




Day 1	Calories	Percent			Amount (g)		
		Carb (net)	Fat	Protein	Carb (net)	Fat	Protein
Dr. Sten Ekberg	<b>1100</b>	9%	82%	9%	25	100	<b>25</b>







You can get more information about food and nutrients by clicking the hyperlinks.























## Nutrition Facts<sup>(1)</sup>

Food	Amount
Cucumber (raw, flesh and skin)	120g
Capsicum pepper (green, raw)	105g
Avocado (Hass, flesh only)	140g
Tomatoes (standard, raw)	150g
Brussels sprouts (boiled in unsalted water)	120g
Broccoli (green, boiled in unsalted water)	150g
Macadamia nuts (salted)	95g

### Calories 1,084

Carb 10%  Protein 7%  Fat 83% 

	Amount	% DRI	
<b>Total Fat</b>	<b>100.5g</b>	<b>129%</b>	
Saturated Fat	16.9g	84%	
<b>Sodium</b>	<b>416.8mg</b>	<b>18%</b>	
<b>Total Carbohydrate</b>	<b>46.8g</b>	<b>17%</b>	
Total sugars	19.7g		
Fiber	21.9g	78%	
Net Carbohydrate	25.0g		
<b>Protein</b>	<b>21.5g</b>	<b>43%</b>	

Vitamin	Amount	% DRI		Mineral	Amount	% DRI	
K1	395.7µg	330%		Manganese	6.6mg	286%	
C	276.8mg	308%		Copper	1.0mg	109%	
B6 (Pyridoxine)	1.5mg	91%		Potassium	2,551.7mg	54%	
B5 (Pantothenate)	4.3mg	85%		Magnesium	208.7mg	50%	
B9 (Folate)	332.3µg	83%		Phosphorus	524.0mg	42%	
E (total)	9.0mg	60%		Chloride	887.2mg	39%	
B7 (Biotin)	18.0µg	60%		Zinc	3.2mg	29%	
B1 (Thiamin)	0.6mg	52%		Iron	5.0mg	28%	
B3 (Niacin)	6.9mg	43%		Selenium	9.4µg	17%	
B2 (Riboflavin)	0.4mg	31%		Calcium	200.6mg	15%	
A (RAE)	166.8µg	19%		Iodine	13.2µg	9%	

<sup>(1)</sup> Source: McCance and Widdowson's The Composition of Foods Integrated Dataset 2019

% DRI: As specified by U.S. Food and Drug Administration. **Percent Daily Reference Intakes are based on a 2000 calories diet for adults. Your daily values may be higher or lower depending on your needs.**



© EatKnowingly.com

This work is licensed under CC BY-SA 4.0