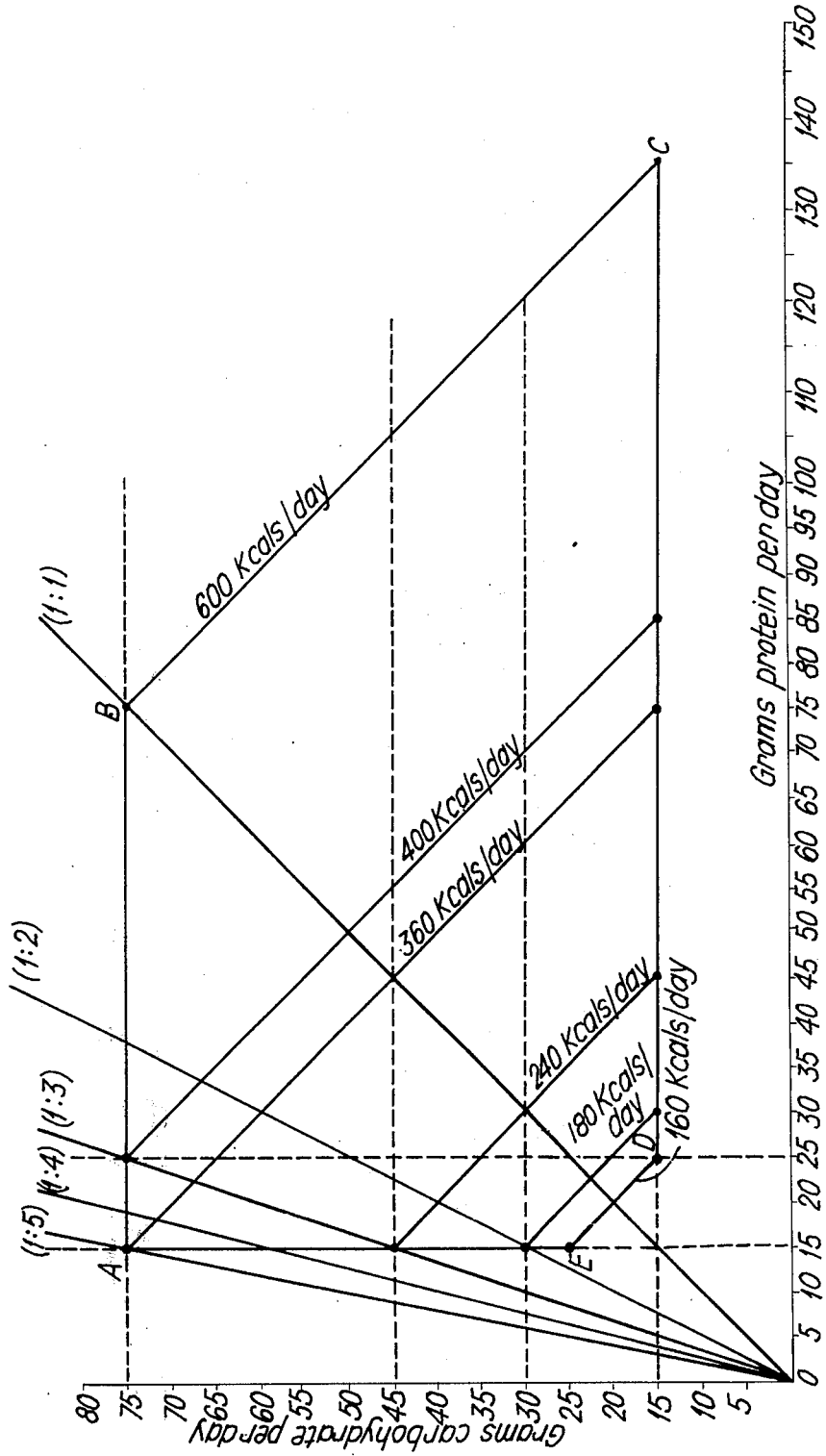
(1:1)
(1:2)
(1:3)
(1:4)
(1:5)
A
B
C
D
E
600 Kcals/day
400 Kcals/day
360 Kcals/day
240 Kcals/day
180 Kcals/day
160 Kcals/day
Grams carbohydrate per day
80 75 70 65 60 55 50 45 40 35 30 25 20 15 10 5
Grams protein per day
0 5 10 15 20 25 30 35 40 45 50 55 60 65 70 75 80 85 90 95 100 110 120 130 140 150