

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

Jin-Ying Zhang



Nutrition Guide Guide:

Enjoying the Tune of Appearance: An Psychological Symphony within **Nutrition Guide Guide**

In a global consumed by monitors and the ceaseless chatter of immediate connection, the melodic beauty and psychological symphony created by the published term frequently diminish into the back ground, eclipsed by the persistent noise and disturbances that permeate our lives. But, nestled within the pages of **Nutrition Guide Guide** a stunning fictional treasure full of fresh feelings, lies an immersive symphony waiting to be embraced. Constructed by a masterful musician of language, this charming masterpiece conducts visitors on an emotional trip, well unraveling the hidden songs and profound influence resonating within each carefully constructed phrase. Within the depths of this poignant analysis, we shall explore the book is central harmonies, analyze their enthralling publishing style, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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