



Your Adult Dog's nutrient profile

Ingredients

192 g	or	1 cup	Lentils, raw □
0.83 g	or	9/10 mL	Nordic Naturals Omega-3 Pet Liquid □
4 g	or	7/8 tsp	Oil, corn, industrial and retail, all purpose salad or cooking □
58 g	or	5/16 cup	Rice, white, long-grain, regular, raw, unenriched □
233 g	or	1 3/4 cup, cubes	Sweet potato, raw, unprepared □
27 g	or	1/4 cup slices	Apples, raw, with skin □
39 g	or	1/4 cup, diced	Melons, cantaloupe, raw □
28 g	or	3/16 cup	Blueberries, raw □
46 g	or	3/16 cup	Pumpkin, canned, without salt □
45 g	or	5/16 cup, whole	Strawberries, raw □
31 g	or	3/16 cup sections, without membranes	Oranges, raw, navels □
14 g	or	1/8 cup grated	Carrots, raw □
12 g	or	1/16 cup	Peas, green, split, mature seeds, raw □
14 g	or	1/8 stalk	Broccoli, stalks, raw □
27 g	or	1/4 cup chopped (1/2" pieces)	Cauliflower, raw □
9 g	or	1/16 cup	Corn, sweet, yellow, raw □
15 g	or	15/16 cup 1" pieces, loosely packed	Kale, raw □

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

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	18.01%
	● Fat calories	12.58%
	● Carbohydrate calories	69.41%



**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: **1436.5 kcal/day**
OR **101.34%** 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: 1472.58 g **Density: 0.98 kcal/g as is, 3.72 kcal/g DM** **% Moisture: 73.82%** | 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)	
[418]	Vitamin B-12	0.01 to No Max mg	0.01 mg	125.89%	1.86%	
[328]	Vitamin D (D2 + D3)	125 to 750 IU, Vit D	171.30 – 171.47 IU, Vit D	137.04% – 137.18%	3.01% – 3.14%	
[10000...1]	Iodine	0.25 to 2.75 mg	0.79 mg	314.14%	3.45%	
[301]	Calcium, Ca	1.25 to 6.25 g	2.67 g	213.64%	28.54%	
[10000021]	Ca:P ratio	1 to 2	1.17	117.17%	33.54%	
[317]	Selenium, Se	0.08 to 0.50 mg	0.08 mg	103.09%	34.55%	
[309]	Zinc, Zn	20 to No Max mg	48.17 mg	240.86%	39.05%	
[421]	Choline, total	340 to No Max mg	520.35 – 575.98 mg	153.05% – 169.41%	43.25% – 59.61%	
[405]	Riboflavin	1.30 to No Max mg	2.06 – 2.16 mg	158.55% – 166.11%	51.93% – 59.49%	
[323]	Vitamin E (alpha-tocopherol)	12.50 to No Max IU, Vit E	74.79 – 76.91 IU, Vit E	598.31% – 615.24%	52.42% – 69.35%	
[506]	Methionine	0.83 to No Max g	1.04 g	125.62%	73.20%	
[100101...]	Methionine-cystine	1.63 to No Max g	1.69 g	103.51%	77.50%	
[312]	Copper, Cu	1.83 to No Max mg	3.98 mg	217.27%	91.34%	

[404]	Thiamin	0.56 to No Max mg	1.07 – 1.65 mg	191.47% – 294.13%	104.17% – 206.82%
[204]	Total lipid (fat)	13.80 to No Max g	14.49 g	105.01%	105.01%
[305]	Phosphorus , P	1 to 4 g	2.28 g	227.92%	106.37%
[307]	Sodium, Na	0.20 to 2.50 g	1.91 g	956.92%	112.12%
[203]	Protein	45 to No Max g	52.68 g	117.07%	117.07%
[10000...0]	Chloride	0.30 to No Max g	2.98 g	993.49%	122.19%
[618]	18:2 undifferentiated	2.80 to 16.30 g	3.53 g	125.90%	125.90%
[501]	Tryptophan	0.40 to No Max g	0.76 g	190.33%	135.88%
[410]	Pantothenic acid	3 to No Max mg	7.11 – 8.17 mg	237.06% – 272.29%	148.97% – 184.20%
[502]	Threonine	1.20 to No Max g	1.93 g	160.68%	160.68%
[303]	Iron, Fe	10 to No Max mg	43.88 mg	438.77%	188.07%
[304]	Magnesium, Mg	0.15 to No Max g	0.41 g	273.00%	191.72%
[306]	Potassium, K	1.50 to No Max g	4.58 g	305.06%	202.59%
[505]	Lysine	1.58 to No Max g	3.27 g	206.69%	206.69%
[510]	Valine	1.23 to No Max g	2.66 g	216.66%	216.66%
[504]	Leucine	1.70 to No Max g	3.77 g	221.97%	221.97%

[1001017]	Phenylalanine-tyrosine	1.85 to No Max g	4.12 g	222.97%	225.25%
[508]	Phenylalanine	1.13 to No Max g	2.57 g	227.51%	227.51%
[415]	Vitamin B-6	0.38 to No Max mg	1.31 – 1.90 mg	344.78% – 500.57%	228.34% – 384.13%
[503]	Isoleucine	0.95 to No Max g	2.24 g	235.38%	235.38%
[512]	Histidine	0.48 to No Max g	1.37 g	284.79%	284.79%
[511]	Arginine	1.28 to No Max g	3.84 g	299.74%	299.74%
[406]	Niacin	3.40 to No Max mg	14.12 – 14.61 mg	415.23% – 429.68%	307.58% – 322.03%
[315]	Manganese , Mn	1.25 to No Max mg	5.98 mg	478.32%	340.39%
[320]	Vitamin A, RAE	375 to 18750 mcg_RAE	2446.10 – 2744.29 mcg_RAE	652.29% – 731.81%	514.11% – 593.63%
[435]	Folate, DFE	90.20 to No Max mcg_DFE	742.00 – 978.47 mcg_DFE	822.61% – 1084.78%	721.30% – 983.46%
[2000021]	LA+AA:EPA+DHA	No Min to 30	22.45	N/A	N/A
[2000022]	LA+AA:ALA+EPA+DHA	No Min to 30	18.51	N/A	N/A