style-type: none"> <li>Vitamin B<sub>6</sub> (0.51%)</li> <li>Vitamin D (0.88%)</li> <li>Choline (2.7%)</li> <li>Zinc (3.39%)</li> <li>Selenium (3.47%)</li> <li>Phosphorus (4.38%)</li> <li>Protein (7.29%)</li> <li>Calcium (8.7%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin E (14.13%)</li> <li>Iron (14.98%)</li> <li>Magnesium (15.02%)</li> <li>Potassium (15.71%)</li> <li>Pantothenic acid (17.29%)</li> <li>Riboflavin (18.75%)</li> <li>Thiamin (19.38%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin A (26.32%)</li> <li>Vitamin B<sub>6</sub> (28.91%)</li> </ul>	<ul style="list-style-type: none"> <li>Folate (31.41%)</li> <li>Dietary fiber (34.01%)</li> </ul>	<ul style="list-style-type: none"> <li>Manganese (44.43%)</li> <li>Vitamin K (44.84%)</li> <li>Copper (49.43%)</li> </ul>	<ul style="list-style-type: none"> <li>Vitamin C (53.97%)</li> </ul>					

1. Forouzeh A, Forouzeh F, Samadi Foroushani S, Forouzeh A, Z