

NUTRITION GUIDE

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

Nutrition Guide Advanced

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



Nutrition Guide Advanced:

Unveiling the Power of Verbal Beauty: An Mental Sojourn through **Nutrition Guide Advanced**

In a world inundated with monitors and the cacophony of instantaneous interaction, the profound power and mental resonance of verbal art frequently fade in to obscurity, eclipsed by the continuous barrage of noise and distractions. However, located within the musical pages of **Nutrition Guide Advanced**, a captivating function of fictional elegance that pulses with raw emotions, lies an wonderful journey waiting to be embarked upon. Penned with a virtuoso wordsmith, that interesting opus books readers on an emotional odyssey, gently exposing the latent possible and profound affect embedded within the complex internet of language. Within the heart-wrenching expanse with this evocative analysis, we can embark upon an introspective exploration of the book is key themes, dissect its captivating publishing style, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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Nutrition Guide Advanced Introduction

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