

# NUTRITION GUIDE

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

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**John A. Milner, Donato F. Romagnolo**

A red circular graphic with a gradient, appearing as a semi-circle on the right side of the slide, partially overlapping the grey bar.

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Country Guide ,1930      **Cassell's household guide** Cassell, ltd,1873      *Federal Register* ,1991-07      Practical Druggist and Pharmaceutical Review of Reviews ,1928      **Practical Druggist and Pharmaceutical Review of Reviews** Benjamin Lillard,1928      Encyclopedia of Household Information ,1890      **Food for Plants** William Shields Myers,1905  
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