

NUTRITION

FOOD GUIDE

Food Group		Best Food Sources to Eat
Grain Group	30%	Barley, bulgur, farro, millet, quinoa, black rice, brown rice, oats, corn
Vegetables	25%	Green, leafy, and nutrient-dense vegetables, such as spinach, carrots, broccoli, kale, and Swiss chard
Fruits	20%	Apples, blueberries, bananas, oranges, mangoes, avocados, lychees
Protein	15%	Lean beef, eggs, beans, soy, white-meat poultry, pork tenderloin
Fat and Sugar	10%	Olive oil, canola oil, sunflower oil, skim milk, yogurt

Nutrition Guide Guide

Roberta Larson Duyff



Nutrition Guide Guide:

Unveiling the Energy of Verbal Art: An Mental Sojourn through **Nutrition Guide Guide**

In a global inundated with screens and the cacophony of instant conversation, the profound energy and psychological resonance of verbal beauty frequently disappear in to obscurity, eclipsed by the regular onslaught of noise and distractions. Yet, located within the musical pages of **Nutrition Guide Guide**, a charming perform of fictional splendor that impulses with natural emotions, lies an unforgettable journey waiting to be embarked upon. Written by a virtuoso wordsmith, this interesting opus books viewers on an emotional odyssey, gently exposing the latent possible and profound influence stuck within the complicated web of language. Within the heart-wrenching expanse with this evocative analysis, we shall embark upon an introspective exploration of the book is key subjects, dissect their captivating writing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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