

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

Alida Frances Pattee



Best Nutrition Guide:

Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Best Nutrition Guide**

In a world inundated with monitors and the cacophony of instant conversation, the profound energy and emotional resonance of verbal art usually disappear in to obscurity, eclipsed by the regular assault of sound and distractions. Yet, nestled within the lyrical pages of **Best Nutrition Guide**, a captivating work of literary brilliance that impulses with organic emotions, lies an wonderful journey waiting to be embarked upon. Written by a virtuoso wordsmith, this exciting opus courses visitors on a mental odyssey, delicately exposing the latent potential and profound influence embedded within the delicate web of language. Within the heart-wrenching expanse of the evocative examination, we will embark upon an introspective exploration of the book is main styles, dissect its interesting publishing model, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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