

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

Siddappa N.Byrareddy



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web oct 3 2022 as we mentioned in section 6 1 exponential and logarithmic functions are used to model a wide variety of behaviors in the real world in the examples that follow

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web in all three performance tasks students practice modeling with exponential functions through creating exponential function tables exponential function graphs

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