

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 cereal grains and pasta

	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		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%	45.29%	26.42%	3.87%	89.63%	27.22%	13.87%	26.32%	61.73%	15.61%	23.84%	0.00%	23.12%	14.20%	90.24%	51.80%	79.88%	86.32%	47.93%	0.00%	14.53%	0.00%	0.00%	0.00%	0.00%	0.81%	16.76%
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	0.00%	45.29%	0.00%		28.40%	2.21%	55.25%	16.57%	17.68%	30.94%	54.70%	13.14%	25.41%	0.00%	29.83%	12.78%	53.98%	37.50%	51.93%	46.67%	38.33%	0.00%	15.56%	0.00%	0.00%	0.00%	0.00%	1.36%	19.34%
Dietary fiber	0.00%	26.42%	0.00%	28.40%		2.76%	32.30%	4.17%	11.86%	22.86%	29.27%	5.33%	18.08%	0.00%	16.57%	5.23%	30.38%	15.48%	30.91%	27.03%	20.48%	0.00%	7.30%	0.00%	0.00%	0.00%	0.00%	1.35%	16.29%
Energy	0.00%	3.87%	0.00%	2.21%	2.76%		3.87%	0.00%	0.55%	1.66%	3.31%	0.55%	1.66%	0.00%	0.00%	0.00%	3.87%	1.66%	4.42%	3.35%	1.10%	0.00%	1.10%	0.00%	0.00%	0.00%	0.00%	0.00%	0.55%
Fat	0.00%	89.63%	0.00%	55.25%	32.30%	3.87%		34.68%	21.55%	31.49%	71.75%	15.61%	28.73%	0.00%	33.70%	22.22%	97.70%	61.70%	87.29%	97.52%	56.67%	0.00%	16.11%	0.00%	0.00%	0.00%	0.00%	1.69%	20.44%
Folate	0.00%	27.22%	0.00%	16.57%	4.17%	0.00%	34.68%		13.41%	4.00%	22.67%	3.39%	7.39%	0.00%	12.92%	20.00%	34.30%	20.89%	27.75%	23.81%	33.52%	0.00%	4.49%	0.00%	0.00%	0.00%	0.00%	0.66%	3.37%
Iron	0.00%	13.87%	0.00%	17.68%	11.86%	0.55%	21.55%	13.41%		10.50%	19.89%	3.98%	10.50%	0.00%	13.81%	8.84%	19.21%	12.87%	20.99%	14.55%	19.89%	0.00%	4.97%	0.00%	0.00%	0.00%	0.00%	0.00%	10.50%
Magnesium	0.00%	26.32%	0.00%	30.94%	22.86%	1.66%	31.49%	4.00%	10.50%		30.39%	8.00%	22.65%	0.00%	17.68%	5.56%	29.55%	15.88%	31.49%	23.60%	24.44%	0.00%	12.22%	0.00%	0.00%	0.00%	0.00%	0.63%	17.13%
Manganese	0.00%	61.73%	0.00%	54.70%	29.27%	3.31%	71.75%	22.67%	19.89%	30.39%		15.61%	26.40%	0.00%	32.78%	15.56%	71.18%	48.30%	65.00%	64.18%	45.45%	0.00%	15.56%	0.00%	0.00%	0.00%	0.00%	1.52%	19.34%
Pantothenic acid	0.00%	15.61%	0.00%	13.14%	5.33%	0.55%	15.61%	3.39%	3.98%	8.00%	15.61%		5.75%	0.00%	5.11%	0.56%	15.61%	7.98%	14.37%	7.05%	8.57%	0.00%	3.35%	0.00%	0.00%	0.00%	0.00%	0.64%	2.84%
Phosphorus	0.00%	23.84%	0.00%	25.41%	18.08%	1.66%	28.73%	7.39%	10.50%	22.65%	26.40%	5.75%		0.00%	16.57%	4.44%	27.12%	14.97%	24.86%	20.50%	23.89%	0.00%	8.33%	0.00%	0.00%	0.00%	0.00%	0.63%	16.57%
