

# 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

**Paul M. Insel, R. Elaine Turner, Don  
Ross**

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Eventually, you will certainly discover a extra experience and carrying out by spending more cash. still when? accomplish you understand that you require to acquire those every needs similar to having significantly cash? Why dont you try to acquire something basic in the beginning? Thats something that will lead you to comprehend even more on the globe, experience, some places, later than history, amusement, and a lot more?

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