Bacteroidetes
Firmicutes
Proteobacteria
Verrucomicrobia
Tenericutes
Actinobacteria
Cyanobacteria
Lentisphaerae
Euryarchaeota

Other

Sugars Sweets and Beverages
Meat Poultry Fish and Mixtures
Grain Product
Milk and Milk Products
Vegetables
Eggs
Dry Beans Peas Other Legumes Nuts and Seeds
Fruits
MISSING

Fats Oils and Salad Dressings

Protein Total Fat Sugars, total Fiber, total dietary Sodium Potassium Phosphorus Calcium Cholesterol Chloine, total Magnesium Alcohol Caffine Vitamin C Theobromine Niacin Iron Zinc Vitamin E, alpha-tocopherol Lycopene ■ Vitamin B–6 Thiamin Carotene, beta Lutein + zeaxanthin Riboflavin Copper Vitamin A Folate Retinol Folate, total Folate, food Folic acid Selenium Vitamin K, phylloquinone Carotene, alpha Cryptoxanthin, beta Vitamin D (D2 + D3) Vitamin B-12 ■ Added Vitamin B-12 Added Vitamin E MISSING

Carbohydrates