

# NUTRITION GUIDE

| Food Group                        | Food Sources      | Protein |
|-----------------------------------|-------------------|---------|
| <b>Vegetables</b><br>(2 servings) | Green Peas        | 8.6 g   |
|                                   | Artichokes        | 4.8 g   |
|                                   | Asparagus         | 4.3 g   |
|                                   | Brussels sprouts  | 4 g     |
| <b>Fruits</b><br>(2 servings)     | Guava             | 4 g     |
|                                   | Avocado           | 3 g     |
|                                   | Jackfruit         | 3 g     |
|                                   | Cherries          | 1.6 g   |
| <b>Protein</b><br>(2-3 servings)  | Lean Beef         | 21 g    |
|                                   | Chicken Breast    | 26 g    |
|                                   | Haddock           | 19 g    |
|                                   | Cod               | 21 g    |
| <b>Grains</b><br>(5 servings)     | Wild Rice         | 6.5 g   |
|                                   | Whole Wheat Pasta | 7 g     |
|                                   | Quinoa            | 8.2 g   |
|                                   | Millet            | 6.5 g   |
| <b>Dairy</b><br>(3 servings)      | Cottage Cheese    | 25 g    |
|                                   | Greek Yogurt      | 17 g    |
|                                   | Oat Milk          | 3 g     |
|                                   | Soy Milk          | 8 g     |

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**JG Myers**



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Food and Nutrition Information and Educational Materials Center (U.S.),1975 Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information Center (U.S.),1973 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index **Cumulative Index to the Catalog of the Food and Nutrition Information and Education Material Center 1973-1975** National Agricultural Library (U.S.),1975 *The American Dietetic Association's Complete Food and Nutrition Guide* The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal s Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone s kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine **American Dietetic Association Complete Food And Nutrition Guide, Rev Updated 4e** Roberta Larson Duyff,2012-02-03 The new edition of the ADA s flagship food and nutrition guide updated based on the very latest Dietary Guidelines for Americans With over 200 000 copies sold in all editions this award winning resource from the world s leading authority on food and nutrition is packed with the latest healthy eating advice for those at every age and stage of life In this completely revised and updated new edition you ll find up to date evidence based practical answers for your many food and nutrition questions This cornerstone guide from the American Dietetic Association written by nationally recognized food and nutrition expert and registered dietitian Roberta Duyff covers the basics on nutrition managing weight and healthy eating It also provides easy steps and how tos for selecting preparing and storing

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