

# NUTRITION GUIDE

Food Group	Food Sources	Protein
<b>Vegetables</b> (2 servings)	Green Peas	8.6 g
	Artichokes	4.8 g
	Asparagus	4.3 g
	Brussels sprouts	4 g
<b>Fruits</b> (2 servings)	Guava	4 g
	Avocado	3 g
	Jackfruit	3 g
	Cherries	1.6 g
<b>Protein</b> (2-3 servings)	Lean Beef	21 g
	Chicken Breast	26 g
	Haddock	19 g
	Cod	21 g
<b>Grains</b> (5 servings)	Wild Rice	6.5 g
	Whole Wheat Pasta	7 g
	Quinoa	8.2 g
	Millet	6.5 g
<b>Dairy</b> (3 servings)	Cottage Cheese	25 g
	Greek Yogurt	17 g
	Oat Milk	3 g
	Soy Milk	8 g

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**Lingjun Ying**



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of recipes that are healthy versatile and always delicious      *Bioactive Compounds and Cancer* John A. Milner, Donato F. Romagnolo, 2010-06-25 Because of the wealth of new information generated by the scientific community during the last decade on the role of nutrition on cancer risk this book provides a forum for presentation and discussion of recent scientific data and highlights a set of dietary recommendations Bioactive Compounds and Cancer presents chapters that highlight laboratory and clinical findings on how selected nutrients function as signaling molecules and as such influence cellular behavior and cancer predisposition This important compendium focuses on understanding the role of nutrition in cancer biology the molecular action of bioactive food components and xenobiotics on cancer risk the role of dietary components in cancer prevention and or treatment and nutrition education with the most up to date dietary recommendations that may reduce cancer risk This volume will be of interest to specialized health professionals clinicians nurses basic and clinical researchers graduate students and health officials of public and private organizations      *Nutrition and Dieting* Mary Ann Ledda, GLOBE, 1995 This series of books covers Self Esteem Alcohol and Other Drugs AIDS and Other STDs Family Living and Sex Education and Nutrition and Dieting Topics are introduced by short vignettes about young people with health problems and feature photographs and illustrations to help students understand and remember facts and concepts Reading Level 6 Interest Level 6 12      **Nutrition, a Key to Good Health** ,1999      *Purchases and Disbursements Made by the United States Food Administration and by the United States Fuel Administration* United States Food Administration, 1918      Country Guide ,1930      **Cassell's household guide** Cassell, ltd, 1873      *Federal Register* ,1991-07      Practical Druggist and Pharmaceutical Review of Reviews ,1928      **Practical Druggist and Pharmaceutical Review of Reviews** Benjamin Lillard, 1928      Encyclopedia of Household Information ,1890      **Food for Plants** William Shields Myers, 1905      Farmers' Guide ,1897      **Cassell's Household Guide: Being a Complete Encyclopaedia of Domestic and Social Economy, Etc** Cassell & Company, 1877

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and she can't say no she should say no because she has problems of her own

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