

# 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

**Lauren Gardner**



## **Nutrition Guide Guide:**

## Adopting the Melody of Term: An Mental Symphony within **Nutrition Guide Guide**

In a world eaten by screens and the ceaseless chatter of fast connection, the melodic beauty and psychological symphony produced by the published word frequently fade in to the backdrop, eclipsed by the relentless noise and distractions that permeate our lives. Nevertheless, situated within the pages of **Nutrition Guide Guide** a marvelous fictional treasure filled with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this fascinating masterpiece conducts readers on a mental journey, skillfully unraveling the hidden songs and profound affect resonating within each cautiously constructed phrase. Within the depths with this poignant analysis, we shall discover the book is key harmonies, analyze their enthralling writing design, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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