Microbiome Diet Study Participant Report

Thank you for participating in the Knights Lab citizen science project: The Microbiome Diet Study. Included in this report is some high-level information about your daily dietary intake and your daily microbiome variation. This report does not provide any medical advice and is not intended to be used to diagnose disease. If you have questions about your report, or you would like access to your raw data, please contact the study coordinator Abby Cole at cole0463@umn.edu

Your average daily nutritional intakes contrasted to recommended nutritional intake levels:

Type	Your Average	Study Average	Recommended Daily Allowances(Male/Female)
CALORIES (kcal)	1884.84	2080.11	
PROTEIN (g)	90.2	88.57	56 / 46
TOTAL FAT (g)	77.58	89.97	
CARBS (g)	211.84	225.55	130
FIBER (g)	20.67	21.96	38 / 25 *
FOLATE (ug)	359.93	437.96	400
SELENIUM (ug)	130.07	112.56	55
CALCIUM (mg)	1274.19	1064.4	1000 *
POTASSIUM (mg)	2128.77	2916.33	4.7
MAGNESIUM (mg)	293.87	366.89	400 / 310 *
ZINC (mg)	9.69	12.72	11 / 8 *
VITAMIN A (ug)	685.27	952.14	900 / 700
VITAMIN B12 (ug)	4.41	4.99	2.4
VITAMIN D (ug)	7.15	5.44	15 *
VITAMIN E (mg)	7.91	10.81	15
VITAMIN K (ug)	133.3	227.23	120 / 90

The above table shows your average daily intake of key macro and micro nutrients during the study period. For your reference also shown here are the overall average for the other participants in the study and the recommended intake levels by gender. Recommended intakes for individuals over 30 may be higher or lower, visit https://ods.od.nih.gov/Health_Information/Dietary_Reference_Intakes.aspx for a comphrenhensive breakdown of dietary reference intakes by age and gender.

