

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 dairy and egg 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 B ₆	Vitamin B ₁₂	Vitamin C	Vitamin D	Vitamin E	Vitamin K	Zinc
Calcium		14.76%	2.02%	9.96%	1.10%	19.27%	22.91%	1.52%	1.09%	3.69%	0.00%	32.08%	53.09%	4.00%	53.09%	37.09%	15.27%	25.93%	18.91%	28.19%	3.69%	15.47%	2.21%	52.40%	1.11%	14.90%	1.20%	0.40%	17.09%
Cholesterol	14.76%		1.12%	4.76%	1.09%	16.36%	22.51%	1.86%	1.45%	3.66%	0.00%	9.62%	15.50%	2.55%	16.97%	16.30%	22.14%	12.27%	11.81%	12.82%	3.66%	5.95%	2.93%	17.10%	1.83%	5.22%	1.87%	1.12%	8.03%
Choline	2.02%	1.12%		0.38%	0.36%	4.20%	0.76%	3.04%	2.19%	1.12%	0.00%	8.10%	4.47%	0.73%	7.69%	8.50%	1.12%	8.73%	5.36%	7.38%	1.12%	4.33%	2.61%	8.23%	0.37%	1.25%	0.42%	0.42%	3.00%
Copper	9.96%	4.76%	0.38%		0.73%	2.60%	6.23%	2.24%	1.45%	3.73%	0.78%	7.34%	9.63%	1.82%	10.66%	10.33%	4.76%	3.00%	4.40%	3.40%	2.24%	5.99%	2.24%	10.07%	2.18%	5.30%	1.89%	1.13%	6.96%
Dietary fiber	1.10%	1.09%	0.36%	0.73%		0.00%	0.73%	0.73%	0.73%	0.73%	0.00%	0.74%	0.73%	0.36%	1.10%	0.73%	1.45%	0.73%	0.36%	1.10%	0.73%	1.45%	0.73%	1.10%	0.74%	0.73%	0.73%	0.36%	0.73%
Energy	19.27%	16.36%	4.20%	2.60%	0.00%		16.36%	1.12%	1.45%	0.74%	0.00%	9.36%	18.55%	0.00%	26.18%	17.22%	13.45%	15.61%	22.55%	36.80%	0.74%	4.49%	0.74%	24.54%	0.37%	1.92%	0.38%	0.38%	3.66%
Fat	22.91%	22.51%	0.76%	6.23%	0.73%	16.36%		1.12%	0.36%	2.56%	0.00%	19.26%	24.00%	2.55%	26.55%	25.91%	22.55%	17.95%	18.18%	13.33%	2.56%	8.58%	1.83%	26.01%	0.73%	7.87%	0.76%	0.76%	12.77%
Folate	1.52%	1.86%	3.04%	2.24%	0.73%	1.12%	1.12%		2.55%	1.87%	0.38%	4.21%	3.80%	0.36%	4.91%	4.14%	1.86%	4.20%	2.24%	3.76%	1.87%	4.55%	3.36%	4.98%	1.85%	2.26%	1.90%	1.14%	4.03%
Iron	1.09%	1.45%	2.19%	1.45%	0.73%	1.45%	0.36%	2.55%		1.45%	0.00%	3.28%	2.18%	0.36%	3.64%	3.27%	1.45%	3.27%	2.18%	2.92%	1.45%	2.91%	2.18%	3.64%	1.45%	1.46%	1.46%	0.73%	2.18%
Magnesium	3.69%	3.66%	1.12%	3.73%	0.73%	0.74%	2.56%	1.87%	1.45%		0.00%	2.28%	3.70%	2.18%	3.31%	3.32%	3.66%	3.00%	0.37%	1.12%	2.61%	2.61%	2.61%	4.48%	1.82%	1.87%	1.87%	1.12%	3.30%
Manganese	0.00%	0.00%	0.00%	0.78%	0.00%	0.00%	0.00%	0.38%	0.00%	0.00%		0.00%	0.42%	0.00%	0.00%	0.40%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.00%	0.39%
Pantothenic acid	32.08%	9.62%	8.10%	7.34%	0.74%	9.36%	19.26%	4.21%	3.28%	2.28%	0.00%		35.56%	3.30%	39.08%	38.89%	10.93%	27.13%	20.32%	12.27%	3.03%	16.08%	3.40%	40.93%	1.49%	13.65%	1.21%	0.40%	13.90%
Phosphorus	53.09%	15.50%	4.47%	9.63%	0.73%	18.55%	24.00%	3.80%	2.18%	3.70%	0.42%	35.56%		4.00%	54.91%	40.36%	16.00%	29.74%	18.91%	30.62%	3.70%	17.36%	3.70%	54.07%	1.48%	15.81%	1.61%	1.21%	20.00%
Potassium	4.00%	2.55%	0.73%	1.82%	0.36%	0.00%	2.55%	0.36%	0.36%	2.18%	0.00%	3.30%	4.00%		3.27%	4.00%	2.55%	3.27%	0.73%	0.36%	1.82%	1.45%	1.09%	3.64%	0.36%	2.18%	0.36%	0.00%	2.91%
