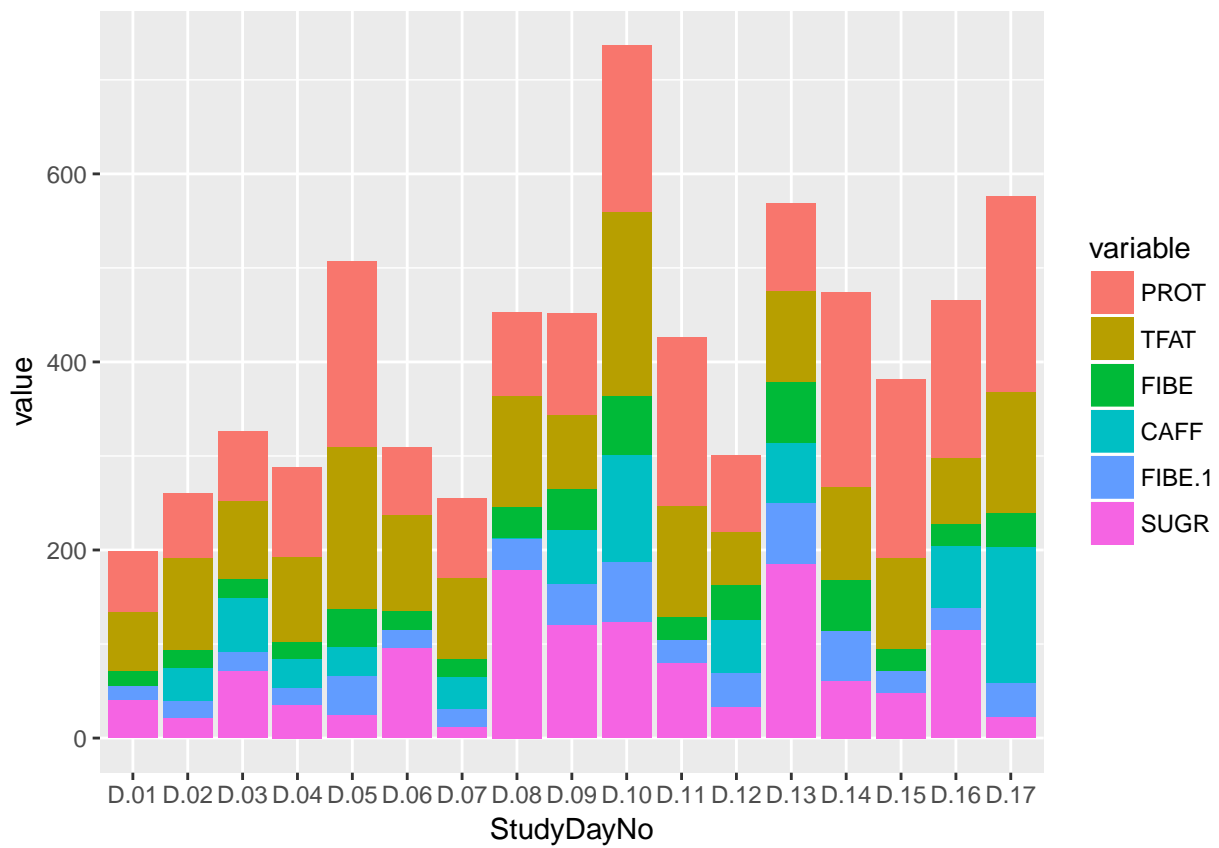


# Subject\_24

| Type      | Your Average | Total Average |
|-----------|--------------|---------------|
| CALORIES  | 2454.62      | 2080.11       |
| PROTEIN   | 126.75       | 88.57         |
| TOTAL FAT | 103.05       | 89.97         |
| CARBS     | 255.83       | 225.55        |
| FIBER     | 32.59        | 21.96         |

## MicroNutrients



## Daily Calorie Intake



## Microbiome Daily Relative Abundance

*# make ggplot bar chart of top 10 most abundant species per day*

```
ggplot(mergedf, aes(x = StudyDayNo, y = value, fill = rn)) +  
  geom_bar(stat = "identity") +  
  scale_x_discrete(drop = FALSE) +  
  theme_classic() +  
  theme(strip.text.y = element_text(angle = 0, size = 8, face = "italic"),  
        axis.text.x = element_text(angle = 45, hjust = 1),  
        axis.title.x = element_blank(),  
        plot.title = element_text(hjust = 0.5),  
        strip.background = element_rect(color = "grey")) +  
  guides(fill = guide_legend(reverse = TRUE,  
                             keywidth = 1,  
                             keyheight = 1,  
                             ncol = 1)) +  
  ylab("Relative Abundance\n") +  
  ggtitle("Main species within your gut per day")
```

