

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

Annie Robertson Dyer



Nutrition Guide Guide:

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

In a global inundated with displays and the cacophony of fast conversation, the profound energy and mental resonance of verbal beauty often fade into obscurity, eclipsed by the constant barrage of sound and distractions. Yet, nestled within the musical pages of **Nutrition Guide Guide**, a interesting work of literary brilliance that impulses with fresh feelings, lies an wonderful journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that magical opus guides visitors on an emotional odyssey, lightly revealing the latent possible and profound impact stuck within the complex internet of language. Within the heart-wrenching expanse of the evocative evaluation, we shall embark upon an introspective exploration of the book is key subjects, dissect their interesting publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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