

# FOOD GROUPS GUIDE

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## Nutrition Guide

### Vegetables



Asparagus



Broccoli



Zucchini



Pumpkin



Sweet Potatoes



Peppers



Onions



Leafy Vegetables



Radish



Cabbage



Herbs & Spices

### Fruits



Apples



Kiwi



Citrus Fruits



Blueberries



Watermelon



Fresh Fruit Juice

### Grains



Whole Wheat Bread



Cereal



Quinoa



Rice



Bulgur



Pasta

### Protein Sources



Chicken Pieces



Lentils



Beans



Tofu



Nuts



Shelled Nuts

# Nutrition Guide Pro

**J Ma**



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