

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

Nutrition Guide Guide

**Food and Nutrition Information Center
(U.S.)**



Nutrition Guide Guide:

Embracing the Song of Phrase: An Mental Symphony within **Nutrition Guide Guide**

In a world consumed by displays and the ceaseless chatter of fast interaction, the melodic splendor and mental symphony developed by the published term frequently fade in to the back ground, eclipsed by the constant sound and disruptions that permeate our lives. But, located within the pages of **Nutrition Guide Guide** a charming literary treasure full of fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by an elegant composer of language, that charming masterpiece conducts viewers on an emotional journey, well unraveling the concealed tunes and profound affect resonating within each carefully crafted phrase. Within the depths of the touching review, we can examine the book is key harmonies, analyze its enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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