

# 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

**Jean Mayer, Jeanne P. Goldberg**



**Best Nutrition Guide:**

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web written by elizabeth oscar barney and roo are cane cutters in tropical queensland the two friends and co workers have spent their last sixteen summers with two city women namely olive and nancy before the seventeenth summer nancy gets married olive is forced to get another woman friend to replace nancy

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web 1 047 ratings59 reviews ray lawler male 4 female interior set this compelling australian play was a success in london and was hailed by critics in new york for its vigor integrity and realistic portrayal of two itinerant cane barney a swaggering little scrapper and roo a big roughneck they have spent the past sixteen summers off with

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web summer of the seventeenth doll was the first australian play to tour internationally and enjoyed an award winning season in england as well as a less popular one in new york despite this the film rights to the play were purchased and

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web olive herself is the seventeenth doll the one her lover will crush to pieces in the play s final scenes and though the play

begins in wonderfully skittish hope and anticipation the men are in trouble too roo the champion of the cane cutting gang has had his physical dominance challenged for the first time

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web emma tells the men to leave and not come back barney turns to roo and says that they can go get jobs anywhere they should stick together and forget about johnnie and the others in a rage roo picks up the seventeenth doll and beats it against the piano when the doll is shattered and ruined he lets it drop barney encourages roo to leave

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web pearl cunningham character analysis next barney ibbot pearl is one of olive s coworkers at the pub though she s much less content with her position than olive is pearl is a widow about olive s age with an eighteen year old daughter named vera and she hopes to marry barney

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