

# 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

# Guide Nutrition Guide

**M Mark**



## **Guide Nutrition Guide:**

## Whispering the Secrets of Language: An Psychological Journey through **Guide Nutrition Guide**

In a digitally-driven earth wherever monitors reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and emotional nuances hidden within phrases frequently go unheard. Yet, nestled within the pages of **Guide Nutrition Guide** a fascinating fictional prize pulsating with natural feelings, lies a fantastic quest waiting to be undertaken. Penned by an experienced wordsmith, this enchanting opus encourages viewers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the material of every word. Within the mental depths of the touching evaluation, we can embark upon a genuine exploration of the book is primary subjects, dissect their interesting publishing style, and yield to the strong resonance it evokes heavy within the recesses of readers hearts.

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