

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

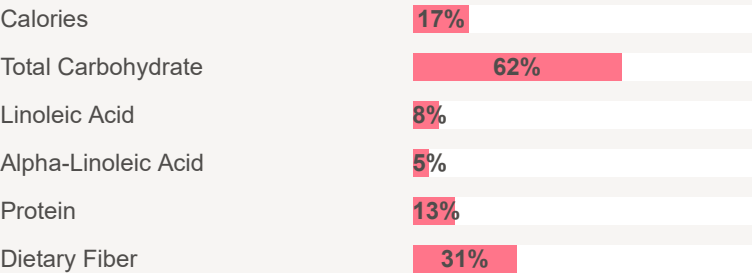
Vitamin A (µg)	770
Vitamin D (µg)	15
Vitamin E (mg)	15
Vitamin K (µg)	90
Vitamin C (mg)	85
Vitamin B1 (mg)	1.4
Vitamin B2 (mg)	1.4
Vitamin B3 (mg)	18
Vitamin B5 (mg)	6
Vitamin B6 (mg)	1.9
Vitamin B9 (µg)	600
Vitamin B12 (µg)	2.6

Minerals

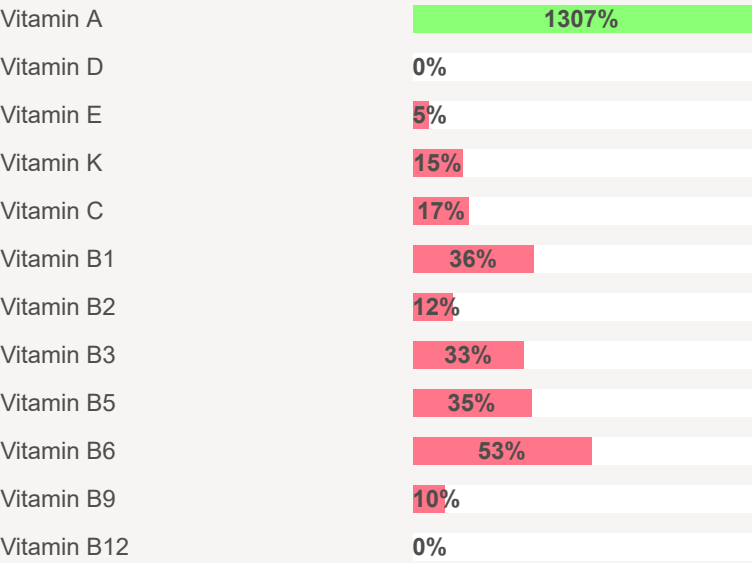
Calcium (mg)	1000
Copper (µg)	1000
Iron (mg)	27
Magnesium (mg)	360
Manganese (mg)	2
Phosphorus (mg)	700
Selenium (µg)	60
Zinc (mg)	11
Potassium (g)	4.7
Sodium (g)	1.5

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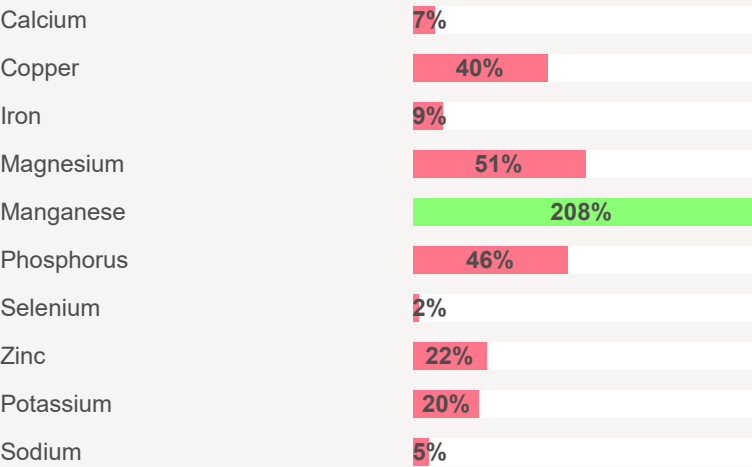
DAILY NUTRITIONAL PROFILE



Vitamins



Minerals



Add More Food

Print Chart