

# 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](mailto:cole0463@umn.edu)

Type	Your Average	Study Average
CALORIES	1712.52	2080.11
PROTEIN	55.36	88.57
TOTAL FAT	70	89.97
CARBS	215.3	225.55
FIBER	14.39	21.96
FOLATE	324	437.96
CALCIUM	1020.63	1064.4
POTASSIUM	2403.9	2916.33
VITAMIN A	836.81	952.14
VITAMIN B6	1.31	2.24
VITAMIN B12	3.36	4.99
VITAMIN D	4.49	5.44
VITAMIN E	NA	NA
VITAMIN K	162.86	227.23

## Daily Micronutrient Consumption as a percentage of Kilocalorie Intake

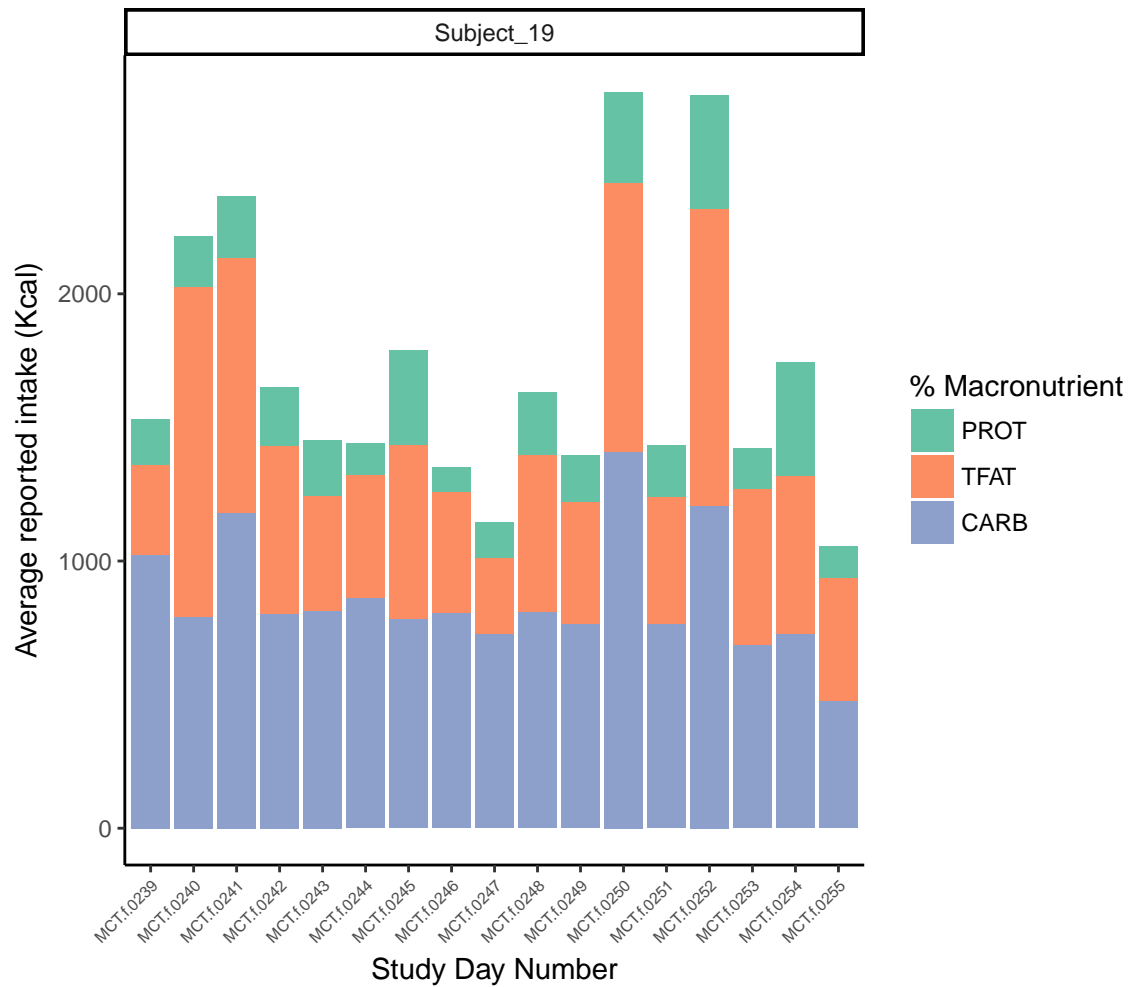


Figure 1: Figure 1 visualizes day to day variation in your consumption of micronutrients viewed as a percentage of total kilocalorie intake.

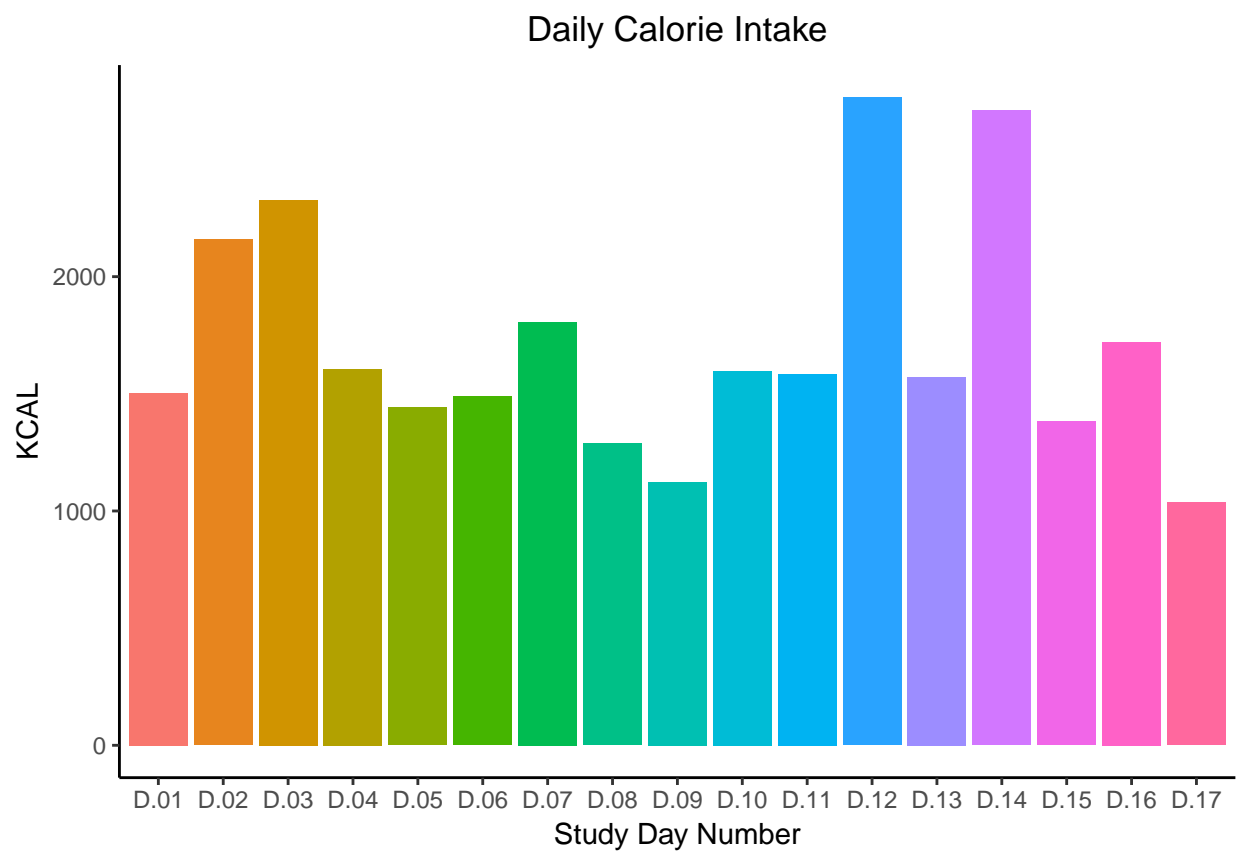


Figure 2: Figure 2 visualizes your calorie intake on a day-to-day basis.

