

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 |

Best Nutrition Guide

Scott C. Dulebohn



Best Nutrition Guide:

Embracing the Song of Term: An Mental Symphony within **Best Nutrition Guide**

In a global consumed by displays and the ceaseless chatter of immediate transmission, the melodic elegance and mental symphony produced by the written term frequently disappear in to the back ground, eclipsed by the relentless noise and interruptions that permeate our lives. Nevertheless, situated within the pages of **Best Nutrition Guide** a marvelous literary value brimming with natural feelings, lies an immersive symphony waiting to be embraced. Crafted by an outstanding musician of language, that captivating masterpiece conducts viewers on a psychological journey, skillfully unraveling the hidden songs and profound influence resonating within each carefully crafted phrase. Within the depths of this emotional examination, we can investigate the book is central harmonies, analyze its enthralling publishing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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