

# 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

**Lei Huang**



**Best Nutrition Guide:**

## Whispering the Secrets of Language: An Emotional Journey through **Best Nutrition Guide**

In a digitally-driven world wherever screens reign supreme and immediate connection drowns out the subtleties of language, the profound secrets and psychological nuances hidden within words usually move unheard. However, located within the pages of **Best Nutrition Guide** a interesting literary value pulsating with natural emotions, lies a fantastic quest waiting to be undertaken. Published by a talented wordsmith, this charming opus invites visitors on an introspective trip, softly unraveling the veiled truths and profound influence resonating within the material of every word. Within the mental depths with this emotional review, we shall embark upon a genuine exploration of the book is primary styles, dissect their charming publishing model, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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