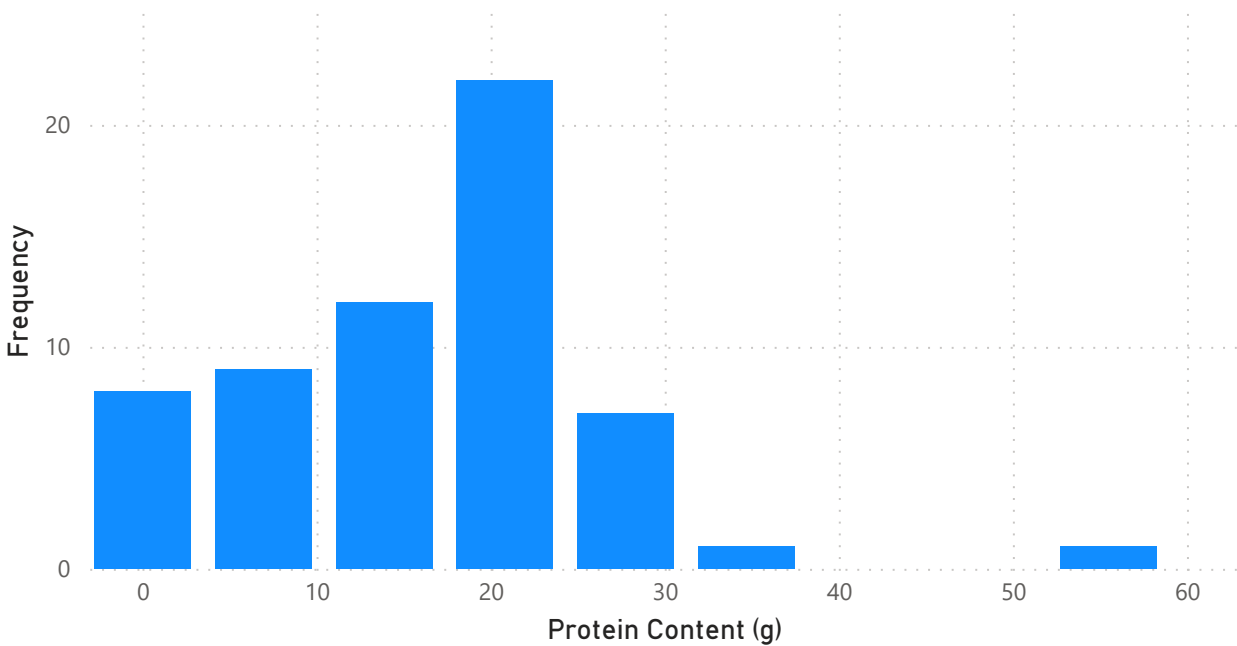
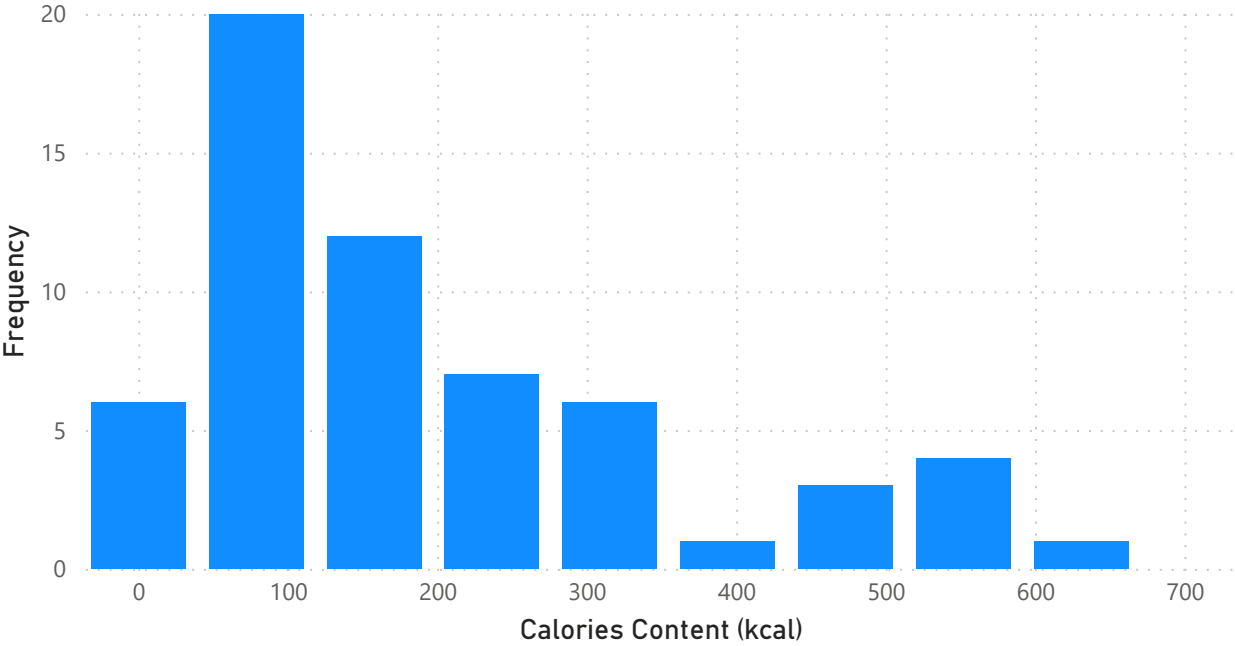