Potassium	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%
Protein	0.00%	23.12%	0.00%	29.83%	16.57%	0.00%	33.70%	12.92%	13.81%	17.68%	32.78%	5.11%	16.57%	0.00%		13.26%	32.20%	20.73%	29.28%	23.08%	23.76%	0.00%	5.52%	0.00%	0.00%	0.00%	0.00%	1.29%	14.92%
Riboflavin	0.00%	14.20%	0.00%	12.78%	5.23%	0.00%	22.22%	20.00%	8.84%	5.56%	15.56%	0.56%	4.44%	0.00%	13.26%		21.23%	11.83%	20.00%	13.58%	21.67%	0.00%	2.78%	0.00%	0.00%	0.00%	0.00%	0.61%	3.31%
Saturated fat	0.00%	90.24%	0.00%	53.98%	30.38%	3.87%	97.70%	34.30%	19.21%	29.55%	71.18%	15.61%	27.12%	0.00%	32.20%	21.23%		61.15%	86.78%	97.50%	55.93%	0.00%	16.11%	0.00%	0.00%	0.00%	0.00%	1.69%	18.64%
Selenium	0.00%	51.80%	0.00%	37.50%	15.48%	1.66%	61.70%	20.89%	12.87%	15.88%	48.30%	7.98%	14.97%	0.00%	20.73%	11.83%	61.15%		52.98%	59.06%	37.50%	0.00%	8.62%	0.00%	0.00%	0.00%	0.00%	1.56%	12.00%
Sodium	0.00%	79.88%	0.00%	51.93%	30.91%	4.42%	87.29%	27.75%	20.99%	31.49%	65.00%	14.37%	24.86%	0.00%	29.28%	20.00%	86.78%	52.98%		83.46%	50.00%	0.00%	16.67%	0.00%	0.00%	0.00%	0.00%	1.55%	19.34%
Sugars	0.00%	86.32%	0.00%	46.67%	27.03%	3.35%	97.52%	23.81%	14.55%	23.60%	64.18%	7.05%	20.50%	0.00%	23.08%	13.58%	97.50%	59.06%	83.46%		46.10%	0.00%	12.28%	0.00%	0.00%	0.00%	0.00%	1.69%	15.79%
Thiamin	0.00%	47.93%	0.00%	38.33%	20.48%	1.10%	56.67%	33.52%	19.89%	24.44%	45.45%	8.57%	23.89%	0.00%	23.76%	21.67%	55.93%	37.50%	50.00%	46.10%		0.00%	12.78%	0.00%	0.00%	0.00%	0.00%	1.44%	16.02%
Vitamin A	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 B ₆	0.00%	14.53%	0.00%	15.56%	7.30%	1.10%	16.11%	4.49%	4.97%	12.22%	15.56%	3.35%	8.33%	0.00%	5.52%	2.78%	16.11%	8.62%	16.67%	12.28%	12.78%	0.00%		0.00%	0.00%	0.00%	0.00%	0.58%	5.52%
Vitamin B ₁₂	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 C	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 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%	0.00%	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%	0.81%	0.00%	1.36%	1.35%	0.00%	1.69%	0.66%	0.00%	0.63%	1.52%	0.64%	0.63%	0.00%	1.29%	0.61%	1.69%	1.56%	1.55%	1.69%	1.44%	0.00%	0.58%	0.00%	0.00%	0.00%	0.00%		0.59%
Zinc	0.00%	16.76%	0.00%	19.34%	16.29%	0.55%	20.44%	3.37%	10.50%	17.13%	19.34%	2.84%	16.57%	0.00%	14.92%	3.31%	18.64%	12.00%	19.34%	15.79%	16.02%	0.00%	5.52%	0.00%	0.00%	0.00%	0.00%	0.59%	

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