

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

Guide Nutrition Guide

Speedy Publishing

A red circular graphic with a gradient, appearing as a partial circle on the right side of the page, overlapping the grey bar.

Guide Nutrition Guide:

Whispering the Secrets of Language: An Psychological Journey through **Guide Nutrition Guide**

In a digitally-driven earth wherever displays reign great and quick communication drowns out the subtleties of language, the profound secrets and emotional subtleties hidden within words frequently get unheard. However, nestled within the pages of **Guide Nutrition Guide** a charming fictional value blinking with organic thoughts, lies a fantastic journey waiting to be undertaken. Penned by an experienced wordsmith, that wonderful opus encourages visitors on an introspective trip, gently unraveling the veiled truths and profound influence resonating within the very cloth of each and every word. Within the mental depths of this moving evaluation, we shall embark upon a heartfelt exploration of the book is primary styles, dissect its interesting publishing design, and fail to the powerful resonance it evokes serious within the recesses of readers hearts.

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