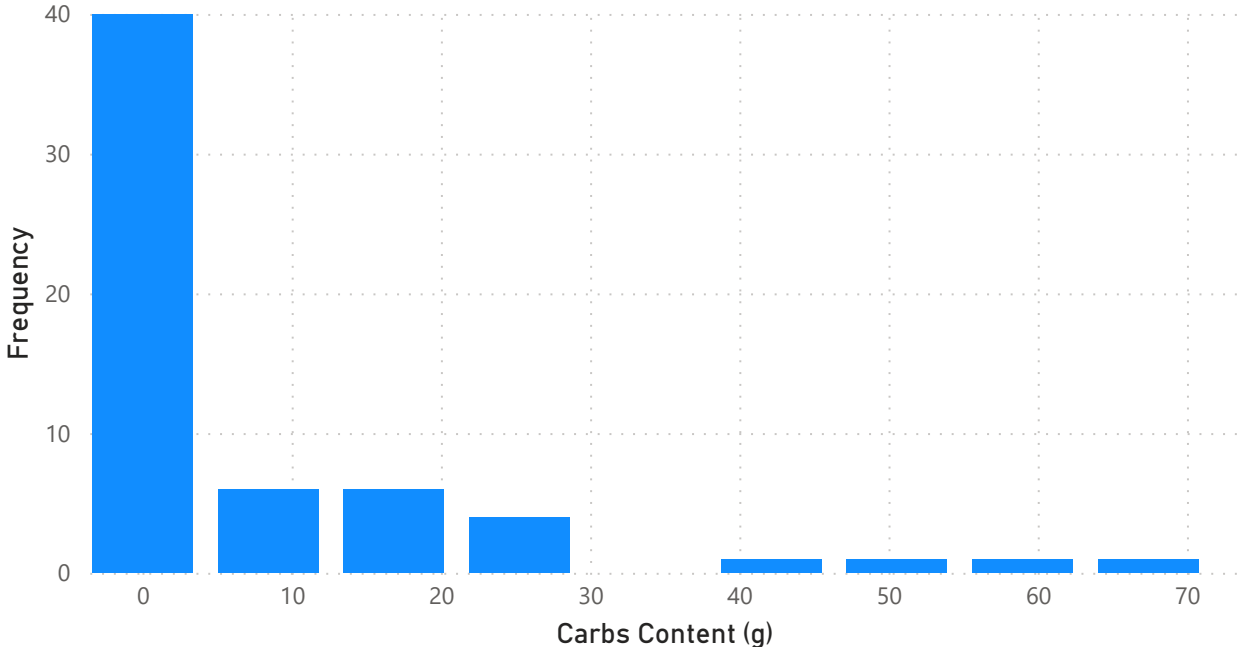
Protein per 100g Distribution



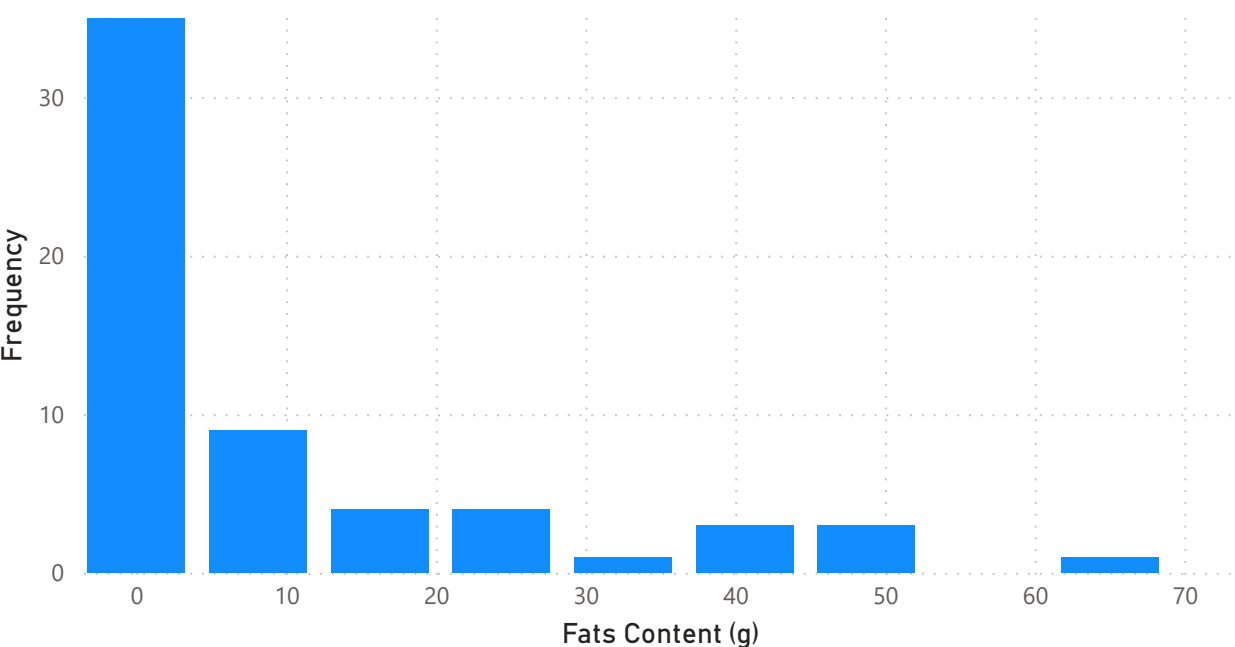
Calories per 100g Distribution



Carbs per 100g Distribution

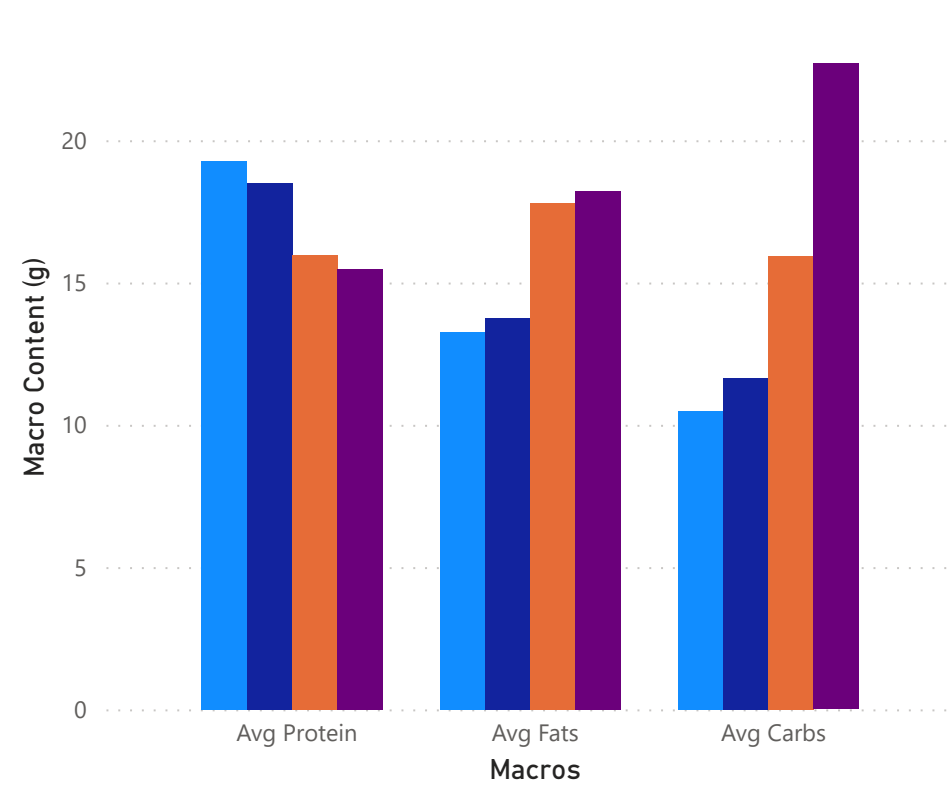


Fats per 100g Distribution



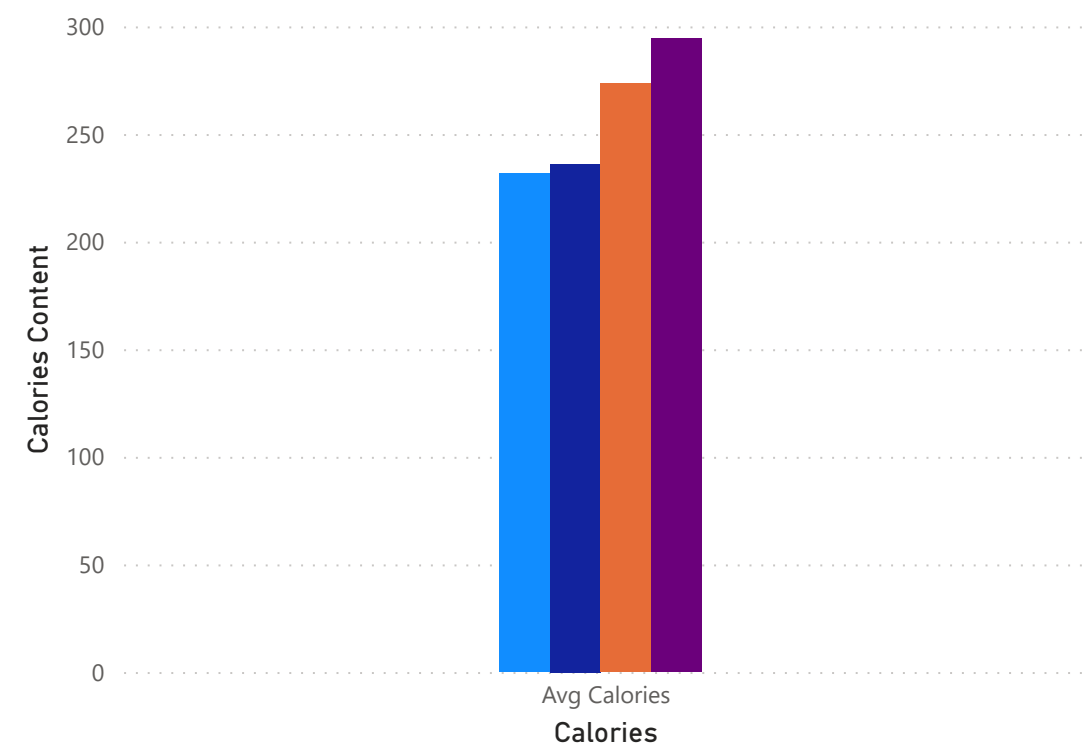
Omnivorous, Pescatarian, Vegetarian and Vegan by Macro

● Omnivorous ● Pescatarian ● Vegetarian ● Vegan



Omnivorous, Pescatarian, Vegetarian and Vegan by Macro

● Omnivorous ● Pescatarian ● Vegetarian ● Vegan



Vegetarian Diet

food_name	Average of carbohydrates_100g	Average of fat_100g	Average of protein_100g
Almonds	19.70	50.60	21.32
Amaranth	66.20	6.50	10.30
Asparagus	4.10	0.20	3.64
Avocado	8.50	14.70	2.02
Barley	28.20	0.40	12.62
Black beans (boiled)	23.70	0.50	9.31
Broccoli	7.20	0.40	2.67
Camembert	0.50	24.30	28.36
Cashew nuts	30.20	43.90	14.84
Cheddar	1.30	33.10	25.04
Chia seeds	43.90	30.80	17.70
Chickpeas (boiled)	27.40	2.60	8.86
Cottage cheese	2.70	4.50	11.13
Total	15.93	17.79	10.48

