

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

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Best Nutrition Guide:

Unveiling the Power of Verbal Beauty: An Emotional Sojourn through **Best Nutrition Guide**

In a world inundated with monitors and the cacophony of fast interaction, the profound energy and mental resonance of verbal artistry usually disappear in to obscurity, eclipsed by the regular barrage of sound and distractions. Yet, set within the musical pages of **Best Nutrition Guide**, a charming work of fictional brilliance that impulses with fresh emotions, lies an remarkable trip waiting to be embarked upon. Published by a virtuoso wordsmith, that magical opus courses readers on an emotional odyssey, lightly revealing the latent potential and profound affect embedded within the complex web of language. Within the heart-wrenching expanse with this evocative analysis, we will embark upon an introspective exploration of the book is main subjects, dissect its captivating publishing design, and immerse ourselves in the indelible impact it leaves upon the depths of readers souls.

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