

# 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

# Ideas Nutrition Guide

**Food and Nutrition Information and  
Educational Materials Center (U.S.)**



## **Ideas Nutrition Guide:**

*Catalog. Supplement - Food and Nutrition Information and Educational Materials Center Food and Nutrition Information and Educational Materials Center (U.S.),1975 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index*      **The American Dietetic Association's Complete Food and Nutrition Guide** The American Dietetic Association (ADA),Roberta Larson Duyff,1998-05-20 A lifetime of sound advice on healthful eating from the world s foremost authority on food and nutrition Thoughts about eating are changing The focus has moved from dieting and losing weight to healthful overall eating habits to help you feel good live well and prevent disease With so much new information coming from so many different sources eating right can be confusing but it doesn t have to be This comprehensive book from The American Dietetic Association explains everything you need to know about what you eat allowing you to enjoy your favorite foods and maximize nutrition The American Dietetic Association s Complete Food Nutrition Guide Provides Quick Access to Nutrition Information for the Whole Family Including What you need to know about vitamins minerals and antioxidants Low fat fast food and restaurant tips Healthful vegetarian eating Nutrition for disease prevention Why dieting doesn t work and what does Meeting the unique nutrition needs of women children teens and seniors How to decipher health claims in the headlines Top nutrition tips for sports and exercise How to protect against foodborne illness And much more Also included are recently updated recommendations for certain vitamins and minerals the USDA Dietary Guidelines for Americans kitchen nutrition tips self assessment quizzes and an expanded index With nearly 70 000 members The American Dietetic Association is the largest organization of food and nutrition professionals in the world Named one of Ladies Home Journal s Top Health Books of 1996 Winner of a 1997 Health Information Award A must for everyone s kitchen The Oregonian Jam packed with practical eating and food safety tips USA Today Intelligent advice about sensible eating Washington Times May be the ultimate healthy eating primer Fitness Magazine      *Health Activities for Primary School Students* ,1996      Quick Bibliography Series ,1976      *Nutrition Curriculum Activities Kit* Paul E. Bell,1986 These kits were designed to provide students in grades 5 12 with the knowledge and skills necessary to make personal dietary decisions Topics covered include basic nutrition concepts diet planning special diets meal planning and preparation and nutrition issues      **Food and Nutrition Information and Educational Materials Center catalog** Food and Nutrition Information Center (U.S.),1976      *Shellfish Culture, 1979-1986* Deborah T. Hanfman,1987      *Nutrition Program News ; for Exchange of Information on Nutrition Programs and Activities* ,1958      *Nutrition Handbook for Teachers, a Supplement to the Curriculum Guides for Elementary School Teachers* Massachusetts. Dept. of Public Health,1952      **Manual of Physical Education Activities for the Elementary Schools of the State of California** California. Department of Education. Division of Health and Physical Education,Neils Peter Neilson,Winifred Van Hagen,1929      Nutrition Education Resources & Bibliography ,1994      *Battle Creek Idea* ,1907      *Ideas for Refreshment Rooms* ,1923      *Country Guide and*

*Nor'west Farmer* ,1926      **Extension Bulletin** Utah State University. Cooperative Extension Service,1914      **Nutrition Guide for Professionals** Margaret A. Powers (RD.),1988 Abstract This publication is intended to provide guidance concerning diabetes nutrition care The guide emphasizes the need to individualize diabetic meal planning and expands the description of meal planning to include alternatives to the exchange system The exchange system however is the model diabetic diet and receives special attention in this publication Objectives and activities to be used when teaching the use of the exchange lists for meal planning are outlined The complete nutrient composition data base that was used to develop the 1986 Exchange Lists is included      *Instructor's Manual for Sizer and Whitney's Nutrition* Lori Waite Turner,Frances Sienkiewicz Sizer,2000      **Manual of Psychiatry** Aaron Joshua Rosanoff,1920      **Resources in Education** ,1994  
    **Manual of Psychiatry** Joseph Rogues de Fursac,Marie Henri Joseph Pierre Étienne Rogues de Fursac,1905

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