

# 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

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**RS Peters**



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**Wells' Guide to Legal Labels in Compliance with the Food and Drugs Act, June 30, 1906** Ebenezer Miller Wells,1908

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**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

Baking for Special Diets Richard J. Coppedge, Jr.,The Culinary Institute of America (CIA),2016-02-19 *Baking for Special Diets* teaches readers how to widen the scope of their offerings and create flavorful recipes to meet all kinds of dietary needs This text explains the wide range of dietary challenges of which pastry chefs and bakers should be conscious including celiac disease diabetes high blood pressure high cholesterol kosher diets and more Introductory chapters cover general nutrition information ingredient substitutions The text also explains through examples how to convert your own recipes to meet the needs of a particular customer Subsequent chapters provide recipes for a wide range of dietary concerns from vegetarian vegan and low fat baked goods to delectable desserts that are gluten lactose or sugar free From Low Fat Vanilla Mousse and Reduced Calorie Linzer Cookies to Sugar Free Cr me Caramel and Vegan Boston Cream Pie *Baking for Special Diets* provides chefs with an arsenal of recipes that are

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web musuh jadi sahabat 1 pooja ananda sebagai poja 2 rahmad rafli sebagai rafli 3 rey chantiqa sebagai rey 4 ririn khairina sebagai ririn 5 selvi dwi syafitri sebagai pipi 6 sutri sugandari sebagai sutri

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web animasi ini menceritakan tentang kevin dengan kawan kawan darko rico rivaldi ibrahim dan lain lain selain itu menceritakan animasi tentang arti sebu