

# 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

# Nutrition Guide Guide

**Paula Szilard**



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web oct 8 2023 sebagai contoh sawah adalah salah satu ekosistem di mana rantai makanan memiliki karakteristik unik di lingkungan sawah kita akan menemukan organisme organisme seperti tanaman padi sebagai produsen serangga herbivora seperti belalang sebagai konsumen tingkat pertama dan pemangsa seperti burung pemangsa atau ular

**10 rantai makanan di sawah paling lengkap dosenbiologi com** - Jul 15 2023

web dec 17 2017 10 rantai makanan di sawah paling lengkap by suharyanto december 17 2017 sobat semua pernah ke sawah bagi sobat yang pernah kesawah mungkin tidak menyadari bahwa ada ekosistem yang terjadi di sawah