

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

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Lingjun Ying



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book forget the fads gimmicks and quick weight loss schemes Change your life style and add happy healthy years to your life
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This book delves into Best Nutrition Guide. Best Nutrition Guide is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Best Nutrition Guide, encompassing both the fundamentals and more intricate discussions.

1. The book is structured into several chapters, namely:

- Chapter 1: Introduction to Best Nutrition Guide
- Chapter 2: Essential Elements of Best Nutrition Guide
- Chapter 3: Best Nutrition Guide in Everyday Life
- Chapter 4: Best Nutrition Guide in Specific Contexts
- Chapter 5: Conclusion

2. In chapter 1, this book will provide an overview of Best Nutrition Guide. The first chapter will explore what Best Nutrition Guide is, why Best Nutrition Guide is vital, and how to effectively learn about Best Nutrition Guide.

3. In chapter 2, the author will delve into the foundational concepts of Best Nutrition Guide. This chapter will elucidate the essential principles that must be understood to grasp Best Nutrition Guide in its entirety.

4. In chapter 3, the author will examine the practical applications of Best Nutrition Guide in daily life. This chapter will showcase real-world examples of how Best Nutrition Guide can be effectively utilized in everyday scenarios.

5. In chapter 4, the author will scrutinize the relevance of Best Nutrition Guide in specific contexts. This chapter will explore how Best Nutrition Guide is applied in specialized fields, such as education, business, and technology.

6. In chapter 5, the author will draw a conclusion about Best Nutrition Guide. The final chapter will summarize the key points that have been discussed throughout the book.

The book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Best Nutrition Guide.

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