



Day 1	Calories	Percent			Amount (g)		
		Carb (net)	Fat	Protein	Carb (net)	Fat	Protein
Dr. Valter Longo	<b>1100</b>	47%	44%	9%	129	54	<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)	95g
Bananas (flesh only)	120g
Avocado (Hass, flesh only)	120g
Beetroot (cooked in unsalted water)	150g
Strawberries (raw)	150g
Tomatoes (standard, raw)	150g
Green and brown lentils (whole, dried, boiled in unsalted water)	115g
Sweet potato (flesh only, boiled in unsalted water)	180g
Macadamia nuts (salted)	55g

### Calories 1,083

Carb 36%  Protein 9%  Fat 55% 

	Amount	% DRI	
<b>Total Fat</b>	<b>66.8g</b>	<b>86%</b>	
Saturated Fat	11.6g	58%	
<b>Sodium</b>	<b>381.3mg</b>	<b>17%</b>	
<b>Total Carbohydrate</b>	<b>135.2g</b>	<b>49%</b>	
Total sugars	72.7g		
Fiber	33.8g	121%	
Net Carbohydrate	101.4g		
<b>Protein</b>	<b>25.0g</b>	<b>50%</b>	

Vitamin	Amount	% DRI	Mineral	Amount	% DRI
C	139.3mg	155%	Manganese	6.2mg	269%
B9 (Folate)	513.9µg	128%	Copper	1.4mg	156%
B5 (Pantothenate)	5.2mg	104%	Potassium	3,358.6mg	71%
A (RAE)	891.1µg	99%	Magnesium	246.6mg	59%
B6 (Pyridoxine)	1.5mg	90%	Selenium	24.6µg	45%
B1 (Thiamin)	0.7mg	61%	Chloride	1,017.8mg	44%
B3 (Niacin)	9.7mg	60%	Phosphorus	526.4mg	42%
B7 (Biotin)	17.5µg	58%	Iron	6.8mg	38%
E (total)	7.1mg	48%	Zinc	3.9mg	35%
K1	33.4µg	28%	Calcium	282.4mg	22%
B2 (Riboflavin)	0.4mg	27%	Iodine	19.9µg	13%

<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.**



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