

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

Ensheng Dong



Best Nutrition Guide:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Best Nutrition Guide**

In a global inundated with displays and the cacophony of instantaneous interaction, the profound energy and psychological resonance of verbal artistry often disappear in to obscurity, eclipsed by the continuous barrage of noise and distractions. Yet, situated within the musical pages of **Best Nutrition Guide**, a fascinating function of literary beauty that impulses with organic feelings, lies an memorable trip waiting to be embarked upon. Composed by way of a virtuoso wordsmith, this enchanting opus manuals viewers on an emotional odyssey, delicately exposing the latent possible and profound impact embedded within the elaborate web of language. Within the heart-wrenching expanse of this evocative examination, we shall embark upon an introspective exploration of the book is key themes, dissect their fascinating publishing fashion, and immerse ourselves in the indelible impression it leaves upon the depths of readers souls.

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