

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

PT Brinkman



Nutrition Guide Guide:

Reviewing **Nutrition Guide Guide**: Unlocking the Spellbinding Force of Linguistics

In a fast-paced world fueled by information and interconnectivity, the spellbinding force of linguistics has acquired newfound prominence. Its capacity to evoke emotions, stimulate contemplation, and stimulate metamorphosis is really astonishing. Within the pages of "**Nutrition Guide Guide**," an enthralling opus penned by a very acclaimed wordsmith, readers embark on an immersive expedition to unravel the intricate significance of language and its indelible imprint on our lives. Throughout this assessment, we shall delve in to the book is central motifs, appraise its distinctive narrative style, and gauge its overarching influence on the minds of its readers.

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