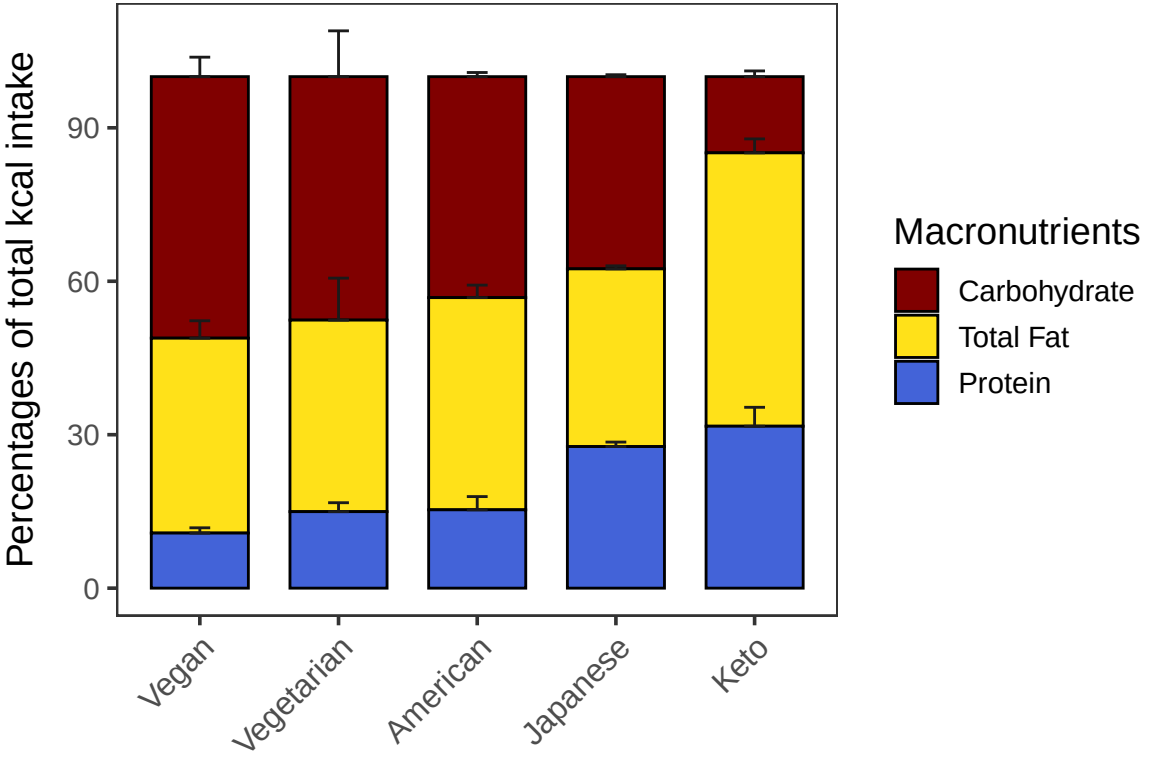
Percentages of total kcal intake
0
30
60
90
Vegan
Vegetarian
American
Japanese
Keto
Macronutrients
Carbohydrate
Total Fat
Protein