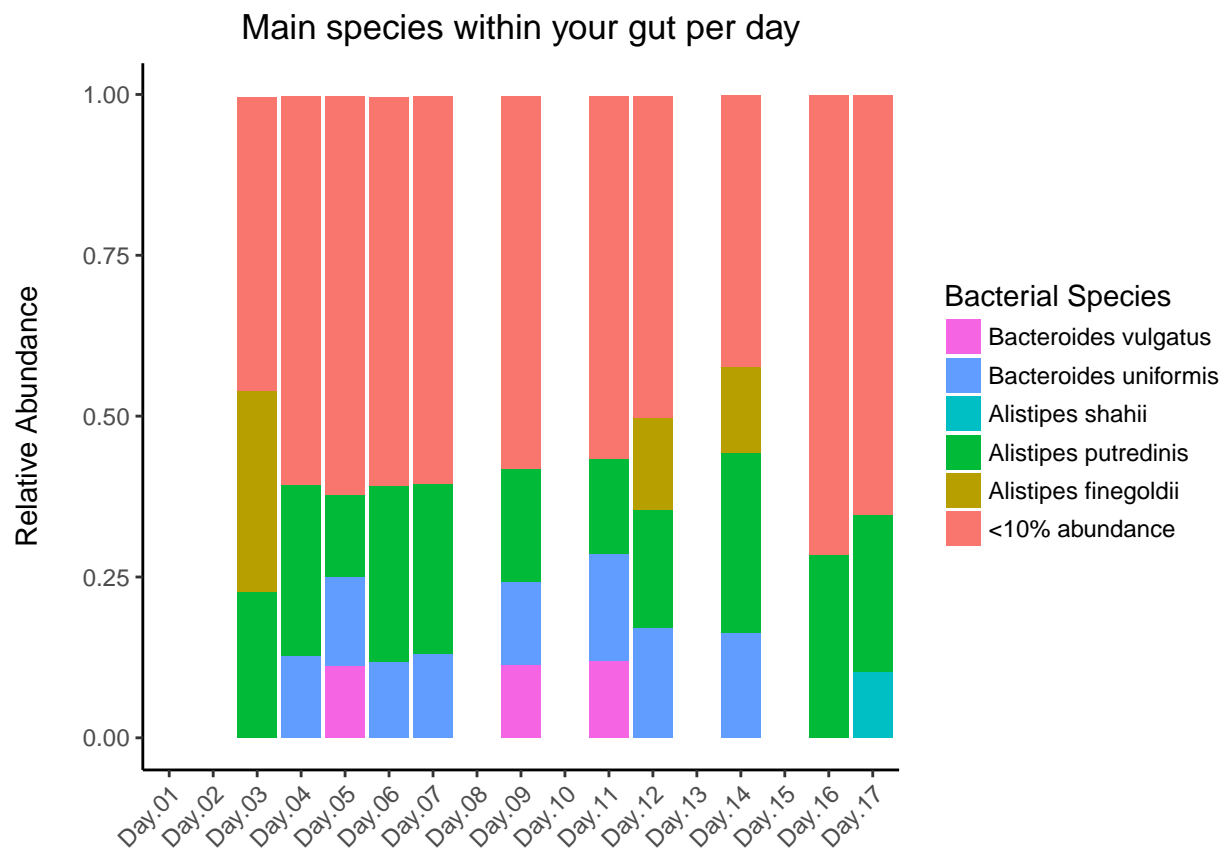


Figure 3: Figure 3 depicts the most abundant bacterial species within your gut per each day of the study. The "<10% abundance" column represents a sum of bacterial species that individually account for less than 10% of

