

# DIET ANALYSIS: COMPLETE & BALANCED

(per 1,000 calories)

*based on NRC guidelines	BEEF + POTATO	CHICKEN + RICE	LAMB + EGG	TURKEY + SWEET POTATO	VENISON + SQUASH
<b>BASIC COMPONENTS</b>					
Protein*	96.1 g (high)	97.8 g (high)	73.3 g (moderate)	101.8 g (high)	122.8 g (high)
Fat*	44.6 g (moderate)	29.8 g (low)	47.9 g (moderate)	43.6 g (moderate)	50.9 g (high)
Fiber	6.0 g	6.0 g	8.0 g	9.8 g	6.9 g
Carbohydrate*	81.2 g (moderate)	105.9 (high)	96.1 g (high)	74.9 g (moderate)	39.3 g (low)
Ash	18.0 g	20.0 g	17.1 g	20.3 g	21.6 g
Calcium	3.6 g	3.8 g	3.6 g	3.9 g	4.3 g
Phosphorus	3.0 g	3.6 g	3.3 g	3.1 g	3.4 g
Sodium	0.5 g	1.3 g	0.8 g	0.4 g	0.9 g
Taurine	1.0 g	1.03 g	1.1 g	1.5 g	1.4 g
EPA	1.3 g	0.03 g	.36 g	0.4 g	1.6 g
DHA	0.4 g	0.1 g	0.13 g	0.5 g	0.9 g
Omega-6	4.0 g	4.4 g	3.6 g	17.5 g	5.4 g
Omega-3	0.6 g	1.6 g	0.6 g	3.5 g	0.7 g
<b>VITAMINS</b>					
Vitamin A	2,195 IU	14,089 IU	2,910 IU	46,621 IU	20,719 IU
Beta-Carotene	2,992 mcg	4,990 mcg	4,829 mcg	21,035 mcg	7,235 mcg
Vitamin B1	4.1 mg	10.8 mg	7.5 mg	18.2 mg	6.3 mg
Vitamin B2	6.6 mg	10.7 mg	8.3 mg	19.3 mg	7.8 mg
Vitamin B3	31.2 mg	51.1 mg	31.6 mg	60.3 mg	34.9 mg
Vitamin B6	5.9 mg	11.5 mg	7.3 mg	20.3 mg	6.9 mg
Vitmain B12	75.6 mg	50.7 mg	45.8 mg	101.0 mg	48.2 mg
Biotin	210 mcg	605 mcg	252 mcg	1,047 mcg	324 mcg
Vitamin D	187.6 IU	413.6 IU	631.0 IU	764.3 IU	356.1 IU
Folate	666 mcg	437 mcg	410 mcg	652 mcg	392 mcg
Vitamin E	74.2 IU	203.9 IU	128.2 IU	94.0 IU	112.4 IU
<b>MINERALS</b>					
Magnesium	280 mg	314 mg	242 mg	345 mg	280 mg
Potassium	1850 mg	1,772 mg	1,749 mg	3,203 mg	2886 mg
Iron	24.5 mg	80.0 mg	22.4 mg	45.9 mg	26.4 mg
Zinc	43.8 mg	34.4 mg	27.7 mg	65.2 mg	26.2 mg
Copper	2.9 mg	2.4 mg	2.1 mg	5.1 mg	2.3 mg
Manganese	2.9 mg	7.4 mg	3.1 mg	4.9 mg	2.9 mg
Iodine	209 mcg	553 mcg	464 mcg	699 mcg	281 mcg
Selenium	118 mcg	201 mcg	181 mcg	290 mcg	140 mcg
<b>AMINO ACIDS</b>					
Aginine	5.3 g	4.5 g	4.2 g	4.5 g	7.6 g
Cystine	1.0 g	1.1 g	0.9 g	0.8 g	1.4 g
Histidine	2.4 g	4.0 g	1.2 g	2.1 g	4.6 g
Isoleucine	3.5 g	2.5 g	3.1 g	3.1 g	4.6 g
Leucine	6.3 g	4.2 g	5.3 g	5.9 g	9.1 g
Lysine	6.2 g	6.2 g	4.7 g	6.3 g	8.9 g
Methionine	1.9 g	6.5 g	1.7 g	2.1 g	2.7 g
Phenylalanine	3.5 g	2.2 g	3.1 g	3.0 g	4.7 g
Threonine	1.0 g	3.4 g	2.8 g	3.3 g	5.0 g
Tryptophane	0.6 g	3.5 g	0.7 g	0.9 g	0.4 g
Tyrosine	2.5 g	2.8 g	2.2 g	2.5 g	3.9 g
Valine	4.1 g	4.2 g	3.7 g	3.4 g	5.3 g