Protein	53.09%	16.97%	7.69%	10.66%	1.10%	26.18%	26.55%	4.91%	3.64%	3.31%	0.00%	39.08%	54.91%	3.27%		47.27%	18.18%	36.16%	25.09%	41.25%	3.68%	18.80%	3.68%	59.19%	1.85%	15.29%	2.01%	1.61%	19.64%
Riboflavin	37.09%	16.30%	8.50%	10.33%	0.73%	17.22%	25.91%	4.14%	3.27%	3.32%	0.40%	38.89%	40.36%	4.00%	47.27%		17.88%	32.96%	24.18%	20.70%	3.69%	18.11%	3.69%	46.49%	1.10%	15.02%	1.20%	0.80%	16.48%
Saturated fat	15.27%	22.14%	1.12%	4.76%	1.45%	13.45%	22.55%	1.86%	1.45%	3.66%	0.00%	10.93%	16.00%	2.55%	18.18%	17.88%		13.92%	10.55%	10.62%	3.66%	6.32%	2.93%	18.32%	1.83%	5.22%	1.87%	1.12%	7.66%
Selenium	25.93%	12.27%	8.73%	3.00%	0.73%	15.61%	17.95%	4.20%	3.27%	3.00%	0.00%	27.13%	29.74%	3.27%	36.16%	32.96%	13.92%		20.15%	20.08%	2.99%	13.69%	3.36%	35.58%	1.11%	9.62%	1.18%	0.39%	13.19%
Sodium	18.91%	11.81%	5.36%	4.40%	0.36%	22.55%	18.18%	2.24%	2.18%	0.37%	0.00%	20.32%	18.91%	0.73%	25.09%	24.18%	10.55%	20.15%		25.28%	0.37%	8.99%	1.10%	24.54%	0.37%	5.68%	0.00%	0.00%	8.79%
Sugars	28.19%	12.82%	7.38%	3.40%	1.10%	36.80%	13.33%	3.76%	2.92%	1.12%	0.00%	12.27%	30.62%	0.36%	41.25%	20.70%	10.62%	20.08%	25.28%		1.50%	10.81%	2.99%	34.80%	1.10%	2.87%	1.22%	0.82%	8.58%
Thiamin	3.69%	3.66%	1.12%	2.24%	0.73%	0.74%	2.56%	1.87%	1.45%	2.61%	0.00%	3.03%	3.70%	1.82%	3.68%	3.69%	3.66%	2.99%	0.37%	1.50%		2.24%	2.99%	4.48%	1.82%	1.50%	1.87%	1.12%	3.30%
Vitamin A	15.47%	5.95%	4.33%	5.99%	1.45%	4.49%	8.58%	4.55%	2.91%	2.61%	0.00%	16.08%	17.36%	1.45%	18.80%	18.11%	6.32%	13.69%	8.99%	10.81%	2.24%		3.36%	19.47%	2.20%	11.15%	1.96%	1.18%	8.09%
Vitamin B ₆	2.21%	2.93%	2.61%	2.24%	0.73%	0.74%	1.83%	3.36%	2.18%	2.61%	0.00%	3.40%	3.70%	1.09%	3.68%	3.69%	2.93%	3.36%	1.10%	2.99%	2.99%	3.36%		4.48%	1.82%	1.87%	1.87%	1.12%	4.03%
Vitamin B ₁₂	52.40%	17.10%	8.23%	10.07%	1.10%	24.54%	26.01%	4.98%	3.64%	4.48%	0.00%	40.93%	54.07%	3.64%	59.19%	46.49%	18.32%	35.58%	24.54%	34.80%	4.48%	19.47%	4.48%		1.86%	15.26%	2.04%	1.63%	20.51%
Vitamin C	1.11%	1.83%	0.37%	2.18%	0.74%	0.37%	0.73%	1.85%	1.45%	1.82%	0.00%	1.49%	1.48%	0.36%	1.85%	1.10%	1.83%	1.11%	0.37%	1.10%	1.82%	2.20%	1.82%	1.86%		1.09%	1.84%	1.10%	1.82%
Vitamin D	14.90%	5.22%	1.25%	5.30%	0.73%	1.92%	7.87%	2.26%	1.46%	1.87%	0.00%	13.65%	15.81%	2.18%	15.29%	15.02%	5.22%	9.62%	5.68%	2.87%	1.50%	11.15%	1.87%	15.26%	1.09%		1.23%	0.41%	7.78%
Vitamin E	1.20%	1.87%	0.42%	1.89%	0.73%	0.38%	0.76%	1.90%	1.46%	1.87%	0.00%	1.21%	1.61%	0.36%	2.01%	1.20%	1.87%	1.18%	0.00%	1.22%	1.87%	1.96%	1.87%	2.04%	1.84%	1.23%		1.25%	1.87%
Vitamin K	0.40%	1.12%	0.42%	1.13%	0.36%	0.38%	0.76%	1.14%	0.73%	1.12%	0.00%	0.40%	1.21%	0.00%	1.61%	0.80%	1.12%	0.39%	0.00%	0.82%	1.12%	1.18%	1.12%	1.63%	1.10%	0.41%	1.25%		1.12%
Zinc	17.09%	8.03%	3.00%	6.96%	0.73%	3.66%	12.77%	4.03%	2.18%	3.30%	0.39%	13.90%	20.00%	2.91%	19.64%	16.48%	7.66%	13.19%	8.79%	8.58%	3.30%	8.09%	4.03%	20.51%	1.82%	7.78%	1.87%	1.12%	

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