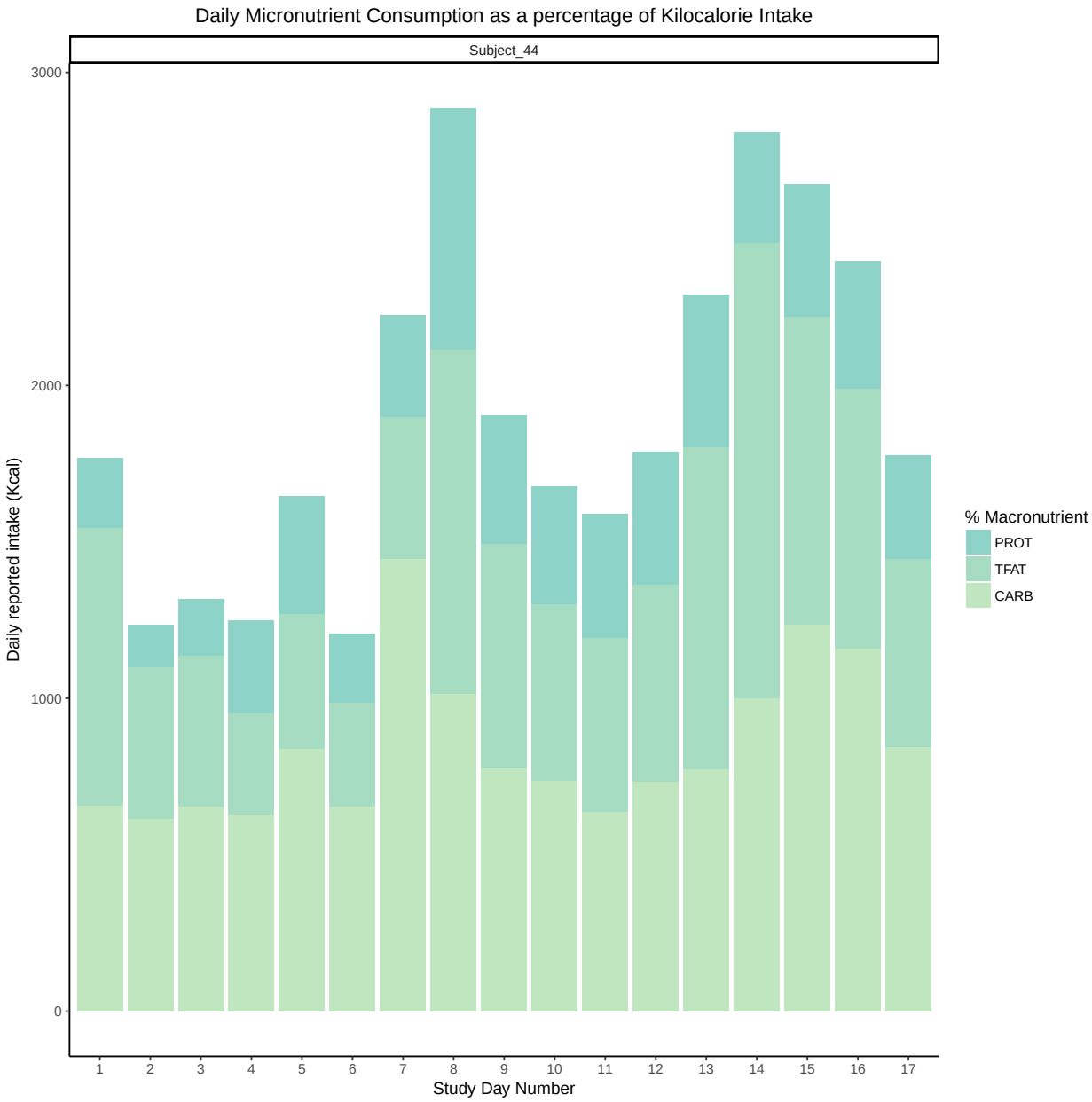

Figure 1: Figure 1 visualizes day to day variation in your consumption of micronutrients viewed as a percentage of total kilocalorie intake. Protein intakes are abbreviated as "PROT", Carbohydrate intakes are abbreviated as "CARB", and Total Fat intakes are abbreviated as "TFAT" in the figure legend

