

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 fast 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		0.87%	0.33%	8.26%	2.32%	0.00%	2.61%	9.84%	8.70%	0.00%	11.57%	6.17%	18.84%	0.58%	20.00%	17.39%	2.61%	18.21%	0.87%	14.66%	16.81%	0.00%	5.03%	16.28%	0.29%	0.00%	0.00%	0.31%	10.43%
Cholesterol	0.87%		0.00%	0.88%	0.00%	0.88%	1.46%	0.62%	0.58%	0.00%	0.88%	0.60%	1.18%	0.00%	0.89%	1.19%	2.05%	0.91%	0.87%	1.80%	0.89%	0.00%	1.19%	0.30%	0.88%	0.00%	0.00%	0.00%	0.29%
Choline	0.33%	0.00%		2.87%	0.00%	0.00%	0.00%	7.09%	1.36%	0.00%	0.00%	8.87%	10.55%	0.00%	15.34%	12.24%	0.00%	16.78%	0.00%	8.84%	6.34%	1.83%	3.69%	13.16%	0.00%	0.00%	0.00%	0.00%	4.67%
Copper	8.26%	0.88%	2.87%		2.78%	0.00%	2.62%	14.48%	11.18%	0.30%	13.46%	11.08%	19.34%	0.59%	24.85%	20.72%	2.62%	24.46%	0.58%	15.24%	18.86%	0.00%	9.12%	19.76%	0.31%	0.00%	0.97%	1.00%	12.39%
Dietary fiber	2.32%	0.00%	0.00%	2.78%		0.00%	0.29%	4.32%	3.89%	0.00%	3.57%	0.33%	6.19%	0.00%	7.62%	4.21%	0.00%	5.72%	0.29%	5.65%	5.52%	0.00%	0.31%	6.15%	0.00%	0.00%	0.66%	1.01%	4.44%
Energy	0.00%	0.88%	0.00%	0.00%	0.00%		1.45%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.29%	0.00%	1.16%	0.00%	0.29%	2.32%	0.00%	0.00%	0.29%	0.00%	0.87%	0.00%	0.00%	0.00%	0.00%
Fat	2.61%	1.46%	0.00%	2.62%	0.29%	1.45%		1.49%	2.32%	0.00%	2.63%	2.63%	2.62%	0.58%	2.90%	2.90%	3.48%	2.65%	1.16%	3.20%	2.32%	0.00%	2.92%	1.75%	1.16%	0.00%	0.00%	0.00%	2.04%
Folate	9.84%	0.62%	7.09%	14.48%	4.32%	0.00%	1.49%		14.10%	0.00%	17.96%	9.72%	32.90%	0.30%	57.07%	41.94%	1.49%	63.43%	0.29%	34.92%	44.68%	2.29%	6.42%	41.38%	0.35%	0.00%	0.85%	5.05%	16.61%
Iron	8.70%	0.58%	1.36%	11.18%	3.89%	0.00%	2.32%	14.10%		0.00%	12.65%	5.90%	13.62%	0.58%	24.64%	22.38%	2.32%	22.16%	0.00%	13.76%	22.67%	0.64%	6.49%	18.34%	0.00%	0.00%	0.00%	1.29%	15.36%
Magnesium	0.00%	0.00%	0.00%	0.30%	0.00%	0.00%	0.00%	0.00%	0.00%		0.30%	0.00%	0.00%	0.00%	0.30%	0.00%	0.00%	0.00%	0.29%	0.30%	0.00%	0.00%	0.30%	0.00%	0.00%	0.00%	0.30%	0.00%	0.00%
Manganese	11.57%	0.88%	0.00%	13.46%	3.57%	0.00%	2.63%	17.96%	12.65%	0.30%		6.60%	22.39%	0.59%	28.31%	23.48%	2.62%	27.99%	0.58%	19.82%	26.28%	0.00%	6.19%	20.19%	0.30%	0.00%	0.32%	1.65%	10.67%
Pantothenic acid	6.17%	0.60%	8.87%	11.08%	0.33%	0.00%	2.63%	9.72%	5.90%	0.00%	6.60%		26.83%	0.59%	34.31%	29.21%	2.35%	31.52%	0.88%	21.13%	17.71%	1.51%	16.61%	22.38%	0.33%	0.00%	1.10%	0.40%	11.11%
Phosphorus	18.84%	1.18%	10.55%	19.34%	6.19%	0.00%	2.62%	32.90%	13.62%	0.00%	22.39%	26.83%		0.59%	58.58%	46.90%	2.91%	57.05%	0.87%	44.87%	41.76%	1.45%	18.27%	46.39%	0.33%	0.00%	1.75%	3.05%	23.15%
Potassium	0.58%	0.00%	0.00%	0.59%	0.00%	0.00%	0.58%	0.30%	0.58%	0.00%	0.59%	0.59%	0.59%		0.59%	0.59%	0.58%	0.59%	0.00%	0.58%	0.59%	0.00%	0.59%	0.00%	0.00%	0.00%	0.00%	0.00%	0.59%
