



# Your Adult Dog's nutrient profile

## Ingredients

<b>228 g</b>	or	<b>1 3/16</b> cup	Lentils, raw <a href="#">□</a>
<b>32 g</b>	or	<b>7 1/8</b> tsp	Oil, canola <a href="#">□</a>
<b>1.75 g</b>	or	<b>1 9/10</b> mL	Nordic Naturals Omega-3 Pet Liquid <a href="#">□</a>
<b>23 g</b>	or	<b>1/8</b> cup	Rice, white, long-grain, regular, raw, unenriched <a href="#">□</a>
<b>75 g</b>	or	<b>9/16</b> cup, cubes	Sweet potato, raw, unprepared <a href="#">□</a>
<b>7 g</b>	or	<b>1/16</b> cup slices	Apples, raw, with skin <a href="#">□</a>
<b>10 g</b>	or	<b>1/16</b> cup, diced	Melons, cantaloupe, raw <a href="#">□</a>
<b>9 g</b>	or	<b>1/16</b> cup	Blueberries, raw <a href="#">□</a>
<b>15 g</b>	or	<b>1/16</b> cup	Pumpkin, canned, without salt <a href="#">□</a>
<b>18 g</b>	or	<b>1/8</b> cup, whole	Strawberries, raw <a href="#">□</a>
<b>10 g</b>	or	<b>1/16</b> cup sections, without membranes	Oranges, raw, navels <a href="#">□</a>
<b>7 g</b>	or	<b>1/16</b> cup grated	Carrots, raw <a href="#">□</a>
<b>12 g</b>	or	<b>1/16</b> cup	Peas, green, split, mature seeds, raw <a href="#">□</a>
<b>14 g</b>	or	<b>1/8</b> stalk	Broccoli, stalks, raw <a href="#">□</a>
<b>13 g</b>	or	<b>1/8</b> cup chopped (1/2" pieces)	Cauliflower, raw <a href="#">□</a>
<b>9 g</b>	or	<b>1/16</b> cup	Corn, sweet, yellow, raw <a href="#">□</a>
<b>5 g</b>	or	<b>5/16</b> cup 1" pieces, loosely packed	Kale, raw <a href="#">□</a>

<b>13 g</b>	or	<b>3/16</b>	cup pieces	Mushrooms, white, raw <sup>□</sup>
<b>23 g</b>	or	<b>3/4</b>	cup	Spinach, raw <sup>□</sup>
<b>36 g</b>	or	<b>1/8</b>	package (10 oz)	Spinach, raw <sup>□</sup>
<b>4 g</b>	or	<b>1/8</b>	oz	Soybeans, green, raw <sup>□</sup>
<b>7 g</b>	or	<b>1/16</b>	cup, sliced	Squash, summer, zucchini, includes skin, raw <sup>□</sup>
<b>16 g</b>	or	<b>1/8</b>	cup sliced	Squash, summer, crookneck and straightneck, raw <sup>□</sup>
<b>11 g</b>	or	<b>2/3</b>	tblsp	Peanut butter, smooth style, with salt <sup>□</sup>
<b>17 g</b>	or	<b>1</b>	cubic inch	Cheese, cheddar <sup>□</sup>
<b>5.62 g</b>	or	<b>15/16</b>	tsp	<u>Morton Iodized Salt</u> <sup>□</sup>
<b>24.38 g</b>	or	<b>9 3/4</b>	teaspoon	<u>Balance IT® Canine (2.5 g/tsp)</u> <sup>□</sup>
<b>1.0 g</b>	or	<b>1</b>	g	<u>Generic L-methionine (500 mg tablet)</u> <sup>□</sup>
<b>488 g</b>	or	<b>16 1/2</b>	fl oz	<u>Water, tap, municipal</u> <sup>□</sup>

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.

## Caloric distribution

● Protein calories	<b>18.13%</b>
● Fat calories	<b>29.58%</b>
● Carbohydrate calories	<b>52.30%</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: **1451.2 kcal/day**  
OR **102.38%** of the calculated requirement

## Nutrients

A quick look at how fortifying your Adult Dog's recipe with a supplement can provide all the goodness they need to thrive.

