

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

Emilie Sanchez



Guide Nutrition Guide:

Whispering the Secrets of Language: An Mental Quest through **Guide Nutrition Guide**

In a digitally-driven world where monitors reign great and instant interaction drowns out the subtleties of language, the profound strategies and psychological nuances hidden within phrases usually move unheard. However, situated within the pages of **Guide Nutrition Guide** a charming literary value pulsating with organic emotions, lies an extraordinary journey waiting to be undertaken. Published by a talented wordsmith, this marvelous opus attracts readers on an introspective trip, lightly unraveling the veiled truths and profound impact resonating within ab muscles cloth of each word. Within the emotional depths of this moving review, we shall embark upon a heartfelt exploration of the book is key styles, dissect its captivating publishing design, and yield to the effective resonance it evokes strong within the recesses of readers hearts.

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