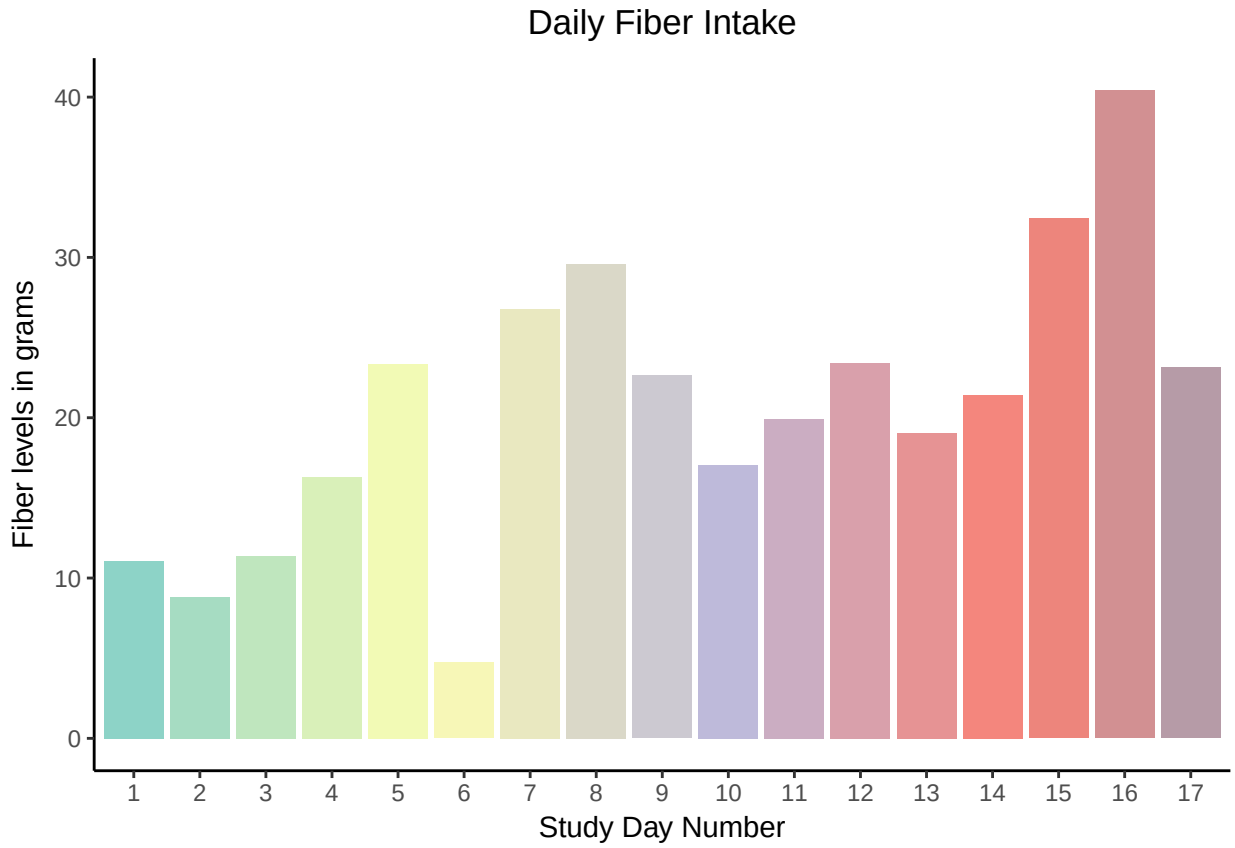

Figure 2: Figure 2 visualizes your Fiber intake on a day-to-day basis. Add blurb pertaining to microbiome importance

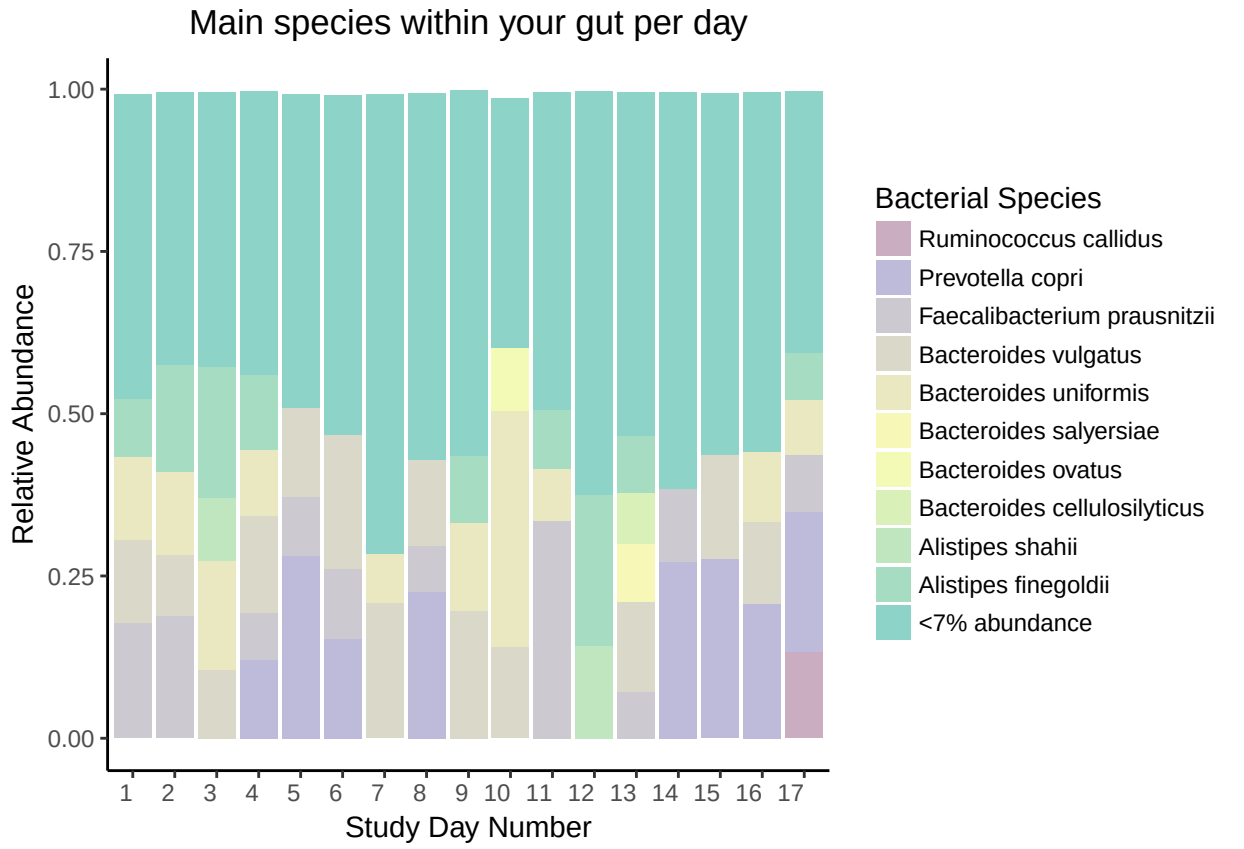

Figure 3: Figure 3 depicts the most abundant bacterial species within your gut per each day of the study. The "<10% abundance" column represents a sum of bacterial species that individually account for less than 10% of

