

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

BM King



Guide Nutrition Guide:

Whispering the Secrets of Language: An Emotional Quest through **Guide Nutrition Guide**

In a digitally-driven earth where screens reign supreme and quick communication drowns out the subtleties of language, the profound strategies and mental subtleties concealed within words often go unheard. Yet, set within the pages of **Guide Nutrition Guide** a interesting fictional value pulsating with organic thoughts, lies an extraordinary quest waiting to be undertaken. Composed by a talented wordsmith, that enchanting opus attracts visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very fabric of each and every word. Within the emotional depths of the poignant evaluation, we will embark upon a sincere exploration of the book is core themes, dissect its charming writing style, and succumb to the effective resonance it evokes strong within the recesses of readers hearts.

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