

MacroNutrients and MicroNutrients in Standard (STD) and Ketogenic (KG) Diet

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May 2013

MacroNutrients	STD diet (Labdiet 5ANE RMH3000)	KG diet (Research Diets D12369B)
Starch % by weight	32.53	0.00
D glucose % by weight	0.12	0.00
Fructose % by weight	0.16	0.00
Sucrose % by weight	0.97	<1%
Lactose % by weight	0.00	0.00
Saturated % by weight	1.60	19.45
Monounsaturated % by weight	1.61	33.04
Polyunsaturated % by weight	1.85	14.56
Protein % by weight	22.5	17.3
Fat % by weight	5.5	67.0
Carbohydrates % by weight	51.6	<1%
Fiber % by weight	4.2	8.7
Protein % by energy	26.0	10.4
Fat % by energy	14.3	89.1
carbohydrates % by energy	59.7	0.5

Micronutrients by weight	STD diet (Labdiet 5ANE RMH3000)	KG diet (Research Diets D12369B)
Minerals		
Ca %	1.06	0.90
P %	0.76	0.69
Mg %	0.24	0.09
K %	0.93	0.62
S %	0.33	0.06
Na %	0.21	0.17
Cl %	0.37	0.28
Cr ppm (STD) or %(KG) *	0.91	0.00035
Cu ppm (STD) or %(KG) *	14	0.00104
I ppm (STD) or % (KG) *	0.98	0.00003
Fe ppm (STD) or % (KG) *	375	0.00779
Mn ppm (STD) or % (KG) *	99	0.01022
Se ppm (STD) or % (KG) *	0.38	0.00003
Zn ppm (STD) or % (KG) *	116	0.00502
F ppm	18.3	0
Co ppm	0.4	0
Vitamins		
Carotene ppm	1.2	0
Vitamin A IU/g	18	4000 **
Vitamin D3 IU/g	2.4	1000 **
Vitamin E IU/g	75	50 **
Vitamine K ppm	1.9	312.5 **
Thiamin Hydrochloride ppm	10	6000 **
Riboflavin ppm	14.3	6000 **
Niacin ppm	60	30000 **
Pantothenic Acid ppm	13	16000 (calcium salt) **
Folic acid ppm	1.2	2000 **
Pyridoxine ppm	8.17	7000 **
Biotin ppm	0.4	2.0 **
Vitamin B12 mcg/kg	77	10 **
Choline Chloride ppm	1999	0
Ascorbic Acid ppm	0	0

* The STD diet nutrients are expressed in units of ppm, KG diet nutrients are expressed in % weight.

** The KG diet nutrients (Vitamins) are shown as their respective units in 1gram vitamin mix, which further mixes with the diet that contains 3917kcal.

Micronutrients from the STD diet and KG diet

The STD diet datasheet was obtained from Cincinnati lab (cincinnatilab.com)

The KG diet datasheet was obtained from Research Diets (ResearchDiets.com)