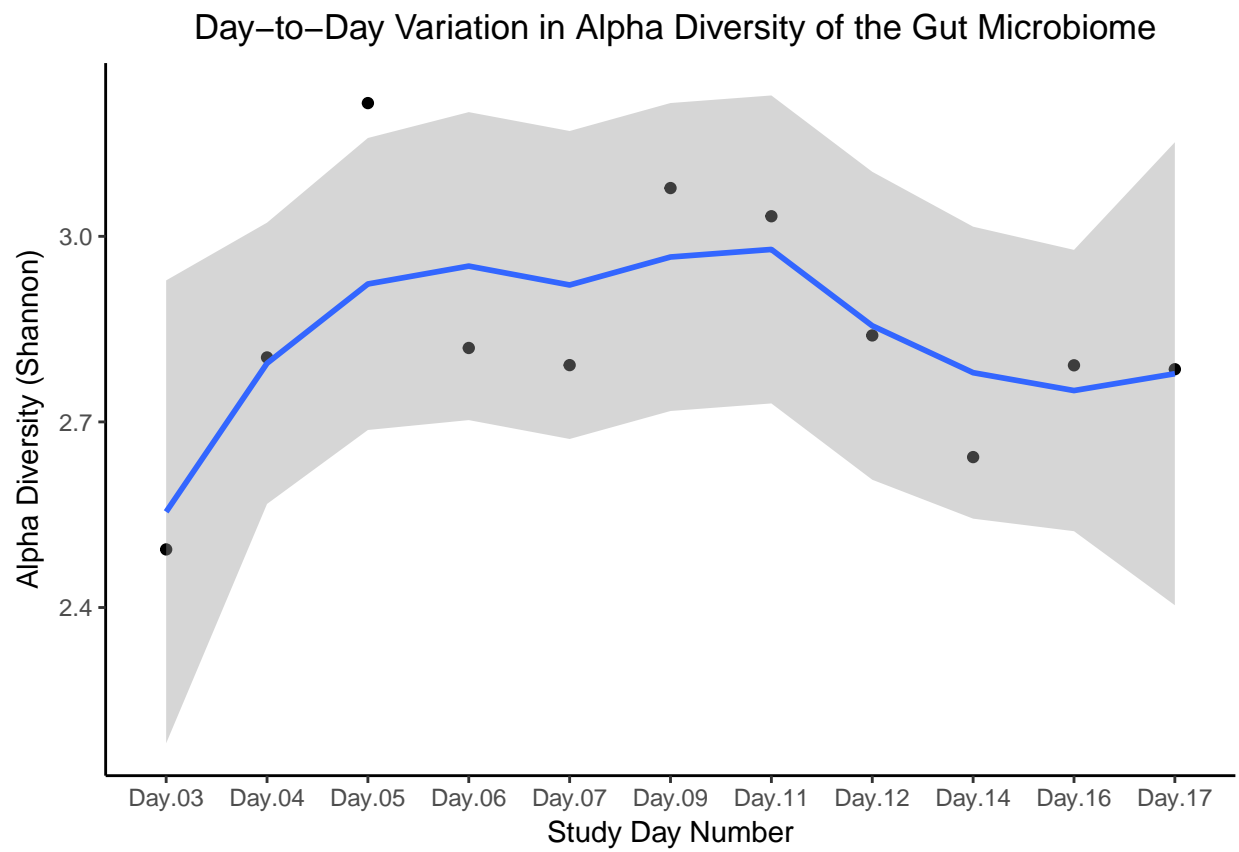


Figure 4: Figure 4 details how the bacterial diversity exhibited within your gut changes on a daily basis.

