

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

Roberta Larson Duyff



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Delve into the emotional tapestry woven by in **Best Nutrition Guide** . This ebook, available for download in a PDF format (PDF Size: *), is more than just words on a page; it's a journey of connection and profound emotion. Immerse yourself in narratives that tug at your heartstrings. Download now to experience the pulse of each page and let your emotions run wild.

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