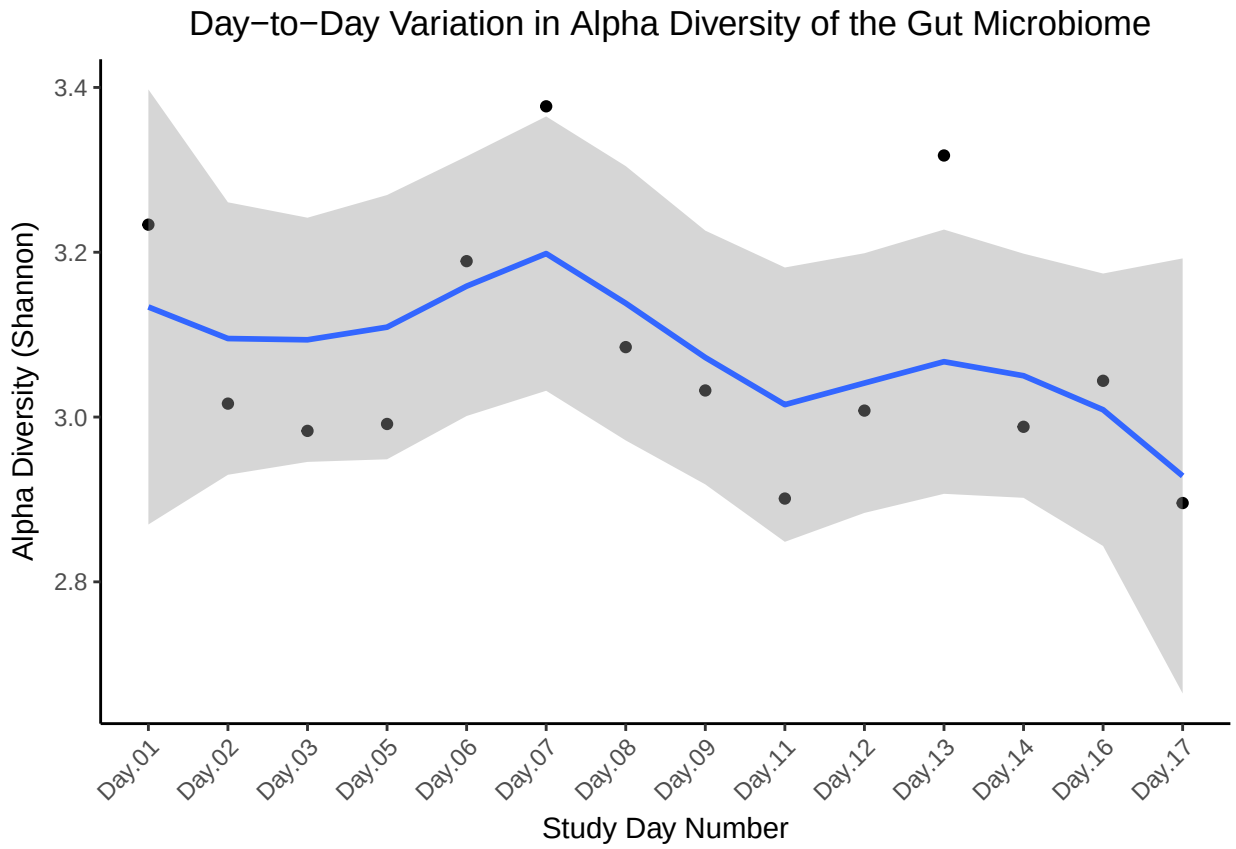

Figure 4: Figure 4 details how the bacterial diversity exhibited within your gut changes on a daily basis. This diversity catalogued within the gut microbiome is known as alpha diversity, and the metric utilized is the Shannon index of alpha diversity. The Shannon index accounts for both abundance and eveness of bacterial species present within the gut microbiome.