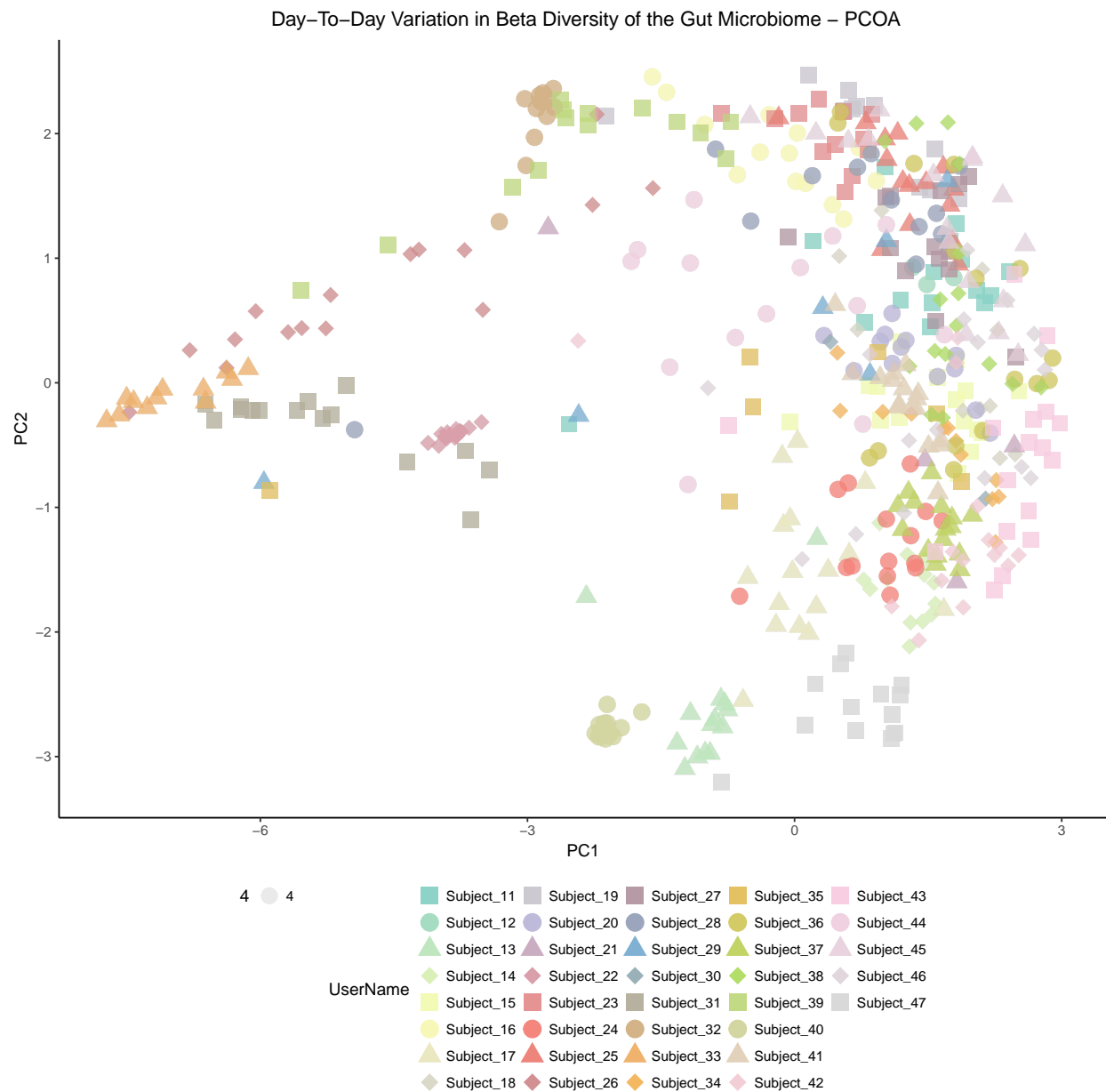


Figure 5: Figure 5 is a plot that represents how dissimilar certain individuals microbiomes are relative to each other. The shape corresponding to your (subject number) represents your microbiome - multiple of the same shapes correspond to each of the multiple days of testing.