Vegan Diet

food_name	Average of carbohydrates_100g	Average of fat_100g	Average of protein_100g
Almonds	19.70	50.60	21.32
Amaranth	66.20	6.50	10.30
Asparagus	4.10	0.20	3.64
Avocado	8.50	14.70	2.02
Barley	28.20	0.40	12.62
Black beans (boiled)	23.70	0.50	9.31
Broccoli	7.20	0.40	2.67
Cashew nuts	30.20	43.90	14.84
Chia seeds	43.90	30.80	17.70
Chickpeas (boiled)	27.40	2.60	8.86
Edamame	11.10	6.40	16.64
Firm Tofu	1.70	4.20	9.86
Lentils (boiled)	20.10	0.40	9.31
Total	22.70	18.21	11.65

Omnivorous Diet

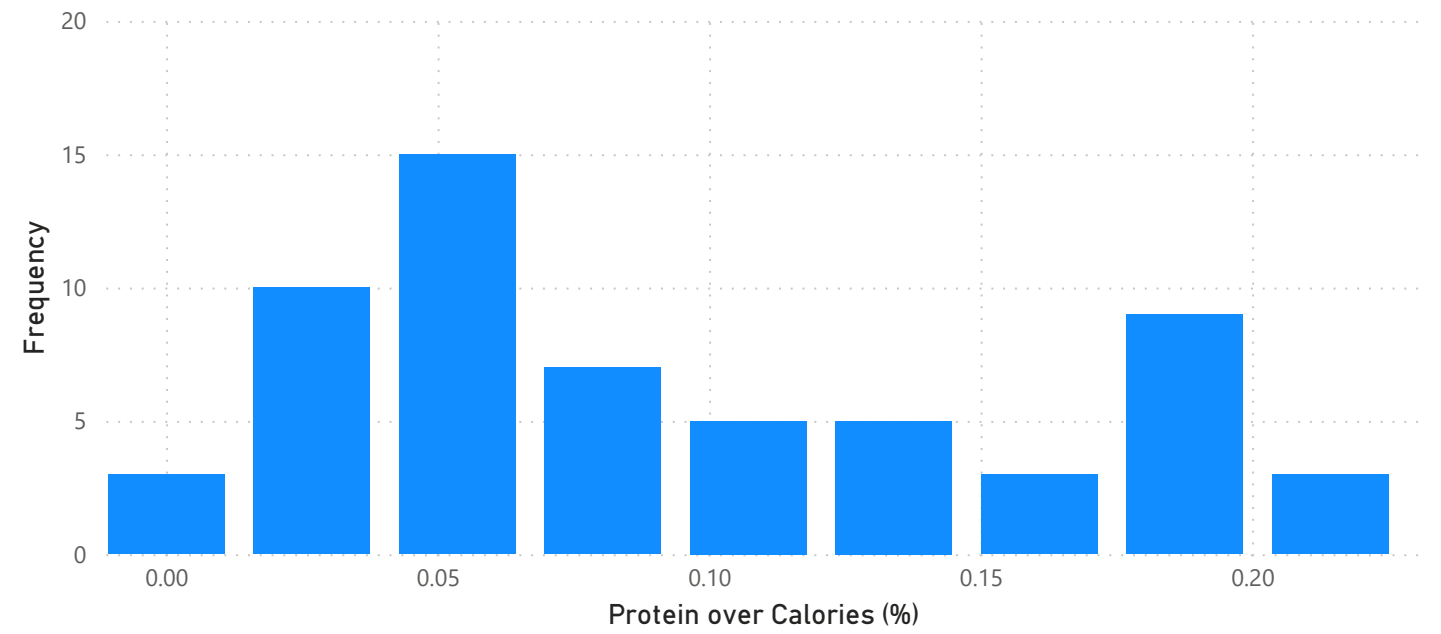
food_name	Average of carbohydrates_100g	Average of fat_100g	Average of protein_100g
Wheat Germ	51.80	9.70	23.16
Walnuts	13.70	65.20	15.32
Turkey breast	0.00	0.70	31.55
Tuna (Yellowfin)	0.00	1.00	26.01
Tilapia	0.00	2.70	20.91
Tempeh (cooked)	9.40	11.40	19.34
Swiss cheese	5.40	27.80	25.04
Squid	3.10	1.40	15.01
Spirulina (dried)	24.00	7.70	56.35
Soy Milk	5.00	2.00	3.27
Shrimp	0.90	1.70	20.49
Seitan	3.50	1.20	25.04
Sardines	0.00	11.50	24.89
Total	10.48	13.26	10.48

