6/9/22, 11:59 AM Diet Sheet

YOUR DAILY NUTRITIONAL REQUIREMENTS

Calories (kcal)	2845
Total Carbohydrate (g)	175
Linoleic Acid (g)	13
Alpha-Linoleic Acid (g)	1.4
Protein (g)	71
Dietary Fiber (g)	28

Vitamins

Vitamin A (μg)	770
Vitamin D (µg)	15
Vitamin E (mg)	15
Vitamin K (μg)	90
Vitamin C (mg)	85
Vitamin B1 (mg)	1.4
Vitamin B2 (mg)	1.4
Vitamin B3 (mg)	18
Vitamin B5 (mg)	6
Vitamin B6 (mg)	1.9
Vitamin B9 (μg)	600
Vitamin B12 (µg)	2.6

Minerals

Calcium (mg)	1000
Copper (µg)	1000
Iron (mg)	27
Magnesium (mg)	360
Manganese (mg)	2
Phosphorus (mg)	700
Selenium (µg)	60
Zinc (mg)	11
Potassium (g)	4.7
Sodium (g)	1.5

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DAILY NUTRITIONAL PROFILE Calories 17% Total Carbohydrate 62% 8% Linoleic Acid **5**% Alpha-Linoleic Acid Protein 13% Dietary Fiber 31% **Vitamins** Vitamin A 1307% 0% Vitamin D Vitamin E **5**% 15% Vitamin K Vitamin C 17% Vitamin B1 36% 12% Vitamin B2 Vitamin B3 33% Vitamin B5 35% Vitamin B6 53% Vitamin B9 10% Vitamin B12 0% **Minerals** <mark>7%</mark> Calcium Copper 40% 9% Iron Magnesium 51% Manganese 208% Phosphorus 46% 2% Selenium Zinc 22% Potassium 20% Sodium **5**% **Add More Food Print Chart**