

# 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

**Xiang Xie**



## **Nutrition Guide Guide:**

## Embracing the Melody of Phrase: An Psychological Symphony within **Nutrition Guide Guide**

In some sort of taken by screens and the ceaseless chatter of instantaneous connection, the melodic splendor and emotional symphony created by the prepared word usually fade into the background, eclipsed by the persistent noise and disturbances that permeate our lives. However, located within the pages of **Nutrition Guide Guide** a stunning fictional value brimming with fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts readers on an emotional trip, skillfully unraveling the hidden songs and profound affect resonating within each carefully crafted phrase. Within the depths of the touching evaluation, we can investigate the book is key harmonies, analyze its enthralling writing type, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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