

# 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

**Ian Pickup**



**Best Nutrition Guide:**

## Whispering the Strategies of Language: An Emotional Quest through **Best Nutrition Guide**

In a digitally-driven world where displays reign supreme and instant connection drowns out the subtleties of language, the profound techniques and emotional subtleties hidden within words frequently move unheard. Yet, set within the pages of **Best Nutrition Guide** a interesting literary prize blinking with fresh thoughts, lies a fantastic journey waiting to be undertaken. Composed by a skilled wordsmith, that wonderful opus invites readers on an introspective journey, gently unraveling the veiled truths and profound affect resonating within the material of each and every word. Within the mental depths with this moving review, we shall embark upon a sincere exploration of the book is core themes, dissect its charming writing model, and yield to the strong resonance it evokes serious within the recesses of readers hearts.

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