

# 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                                                |

# Guide Nutrition Guide

**BM King**



## **Guide Nutrition Guide:**

## Adopting the Track of Appearance: An Psychological Symphony within **Guide Nutrition Guide**

In some sort of eaten by monitors and the ceaseless chatter of instant interaction, the melodic splendor and psychological symphony developed by the written term frequently fade into the background, eclipsed by the constant noise and disturbances that permeate our lives. However, set within the pages of **Guide Nutrition Guide** a marvelous literary value brimming with natural emotions, lies an immersive symphony waiting to be embraced. Crafted by a masterful composer of language, this interesting masterpiece conducts readers on a mental trip, well unraveling the concealed tunes and profound impact resonating within each carefully crafted phrase. Within the depths with this touching review, we shall explore the book is central harmonies, analyze its enthralling publishing type, and submit ourselves to the profound resonance that echoes in the depths of readers souls.

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