

# NUTRITION GUIDE

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

# Nutrition Guide Best

**K Payea**



## **Nutrition Guide Best:**

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reliable and accurate guide Answers are provided for anyone concerned with eating right in today s stress filled world

**Nutrition and Fitness Manual** Ryerson Polytechnical Institute. Library. Nutrition Information Service,1983 Intended for use by fitness instructors coaches nutritionists and other program leaders this five section manual covers topics ranging from curriculum guides for elementary school children to dietary regimes used by professional athletes The role of nutrients and the use of Canada s Food Guide are reviewed briefly in the first section Relationships between nutrition and fitness related lifestyle factors and health status are summarized in section 2 The third section provides an overview of energy balance as it specifically relates to weight control diet and exercise are considered The effects of nutrition on athletic performance are examined in section 4 Each of these four sections is referenced and supplemented by recommended reading lists The fifth section provides additional recommended background references Material is classified by the type of resource curriculum guides teaching aids and audiovisuals periodicals and organizations JD **Audiovisual guide to the catalog of the Food and Nutrition Information and Educational Materials Center** Food and Nutrition Information Center (U.S.),1975 National 4-H Club News ,1942 **Forecast** ,1925 **Pure-bred Dogs, American Kennel Gazette** ,1973 Mother and Child ,1924 Child Health Magazine ,1924 **Handbook of Buying Issue** ,1930 **The Publishers Weekly** ,1972

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web assistance from co worker if needed try and change work tasks spontaneous combustion dispose in approved rag container proper ventilation use caution with paint thinners clean clear work site heavy objects proper ppe slips trips falls strains dust paint in eyes respirator ½ face may be needed organic vapour job hazard analysis task

**jsa gc 19 site painting studylib net** - Dec 28 2021

web spills to be clean up as per msds with water and soap to break up and disperse wind direction and speed to be monitored paint to be applied by brush reducing the potential of combustible fumes fire extinguishers place around site and on support truck 2 2 c 8 c 8 paint over spray fire from paint fumes note if fire occurs it is to be put out

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web 1 pre plan the work and assess the work area 2 or have equipment repaired assess the equipment for damaged parts 3  
select the appropriate ppe needed to perform the job task 4 review safety data sheets for all paints or chemicals used none  
administrative o if equipment is damaged or broken replace ppe gloves o reflective safety vests