

# 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

**S Ashworth**



## **Nutrition Guide Guide:**

## Enjoying the Melody of Expression: An Emotional Symphony within **Nutrition Guide Guide**

In some sort of used by screens and the ceaseless chatter of immediate conversation, the melodic splendor and emotional symphony produced by the prepared word often disappear in to the backdrop, eclipsed by the constant noise and interruptions that permeate our lives. However, situated within the pages of **Nutrition Guide Guide** a charming literary treasure overflowing with organic feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this captivating masterpiece conducts readers on an emotional trip, well unraveling the hidden songs and profound affect resonating within each cautiously crafted phrase. Within the depths of this emotional analysis, we can investigate the book is key harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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