Pescatarian Diet

food_name	Average of carbohydrates_100g	Average of fat_100g	Average of protein_100g
Spirulina (dried)	24.00	7.70	56.35
Parmesan	3.20	25.80	35.33
Cuttlefish	1.60	1.40	15.01
Octopus	4.40	2.10	15.01
Anchovies	0.00	9.70	23.16
Pumpkin & squash kernels (roasted)	15.70	44.00	14.84
Peanuts	16.20	49.40	21.32
Swiss cheese	5.40	27.80	25.04
Halibut	0.00	2.90	20.91
Tilapia	0.00	2.70	20.91
Clam	5.10	2.00	3.27
Alaskan salmon	0.00	6.70	20.91
Peanut butter	19.60	50.40	21.32
Total	11.65	13.75	11.65

food_name	percent_energy
Tuna (Yellowfin)	0.23
Cod	0.22
Turkey breast	0.21
Lobster	0.21
Cuttlefish	0.21
Tilapia	0.20
Seitan	0.20
Spirulina (dried)	0.20
Crab	0.20
Shrimp	0.19
Halibut	0.19
Chicken Breast	0.19
Squid	0.18
Octopus	0.18
Clam	0.17
Alaskan salmon	0.15
Mussel	0.14

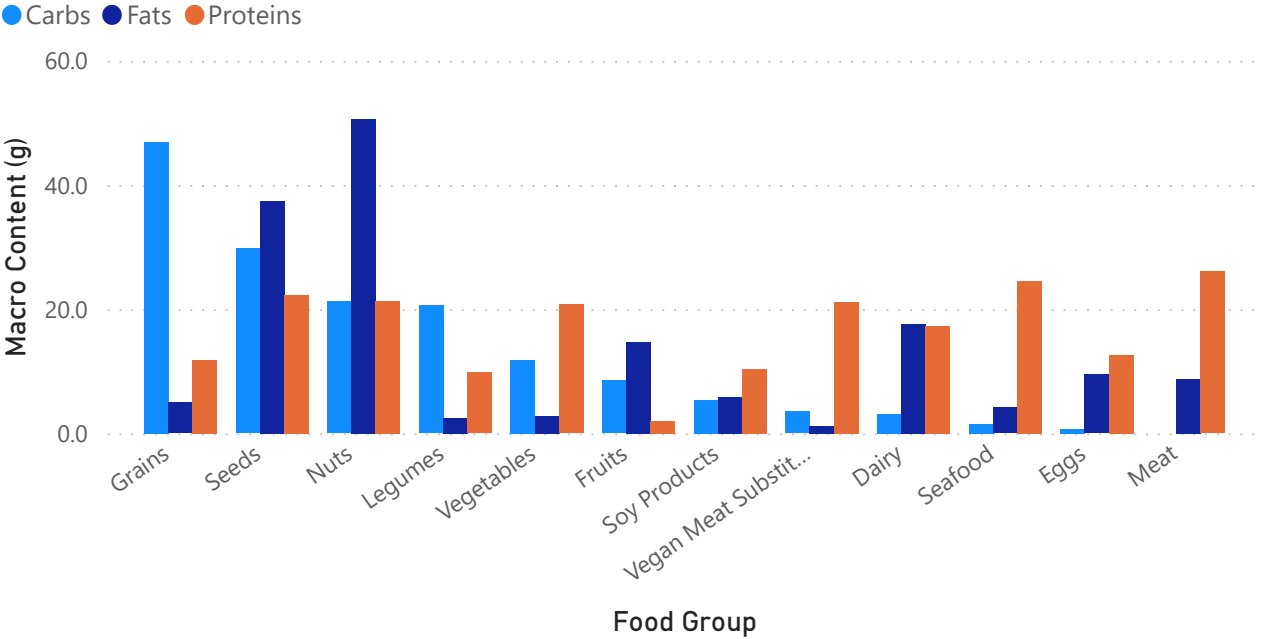
Protein over Calories Distribution



Category

All

Average Macros By Food Group



Average Calories by Food Groups

