

NUTRITION GUIDE

Food Group	Food Sources	Protein
Vegetables (2 servings)	Green Peas	8.6 g
	Artichokes	4.8 g
	Asparagus	4.3 g
	Brussels sprouts	4 g
Fruits (2 servings)	Guava	4 g
	Avocado	3 g
	Jackfruit	3 g
	Cherries	1.6 g
Protein (2-3 servings)	Lean Beef	21 g
	Chicken Breast	26 g
	Haddock	19 g
	Cod	21 g
Grains (5 servings)	Wild Rice	6.5 g
	Whole Wheat Pasta	7 g
	Quinoa	8.2 g
	Millet	6.5 g
Dairy (3 servings)	Cottage Cheese	25 g
	Greek Yogurt	17 g
	Oat Milk	3 g
	Soy Milk	8 g

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nurses basic and clinical researchers graduate students and health officials of public and private organizations *Baking for Special Diets* Richard J. Coppedge, Jr., The Culinary Institute of America (CIA), 2016-02-19 *Baking for Special Diets* teaches readers how to widen the scope of their offerings and create flavorful recipes to meet all kinds of dietary needs This text explains the wide range of dietary challenges of which pastry chefs and bakers should be conscious including celiac disease diabetes high blood pressure high cholesterol kosher diets and more Introductory chapters cover general nutrition information ingredient substitutions The text also explains through examples how to convert your own recipes to meet the needs of a particular customer Subsequent chapters provide recipes for a wide range of dietary concerns from vegetarian vegan and low fat baked goods to delectable desserts that are gluten lactose or sugar free From Low Fat Vanilla Mousse and Reduced Calorie Linzer Cookies to Sugar Free Cr me Caramel and Vegan Boston Cream Pie *Baking for Special Diets* provides chefs with an arsenal of recipes that are healthy versatile and always delicious

Nutrition and Dieting Mary Ann Ledda, GLOBE, 1995 This series of books covers Self Esteem Alcohol and Other Drugs AIDS and Other STDs Family Living and Sex Education and Nutrition and Dieting Topics are introduced by short vignettes about young people with health problems and feature photographs and illustrations to help students understand and remember facts and concepts Reading Level 6 Interest Level 6 12 Federal Register ,1991-07 Purchases and Disbursements Made by the United States Food Administration and by the United States Fuel Administration United States Food Administration, 1918 Nutrition, a Key to Good Health ,1999 Cassell's household guide Cassell, ltd, 1873 *National 4-H Club News* ,1942 **Country Guide** ,1930 **Practical Druggist and Pharmaceutical Review of Reviews** ,1928 **Practical Druggist and Pharmaceutical Review of Reviews** Benjamin Lillard, 1928 Encyclopedia of Household Information ,1890 *Annual Report of the Minister of Agriculture and Food* Ontario. Dept. of Agriculture and Food, 1905 Food for Plants William Shields Myers, 1905

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