Protein	20.00%	0.89%	15.34%	24.85%	7.62%	0.29%	2.90%	57.07%	24.64%	0.30%	28.31%	34.31%	58.58%	0.59%		69.59%	2.61%	84.46%	0.58%	61.51%	64.04%	3.51%	22.26%	68.13%	1.00%	0.00%	2.89%	7.80%	39.05%
Riboflavin	17.39%	1.19%	12.24%	20.72%	4.21%	0.00%	2.90%	41.94%	22.38%	0.00%	23.48%	29.21%	46.90%	0.59%	69.59%		2.90%	66.89%	1.16%	46.13%	58.48%	3.27%	18.15%	58.39%	0.65%	0.00%	0.77%	5.65%	34.91%
Saturated fat	2.61%	2.05%	0.00%	2.62%	0.00%	1.16%	3.48%	1.49%	2.32%	0.00%	2.62%	2.35%	2.91%	0.58%	2.61%	2.90%		2.65%	0.87%	2.61%	2.61%	0.00%	2.91%	0.87%	0.87%	0.00%	0.00%	0.00%	1.45%
Selenium	18.21%	0.91%	16.78%	24.46%	5.72%	0.00%	2.65%	63.43%	22.16%	0.00%	27.99%	31.52%	57.05%	0.59%	84.46%	66.89%	2.65%		0.29%	59.54%	61.51%	3.62%	21.38%	66.55%	0.34%	0.00%	2.52%	8.25%	34.81%
Sodium	0.87%	0.87%	0.00%	0.58%	0.29%	0.29%	1.16%	0.29%	0.00%	0.29%	0.58%	0.88%	0.87%	0.00%	0.58%	1.16%	0.87%	0.29%		0.58%	0.00%	0.00%	0.87%	1.16%	0.87%	0.00%	0.29%	0.00%	0.29%
Sugars	14.66%	1.80%	8.84%	15.24%	5.65%	2.32%	3.20%	34.92%	13.76%	0.30%	19.82%	21.13%	44.87%	0.58%	61.51%	46.13%	2.61%	59.54%	0.58%		42.49%	1.61%	15.91%	44.60%	1.33%	0.00%	5.77%	4.85%	18.06%
Thiamin	16.81%	0.89%	6.34%	18.86%	5.52%	0.00%	2.32%	44.68%	22.67%	0.00%	26.28%	17.71%	41.76%	0.59%	64.04%	58.48%	2.61%	61.51%	0.00%	42.49%		2.72%	12.58%	49.85%	0.31%	0.00%	0.37%	5.86%	28.32%
Vitamin A	0.00%	0.00%	1.83%	0.00%	0.00%	0.00%	0.00%	2.29%	0.64%	0.00%	0.00%	1.51%	1.45%	0.00%	3.51%	3.27%	0.00%	3.62%	0.00%	1.61%	2.72%		0.34%	3.29%	0.00%	0.00%	0.00%	0.00%	0.70%
Vitamin B <sub>6</sub>	5.03%	1.19%	3.69%	9.12%	0.31%	0.29%	2.92%	6.42%	6.49%	0.30%	6.19%	16.61%	18.27%	0.59%	22.26%	18.15%	2.91%	21.38%	0.87%	15.91%	12.58%	0.34%		13.96%	0.63%	0.00%	1.69%	0.71%	11.64%
Vitamin B <sub>12</sub>	16.28%	0.30%	13.16%	19.76%	6.15%	0.00%	1.75%	41.38%	18.34%	0.00%	20.19%	22.38%	46.39%	0.00%	68.13%	58.39%	0.87%	66.55%	1.16%	44.60%	49.85%	3.29%	13.96%		0.33%	0.00%	1.17%	4.29%	36.59%
Vitamin C	0.29%	0.88%	0.00%	0.31%	0.00%	0.87%	1.16%	0.35%	0.00%	0.00%	0.30%	0.33%	0.33%	0.00%	1.00%	0.65%	0.87%	0.34%	0.87%	1.33%	0.31%	0.00%	0.63%	0.33%		0.00%	0.00%	0.68%	0.31%
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	0.00%	0.00%	0.00%	0.97%	0.66%	0.00%	0.00%	0.85%	0.00%	0.30%	0.32%	1.10%	1.75%	0.00%	2.89%	0.77%	0.00%	2.52%	0.29%	5.77%	0.37%	0.00%	1.69%	1.17%	0.00%	0.00%		0.42%	0.00%
Vitamin K	0.31%	0.00%	0.00%	1.00%	1.01%	0.00%	0.00%	5.05%	1.29%	0.00%	1.65%	0.40%	3.05%	0.00%	7.80%	5.65%	0.00%	8.25%	0.00%	4.85%	5.86%	0.00%	0.71%	4.29%	0.68%	0.00%	0.42%		3.21%
Zinc	10.43%	0.29%	4.67%	12.39%	4.44%	0.00%	2.04%	16.61%	15.36%	0.00%	10.67%	11.11%	23.15%	0.59%	39.05%	34.91%	1.45%	34.81%	0.29%	18.06%	28.32%	0.70%	11.64%	36.59%	0.31%	0.00%	0.00%	3.21%	

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