

FOOD GROUPS GUIDE

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Nutrition Guide

Vegetables



Asparagus



Broccoli



Zucchini



Pumpkin



Sweet Potatoes



Peppers



Onions



Leafy Vegetables



Radish



Cabbage



Herbs & Spices

Fruits



Apples



Kiwi



Citrus Fruits



Blueberries



Watermelon



Fresh Fruit Juice

Grains



Whole Wheat Bread



Cereal



Quinoa



Rice



Bulgur



Pasta

Protein Sources



Chicken Pieces



Lentils



Beans



Tofu



Nuts



Shelled Nuts

Nutrition Guide Pro

Anthony S. Fauci



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after the war henshaw became a director of miles aircraft in south africa a job which entailed visiting potential customers in the region and making demonstration flights but the company folded and he returned to england in 1948 although still only in his mid 30s he never again flew as pilot in command of an aircraft instead he took charge of his family s farming and holiday business interests in lincolnshire he was awarded the queen s commendation for brave conduct

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