

# 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

# Best Nutrition Guide

**Raffaela Di Napoli**



**Best Nutrition Guide:**

## Unveiling the Power of Verbal Artistry: An Psychological Sojourn through **Best Nutrition Guide**

In a global inundated with monitors and the cacophony of fast conversation, the profound energy and psychological resonance of verbal art usually fade into obscurity, eclipsed by the regular barrage of sound and distractions. However, situated within the lyrical pages of **Best Nutrition Guide**, a captivating work of fictional brilliance that pulses with natural feelings, lies an memorable journey waiting to be embarked upon. Written with a virtuoso wordsmith, this mesmerizing opus manuals visitors on a psychological odyssey, delicately revealing the latent potential and profound impact stuck within the elaborate internet of language. Within the heart-wrenching expanse of this evocative examination, we can embark upon an introspective exploration of the book is main subjects, dissect its fascinating writing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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