

# 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

**William Josephus Robinson**



## **Best Nutrition Guide:**

Eventually, you will enormously discover a new experience and capability by spending more cash. yet when? attain you recognize that you require to get those all needs like having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more vis--vis the globe, experience, some places, behind history, amusement, and a lot more?

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