

*ASV118–Firmicutes; [Ruminococcus] torques group*

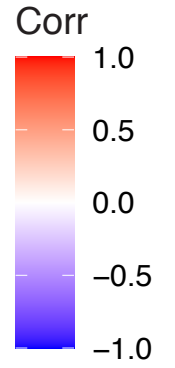
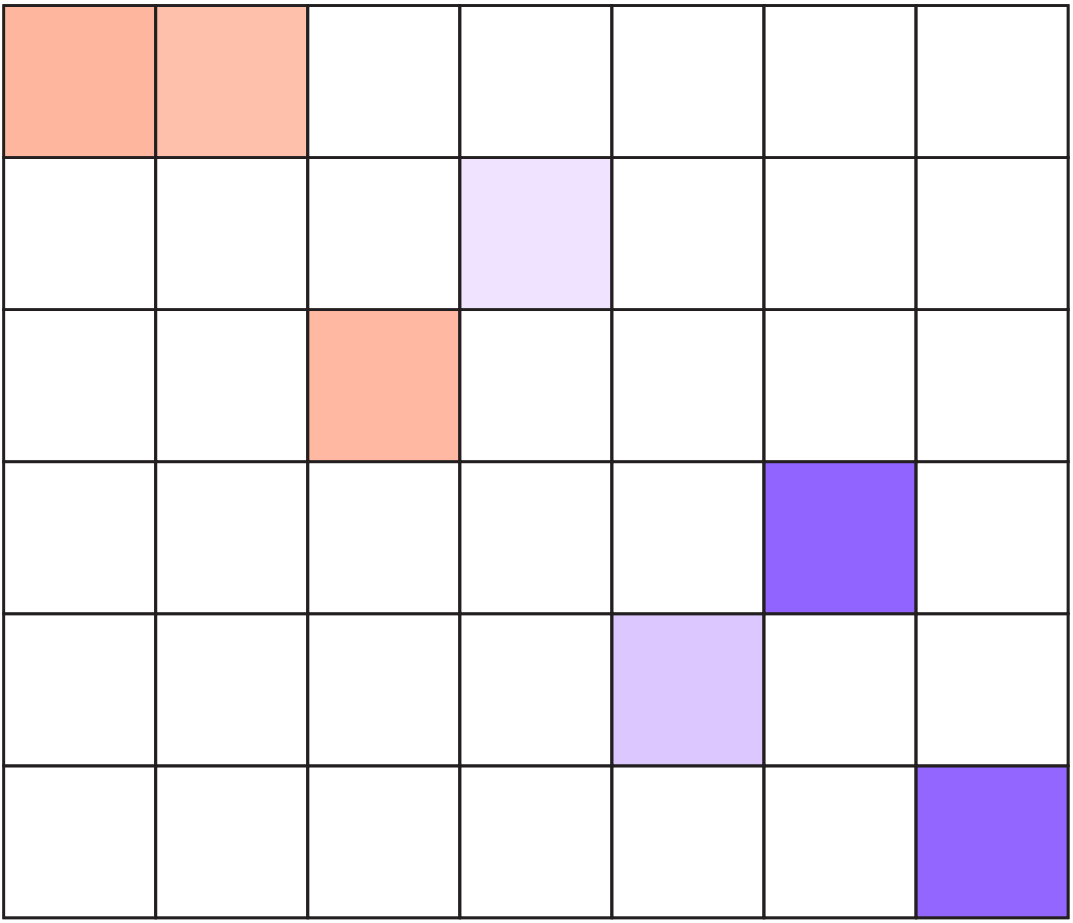
*ASV108–Bacteroidota; Prevotella*

*ASV94–Firmicutes; [Ruminococcus] torques group*

*ASV89–Bacteroidota; Alistipes*

*ASV85–Firmicutes; Holdemanella*

*ASV72–Firmicutes; Coprococcus*



Total calories

Fiber

Choline

Fruits (citruess and berries)

Poultry

Seafood

Soy products