

# 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

# Nutrition Guide Top

**Tobias Bleicker**



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*Food and Nutrition Information and Educational Materials Center Catalog* Food and Nutrition Information Center (U.S.),1976 *Catalog. Supplement - Food and Nutrition Information and Educational Materials Center* Food and Nutrition Information Center (U.S.),1973 Supplements 3 8 include bibliography and indexes subject personal author corporate author title and media index Cumulative Index to the Catalog of the Food and Nutrition Information and Educational Materials Center, 1973-1975 Food and Nutrition Information and Educational Materials Center (U.S.),1975 The Food Institute's Resource Guide Food Institute Information & Research Center,1996 *A Guide to Nutrition and Food Service* United States. Community Health Service,1971 **Bioactive Compounds and Cancer** John A. Milner,Donato F. Romagnolo,2010-06-25 Because of the wealth of new information generated by the scientific community during the last decade on the role of nutrition on cancer risk this book provides a forum for presentation and discussion of recent scientific data and highlights a set of dietary recommendations Bioactive Compounds and Cancer presents chapters that highlight laboratory and clinical findings on how selected nutrients function as signaling molecules and as such influence cellular behavior and cancer predisposition This important compendium focuses on understanding the role of nutrition in cancer biology the molecular action of bioactive food components and xenobiotics on cancer risk the role of dietary components in cancer prevention and or treatment and nutrition education with the most up to date dietary recommendations that may reduce cancer risk This volume will be of interest to specialized health professionals clinicians nurses basic and clinical researchers graduate students and health officials of public and private organizations **Nutrition and Dieting** Mary Ann Ledda,GLOBE,1995 This series of books covers Self Esteem Alcohol and Other Drugs AIDS and Other STDs Family Living and Sex Education and Nutrition and Dieting Topics are introduced by short vignettes about young people with health problems and feature photographs and illustrations to help students understand and remember facts and concepts Reading Level 6 Interest Level 6 12 **Nutrition, a Key to Good Health** ,1999 **Country Guide** ,1930 Purchases and Disbursements Made by the United States Food Administration and by the United States Fuel Administration United States Food Administration,1918 Cassell's household guide Cassell, ltd,1873 Encyclopedia of Household Information ,1890 **Food for Plants** William Shields Myers,1905 **Collier's** ,1901 Farmers' Guide ,1897 Collier's Once a Week ,1901 New York Court of Appeals. Records and Briefs. New York (State)., **Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc** Cassell & Company,1877 *Sajous's Analytic Cyclopedia of Practical Medicine* Charles Euchariste de Medicis Sajous,1920 **Analytic Cyclopedia of Practical Medicine** Charles Eucharist de Medicis Sajous,1922

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