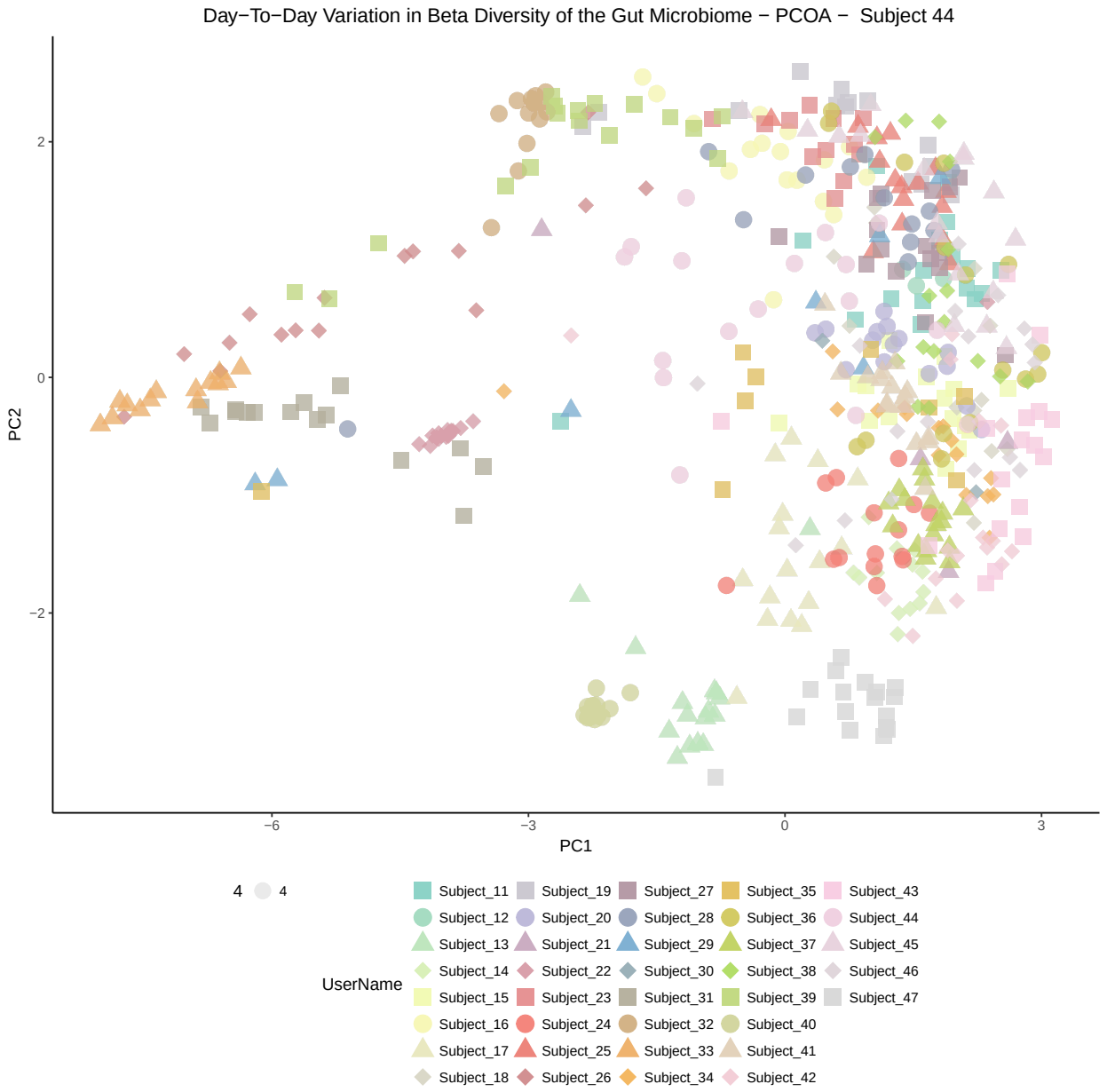

Figure 5: Figure 5 is a plot that represents how dissimilar certain individuals microbiomes are relative to each other. The shape corresponding to your (subject number) represents your microbiome - multiple of the same shapes correspond to each of the multiple days of testing.