



# Yo-Yo's nutrient profile

## Ingredients

<b>167 g</b>	or	<b>5 7/8 oz</b>	Fish, tilapia, raw <a href="#">▢</a>
<b>7 g</b>	or	<b>1 5/8 tsp</b>	Oil, canola <a href="#">▢</a>
<b>0.4 g</b>	or	<b>2/5 mL</b>	Nordic Naturals Omega-3 Pet Liquid <a href="#">▢</a>
<b>49 g</b>	or	<b>1/4 cup</b>	Beans, black, mature seeds, raw <a href="#">▢</a>
<b>9 g</b>	or	<b>1/16 cup</b>	Corn, sweet, yellow, raw <a href="#">▢</a>
<b>7 g</b>	or	<b>1/16 cup</b> grated	Carrots, raw <a href="#">▢</a>
<b>1.12 g</b>	or	<b>3/16 tsp</b>	<u>Morton Iodized Salt</u> <a href="#">▢</a>
<b>9.79 g</b>	or	<b>3 3/8 red scoop</b>	<u>Balance IT® Feline (2.9 g/red scoop)</u> <a href="#">▢</a>
<b>48 g</b>	or	<b>1 5/8 fl oz</b>	<u>Water, tap, municipal</u> <a href="#">▢</a>

Some ingredients may have an undefined value for some nutrients. This results in the value being treated as zero which may result in the value being under-reported. Also many nutrients are typically and safely many times higher than the minimum requirement. If additional information about a particular nutrient amount is needed and you are a veterinarian, please contact us.

<b>Caloric distribution</b>	● Protein calories	<b>48.41%</b>
	● Fat calories	<b>32.79%</b>
	● Carbohydrate calories	<b>18.80%</b>



\*These “% calories” values are better for comparing diets, but different from “% as fed” values found on pet food labels. To convert pet food labels, use the free online “Guaranteed Analysis Converter” available under the Support tab. Please see Cautions in recipe reports for additional important information.

Total calories fed: **402.1 kcal/day**  
OR **134.25%** of the calculated requirement

**Nutrients** A quick look at how fortifying Yo-Yo's recipe with a supplement can provide all the goodness they need to thrive.  
**Total Cooked Mass: 207.31 g** **E Density: 1.94 kcal/g as is, 18.02 kcal/g DM** **% Moisture: 65.02%** | Also See Nutrient 255 Water Below

AAFCO-NRC

Bar Graph:

Not Shown. Show Numerical Percentages

Nutrient ID	Nutrient Name	Requirement Range	Amount (per Mcal)	% of Requirement (with supplement)	% of Requirement (without supplement)	
[319]	Retinol	250 to 25000 mcg_RAE	938.55 mcg_RAE	375.42%	0%	
[10000...1]	Iodine	0.15 to 2.25 mg	1.01 mg	673.57%	0%	
[10000...7]	Biotin	0.02 to No Max mg	0.08 mg	443.68%	0%	
[10000...6]	Taurine	0.50 to No Max g	1.02 g	204.23%	0%	
[301]	Calcium, Ca	1.50 to No Max g	3.30 g	219.71%	9.04%	
[309]	Zinc, Zn	18.80 to No Max mg	50.74 mg	269.89%	26.49%	
[421]	Choline, total	600 to No Max mg	1197.61 - 1276.37 mg	199.60% - 212.73%	30.63% - 43.76%	
[415]	Vitamin B-6	1 to No Max mg	1.04 - 1.30 mg	103.57% - 129.82%	32.81% - 59.06%	
[404]	Thiamin	1.40 to No Max mg	2.83 - 3.38 mg	202.38% - 241.48%	35.18% - 74.27%	
[405]	Riboflavin	1 to No Max mg	1.89 - 1.95 mg	188.85% - 195.32%	36.67% - 43.14%	

[307]	Sodium, Na	0.50 to 2.50 g	2.13 g	425.47%	37.62%
[10000... 0]	Chloride	0.75 to No Max g	3.29 g	439.22%	38.67%
[303]	Iron, Fe	20 to No Max mg	47.90 mg	239.49%	44.81%
[328]	Vitamin D (D2 + D3)	70 to 7520 IU, Vit D	283.53 – 292.16 IU, Vit D	405.04% – 417.37%	68.15% – 80.48%
[312]	Copper, Cu	1.25 to No Max mg	3.13 mg	250.30%	73.14%
[418]	Vitamin B- 12	0.01 to No Max mg	0.01 – 0.02 mg	283.96% – 318.38%	74.57% – 108.99%
[315]	Manganese , Mn	1.90 to No Max mg	5.41 mg	284.91%	82.74%
[305]	Phosphorus , P	1.25 to No Max g	2.65 g	212.34%	87.24%
[435]	Folate, DFE	334 to No Max mcg_DFE	468.35 – 592.30 mcg_DFE	140.23% – 177.34%	96.49% – 133.60%
[406]	Niacin	15 to No Max mg	36.44 – 37.27 mg	242.95% – 248.48%	99.59% – 105.12%
[430]	Vitamin K (phyllloquin one)	0.02 to No Max mg	0.32 – 0.32 mg	1275.75% – 1285.87%	104.12% – 114.24%
[323]	Vitamin E (alpha- tocopherol)	10 to No Max mg	130.73 – 134.41 mg	1307.26% – 1344.10%	112.94% – 149.78%
[204]	Total lipid (fat)	22.50 to No Max g	28.72 g	127.63%	127.63%
[306]	Potassium, K	1.50 to No Max g	4.32 g	287.84%	158.37%
[410]	Pantotheni c acid	1.44 to No Max mg	5.42 – 6.02 mg	376.45% – 417.96%	158.98% – 200.48%

[203]	Protein	65 to No Max g	109.26 g	168.09%	168.09%
[2000022]	LA+AA:ALA+EPA+DHA	1 to 30	2.02	202.32%	202.32%
[620]	20:4 undifferentiated	0.05 to No Max g	0.11 g	215.88%	215.88%
[1001017]	Phenylalanine-tyrosine	3.83 to No Max g	8.28 g	216.19%	216.19%
[317]	Selenium, Se	0.08 to No Max mg	0.26 mg	348.21%	229.06%
[2000021]	LA+AA:EPA+DHA	3 to 30	7.13	237.73%	237.73%
[511]	Arginine	2.60 to No Max g	6.67 g	256.44%	256.44%
[502]	Threonine	1.83 to No Max g	4.79 g	261.58%	261.58%
[504]	Leucine	3.10 to No Max g	8.60 g	277.35%	277.35%
[501]	Tryptophan	0.40 to 4.25 g	1.15 g	288.37%	288.37%
[304]	Magnesium, Mg	0.10 to No Max g	0.43 g	429.63%	333.01%
[512]	Histidine	0.78 to No Max g	2.60 g	333.76%	333.76%
[618]	18:2 undifferentiated	1.40 to 13.80 g	4.78 g	341.21%	341.21%
[510]	Valine	1.55 to No Max g	5.45 g	351.70%	351.70%
[503]	Isoleucine	1.30 to No Max g	5.03 g	386.70%	386.70%
[100101...]	Methionine-cystine	1 to No Max g	4.47 g	447.41%	393.05%

[505]	Lysine	2.08 to No Max g	9.09 g	437.09%	437.09%
[508]	Phenylalanine	1.05 to No Max g	4.78 g	455.41%	455.41%
[506]	Methionine	0.50 to 3.75 g	3.03 g	605.62%	559.23%