



Day 2 to 5	Calories	Percent			Amount (g)		
		Carb (net)	Fat	Protein	Carb (net)	Fat	Protein
Dr. Valter Longo	800	47%	44%	9%	94	39	18







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























Nutrition Facts⁽¹⁾

Food	Amount
Pecan nuts (kernel only)	25g
Avocado (Hass, flesh only)	125g
Dates (dried, flesh and skin, weighed with stones)	120g
Cauliflower (boiled in unsalted water)	120g
Cucumber (raw, flesh and skin)	100g
Sweet potato (flesh only, boiled in unsalted water)	160g
Cabbage (white, boiled in unsalted water)	150g

Calories 788

Carb 46%  Protein 7%  Fat 47% 

	Amount	% DRI	
Total Fat	42.0g	54%	
Saturated Fat	7.3g	36%	
Sodium	98.9mg	4%	
Total Carbohydrate	117.3g	43%	
Total sugars	83.9g		
Fiber	23.4g	84%	
Net Carbohydrate	93.9g		
Protein	14.1g	28%	

Vitamin	Amount	% DRI		Mineral	Amount	% DRI	
K1	116.9µg	97%		Manganese	3.2mg	140%	
B5 (Pantothenate)	4.8mg	96%		Copper	1.2mg	129%	
A (RAE)	751.0µg	83%		Potassium	2,839.9mg	60%	
C	71.0mg	79%		Magnesium	189.8mg	45%	
B6 (Pyridoxine)	1.1mg	62%		Chloride	765.1mg	33%	
B1 (Thiamin)	0.7mg	58%		Zinc	3.5mg	32%	
B9 (Folate)	195.4µg	49%		Phosphorus	383.6mg	31%	
B3 (Niacin)	6.7mg	42%		Iron	5.5mg	31%	
E (total)	6.2mg	41%		Calcium	302.5mg	23%	
B7 (Biotin)	9.7µg	32%		Iodine	26.9µg	18%	
B2 (Riboflavin)	0.4mg	28%		Selenium	6.6µg	12%	

⁽¹⁾ 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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