weights

	V1	V2	V3	V4
animal protein	0.12	−0.07	−0.17	0.19
vegetable protein	−0.18	0.17	0.22	0.13
cholesterol	0.08	−0.09	−0.09	0.2
saturated fatty acids	−0.08	−0.09	−0.05	0.14
monosaturated fatty acids	−0.5	−0.34	−0.07	0
polyunsaturated fatty acids	−0.27	−0.16	−0.03	0.01
soluble carbohydrates	0.08	0.28	−0.1	−0.16
starch	−0.11	0.19	0.4	0.27
alcohol	−0.03	−0.07	−0.03	0.02
sodium	0	0.17	0.27	0.37
calcium	0.17	0.06	−0.05	0.05
potassium	0.01	0.18	−0.12	−0.09
phosphorus	0.06	0.04	−0.04	0.17
iron	−0.02	0.06	−0.11	0.02
zinc	0.06	0.02	−0.02	0.2
vitamin B1	0.03	0.15	−0.02	0.05
vitamin B2	0.16	0.1	−0.24	0.03
vitamin C	−0.03	0.19	−0.12	−0.23
vitamin B6	0	0.11	−0.12	−0.05
total folate	0.02	0.09	−0.08	−0.07
niacin	−0.02	−0.01	−0.09	0.06
retinol	0.25	−0.17	−0.38	0.08
beta−carotene equivalents	−0.09	0.09	−0.14	−0.26
lycopene	−0.11	−0.01	0.04	−0.01
vitamin D	0.03	−0.2	−0.21	0.11
vitamin E	−0.49	−0.22	−0.08	−0.18
total fiber	−0.09	0.27	0	−0.22

value

0.25

0.00

−0.25