**Total Cooked Mass: 1122.15 g** **Density: 1.29 kcal/g as is, 4.03 kcal/g DM** **% Moisture: 68.43%** | Also See Nutrient 255 Water Below

Not Shown. Show Numerical Percentages

Nutrient ID	Nutrient Name	Requirement Range	Amount (per Mcal)	% of Requirement (with supplement)	% of Requirement (without supplement)	
[10000... 1]	Iodine	0.25 to 2.75 mg	0.83 mg	332.28%	1.09%	
[418]	Vitamin B-12	0.01 to No Max mg	0.01 mg	138.64%	1.84%	
[328]	Vitamin D (D2 + D3)	125 to 750 IU, Vit D	188.07 - 188.15 IU, Vit D	150.46% - 150.52%	2.62% - 2.68%	
[301]	Calcium, Ca	1.25 to 6.25 g	2.83 g	226.33%	22.19%	
[100002 1]	Ca:P ratio	1 to 2	1.19	118.62%	26.56%	
[317]	Selenium, Se	0.08 to 0.50 mg	0.08 mg	103.30%	27.70%	
[309]	Zinc, Zn	20 to No Max mg	52.10 mg	260.50%	37.90%	
[421]	Choline, total	340 to No Max mg	549.59 - 604.37 mg	161.64% - 177.76%	40.54% - 56.65%	
[405]	Riboflavin	1.30 to No Max mg	2.06 - 2.14 mg	158.72% - 164.88%	41.12% - 47.28%	
[506]	Methionine	0.83 to No Max g	1.00 g	120.88%	65.13%	
[100101... ]	Methionine -cystine	1.63 to No Max g	1.65 g	101.35%	73.19%	
[312]	Copper, Cu	1.83 to No Max mg	4.04 mg	220.49%	81.59%	
[404]	Thiamin	0.56 to No Max mg	1.02 - 1.52 mg	181.85% - 270.80%	85.55% - 174.50%	
[307]	Sodium, Na	0.20 to 2.50 g	1.86 g	932.01%	86.70%	

[10000...0]	Chloride	0.30 to No Max g	2.89 g	963.93%	91.39%
[305]	Phosphorus ,P	1 to 4 g	2.39 g	238.52%	104.45%
[323]	Vitamin E (alpha-tocopherol)	12.50 to No Max IU, Vit E	88.67 – 90.15 IU, Vit E	709.32% – 721.23%	107.21% – 119.12%
[410]	Pantothenic acid	3 to No Max mg	6.31 – 7.14 mg	210.48% – 238.10%	113.32% – 140.94%
[203]	Protein	45 to No Max g	52.48 g	116.62%	116.62%
[501]	Tryptophan	0.40 to No Max g	0.77 g	192.99%	132.93%
[502]	Threonine	1.20 to No Max g	1.91 g	159.28%	159.28%
[306]	Potassium, K	1.50 to No Max g	4.12 g	274.93%	161.91%
[304]	Magnesium, Mg	0.15 to No Max g	0.39 g	257.03%	167.38%
[415]	Vitamin B-6	0.38 to No Max mg	1.14 – 1.60 mg	299.39% – 421.91%	170.96% – 293.47%
[303]	Iron, Fe	10 to No Max mg	46.08 mg	460.76%	184.24%
[320]	Vitamin A, RAE	375 to 18750 mcg_RAE	1362.62 – 1485.94 mcg_RAE	363.37% – 396.25%	210.96% – 243.84%
[510]	Valine	1.23 to No Max g	2.63 g	213.59%	213.59%
[505]	Lysine	1.58 to No Max g	3.43 g	216.91%	216.91%
[618]	18:2 undifferentiated	2.80 to 16.30 g	6.14 g	219.17%	219.17%
[1001017]	Phenylalanine-tyrosine	1.85 to No Max g	4.09 g	221.22%	221.98%

[504]	Leucine	1.70 to No Max g	3.80 g	223.46%	223.46%
[406]	Niacin	3.40 to No Max mg	11.74 – 12.10 mg	345.20% – 355.87%	226.47% – 237.13%
[508]	Phenylalanine	1.13 to No Max g	2.57 g	227.87%	227.87%
[503]	Isoleucine	0.95 to No Max g	2.25 g	236.76%	236.76%
[204]	Total lipid (fat)	13.80 to No Max g	33.80 g	244.91%	244.91%
[315]	Manganese , Mn	1.25 to No Max mg	5.30 mg	424.00%	271.86%
[512]	Histidine	0.48 to No Max g	1.42 g	295.13%	295.13%
[511]	Arginine	1.28 to No Max g	3.94 g	307.88%	307.88%
[435]	Folate, DFE	90.20 to No Max mcg_DFE	747.42 – 989.13 mcg_DFE	828.63% – 1096.60%	716.88% – 984.85%
[20000 21]	LA+AA:EPA +DHA	No Min to 30	18.79	N/A	N/A
[20000 22]	LA+AA:ALA +EPA+DHA	No Min to 30	2.61	N/A	N/A