

FOOD GROUPS GUIDE

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Nutrition Guide

Vegetables



Asparagus



Broccoli



Zucchini



Pumpkin



Sweet Potatoes



Peppers



Onion



Leafy Vegetables



Radish



Cabbage



Herbs & Spices

Fruits



Apples



Kiwi



Citrus Fruits



Blueberries



Watermelon



Fresh Fruit Juice

Grains



Whole Wheat Bread



Cereal



Couscous



Rice



Quinoa



Pasta

Protein Sources



Chicken Pieces



Lentils



Beans



Tofu



Nuts



Shelled Nuts

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