

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

Best Nutrition Guide

**The American Dietetic Association
(ADA), Roberta Larson Duyff**



Best Nutrition Guide:

Whispering the Techniques of Language: An Emotional Quest through **Best Nutrition Guide**

In a digitally-driven earth wherever monitors reign great and instant interaction drowns out the subtleties of language, the profound techniques and mental nuances hidden within phrases frequently move unheard. However, located within the pages of **Best Nutrition Guide** a fascinating literary value sporting with natural thoughts, lies an exceptional journey waiting to be undertaken. Published by a talented wordsmith, that charming opus attracts readers on an introspective trip, delicately unraveling the veiled truths and profound influence resonating within ab muscles cloth of each and every word. Within the mental depths with this moving review, we shall embark upon a heartfelt exploration of the book is key subjects, dissect their interesting publishing fashion, and fail to the effective resonance it evokes strong within the recesses of readers hearts.

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