

## Nutrient ratios

SFA:UFA  
Sodium:potassium  
Carb:fiber

## Vitamins

Folate  
Choline  
Riboflavin  
Thiamin  
Niacin  
Vitamin A  
Vitamin B6  
Vitamin B12  
Vitamin C  
Vitamin D  
Vitamin E

## Minerals

Iron  
Zinc  
Calcium  
Potassium  
Magnesium

## Protein

Quantity of  
essential amino  
acids  
Protein quality

## Omega-3

DHA  
EPA  
DPA  
ALA

## Fiber

## Calorie density