

# 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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**AW Rasmussen**



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Goldberg,1990 The former chairman of the White House Conference on Food Nutrition and Health gives the very latest information on nutrition in this highly reliable and accurate guide Answers are provided for anyone concerned with eating right in today s stress filled world

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**New York Medical Journal, and Philadelphia Medical Journal** ,1916

**National 4-H Club News** ,1942 *Forecast* ,1925 **Fast Food Facts** Marion J. Franz,1994 More complete and up to date than any other guide on fast foods the best selling Fast Food Facts with over 160 000 copies in print is revised with the latest nutrition updates on over 1 500 menu offerings from the 37 largest fast food chains Readers can also choose the convenient pocket edition which highlights 15 of the most popular fast food restaurants across North America With the pocket edition still at 4 95 and the trade version at only 7 95 it s the most authoritative definitive and affordable guide to survival in the fast food jungle These handy guides have all the facts you need to make sure you always get your way right away wherever you are

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