

# Low Carb Nutrition Summary

Total Days: 7

Total Foods: 207

Macronutrients			Vitamins			Minerals			% of RDA For the week
	Value	Unit		Value	Unit	Goal	Unit		
Kilocalories	2001	kcal	Vitamin A (RE)	2289	RE	700-900	mcg	100%+	
Protein	101	g	Beta-Carotene	9155	mcg	n/a			
Carbohydrate	50	g	Vitamin C	167	mg	75-90	mg	100%+	
Fat, Total	159	g	Vitamin D (ug)	18	mcg	15	mcg	100%+	
Alcohol	0.5	g							
Cholesterol	696	mg	Vitamin E	18	mg	15	mg	100%+	
Saturated Fat	53	g							
Monounsaturated Fat	73	g	Thiamin	1	mg	1.1-1.2	mg	99%	
Polyunsaturated Fat	19	g	Riboflavin	2	mg	1.1-1.3	mg	100%+	
MFA 18:1, Oleic	60	g	Niacin	23	mg	14-16	mg	100%+	
PFA 18:2, Linoleic	13	g	Pyridoxine (Vitamin B6)	2	mg	1.3	mg	100%+	
PFA 18:3, Linolenic	3	g	Folate (Total)	400	mcg	400	mcg	100%	
PFA 20:5, EPA	0.1	g	Cobalamin (Vitamin B12)	5	mcg	2.4	mcg	100%+	
PFA 22:6, DHA	0.3	g	Biotin	30	mcg	30	mcg	100%	
Dietary Fiber, Total	19	g	Pantothenic Acid	6	mg	5	mg	100%+	
Sugar, Total	22	g	Vitamin K	517	mcg	90-120	mcg	100%+	
Amino Acids			Minerals			Goal			
	Value	Unit		Value	Unit				
Tryptophan	947	mg	Sodium	3254.5	mg	2300	mg	100%+	
Threonine	3489	mg	Potassium	2934.2	mg	2600-3400	mg	100%	
Isoleucine	4002	mg	Calcium	1184.6	mg	1000-1200	mg	100%	
Leucine	6739	mg	Iron	12.3	mg	8-18	mg	100%	
Lysine	6424	mg	Phosphorus	1381.0	mg	700	mg	100%	
Methionine	2138	mg	Magnesium	323.4	mg	310-320	mg	100%+	
Cystine	1029	mg	Zinc	12.5	mg	8-11	mg	100%+	
Phenylalanine	3754	mg	Copper	1.3	mg	0.9	mcg	100%+	
Tyrosine	3129	mg	Manganese	2.7	mg	1.8-2.3	mg	100%+	
Valine	4606	mg	Selenium	207.4	mcg	55	mcg	100%+	
Histidine	2576	mg	Chromium	0.1	mg	0.020 - 0.035	mcg	100%+	

Percentage Of Kcals

