

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

Guide Nutrition Guide

Siddappa N.Byrareddy



Guide Nutrition Guide:

Adopting the Beat of Appearance: An Mental Symphony within **Guide Nutrition Guide**

In a global eaten by screens and the ceaseless chatter of instantaneous interaction, the melodic splendor and mental symphony developed by the published word often diminish into the background, eclipsed by the relentless sound and disruptions that permeate our lives. However, situated within the pages of **Guide Nutrition Guide** a wonderful fictional treasure filled with natural thoughts, lies an immersive symphony waiting to be embraced. Constructed by a masterful composer of language, this fascinating masterpiece conducts readers on an emotional journey, skillfully unraveling the concealed melodies and profound impact resonating within each cautiously constructed phrase. Within the depths of this touching examination, we shall investigate the book is main harmonies, analyze their enthralling publishing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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